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Recipe of the month


Banana Split Icebox Cake

1 carton (16 ounces) frozen whipped topping, thawed
1 cup sour cream
1 package (3.4 ounces) instant vanilla pudding mix

1 can (8 ounces) crushed pineapple, drained
24 whole graham crackers
2 medium bananas, sliced
Toppings: Chocolate syrup, halved fresh strawberries and additional banana slices

Prep Time: 30 min. + chilling Yield: 10 servings

- In a large bowl, mix whipped topping, sour cream and pudding mix until blended; fold in pineapple. Cut a small hole in the tip of a pastry bag. Transfer pudding mixture to bag.
- On a flat serving plate, arrange 4 crackers in a rectangle. Pipe about 1 cup pudding mixture over crackers; top with about 1/4 cup banana slices. Repeat layers 5 times. Refrigerate, covered, overnight
- Just before serving, top with chocolate syrup, strawberries and additional banana slices.




Source: <https://www.tasteofhome.com>

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Everybody's Talking

Life by the water: Anyone wanting to live in a unique, water-accessible community might consider Het Brekkense Wiel in the Netherlands. The area's name means "The Broken Wheel" in Dutch. Located between IJsselmeer, which is the largest lake in the country, and the Frisian Lakes, this neighbourhood was built in 1992. Near the water sport destination town of Lemmer, the design of this residential area is similar to its namesake. The 230 homes are arranged in a configuration that looks like a collection of broken wheel halves. The neighbourhood's design means all of the multi-family structures have access to water frontage, as well as roads that provide access by car.

Locked up: A woman in Bangkok, Thailand, is very thankful that she has a caring sister. Not having heard from the woman for three days, the sister called the police to investigate. It turns out that the doorknob on the woman's bathroom was faulty, and she had accidentally locked herself in. She tried banging and yelling to attract attention, to no avail. Although she didn't have food to eat, she was lucky to be able to stay hydrated with tap water. Being a healthy person, it didn't take long for the woman to get her strength back after a short stint in the hospital. The moral of the story? Get those broken doorknobs fixed!

Mechanical dogs: More and more people in China are choosing a robot dog for a pet instead of a real one. The craze is becoming noticeable, as more of these mechanical pets can be seen on the street being walked by their owners. Developed by robotics companies, some models of these "dogs" can carry a small amount of weight and can be programmed to sit, roll over, and shake a paw. While such pets may not be great at cuddling, their owners don't have to feed them, clean up after them, or find a sitter to look after the pretend animals when they go on vacation.

Fake kidnapping: A young woman, her boyfriend, and his family thought it would be a good idea for her to pretend to be kidnapped, and then ask her mother to pay the ransom money. The incident happened on Tenerife, one of the Canary Islands. The con artists filmed a video of the daughter making a tearful plea for her mother to hand over 50,000 Euros to ensure her release. The mom, luckily, called the cops, saying that this had happened before. The police were suspicious, so they started an investigation focused on the daughter and her boyfriend's family, quickly rounding up enough evidence to charge these criminals with fake kidnapping

Quoteable Quotes

"Every relationship goes through a struggle, but only strong relationships get through it." —Unknown
 "To err is human; to refrain from laughing, humane." —Lane Olinghouse

What's Happening

May - Sep23 - Athabasca Farmers Market From May to September, the Athabasca Farmers Market is set up at the Athabasca Riverfront Park every Saturday. The market runs from 10 am to 2 pm. A variety of vendors and food trucks provide a diverse market experience that you wont want to miss!

Aug 20 - Underwater Rodeo Lake Cleanup Join divers from all over Alberta and Saskatchewan in skills development dives and a lake cleanup. Everyone is welcome, including non-divers snorkelers. Visit www.fortmaccuba.com for more info.

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Trivia

1. Delicata, kabocha, and turban are varieties of what popular vegetable?
2. The study of algae is phycology, arcology, or aerobiology?
3. In Shakespeare, she is Polonius' daughter and Hamlet's girlfriend.
4. What is the collective noun for a group of giraffes?
5. This famous musician co-founded Rocket Music Entertainment.

(Flip bottom of page for answers)

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Your Weekly Horoscope

ARIES (March 20 - April 19)

Aries sometimes may be a bulldozer, pushing their way toward what they want. For the next few weeks, you have an opportunity to be more diplomatic in your interactions. Lucky numbers: 3, 4, 18, 23, 34, 41.

TAURUS (April 20 - May 20)

What do you value in terms of relationships and finances? You may be experiencing stress now in one or both of these areas, but new opportunities may also be available. Lucky numbers: 2, 8, 12, 15, 17, 26.

GEMINI (May 21 - June 20)

Your mind and your emotions may not be in balance at midweek. Take a deep breath, wait a few days, and this should pass. You may want to postpone important decisions. Lucky numbers: 5, 18, 29, 36, 44, 46.

CANCER (June 21 - July 21)

Is there someone who is relying too much on your nurturing qualities? You may want to correct the situation now or risk your frustration blowing up over the next few weeks. Lucky numbers: 1, 2, 7, 14, 17, 43.

LEO (July 22 - Aug. 22)

Leos generally have a natural charm that radiates to others. For the next few weeks, you may be open to understanding the viewpoint of others and thus reach agreements easily. Lucky numbers: 11, 13, 14, 21, 26, 33.

VIRGO (Aug. 23 - Sept. 22)

This month the Sun will return to the position of when you were born. Plan for your new solar year, but consider waiting a month to make changes. Lucky numbers: 6, 12, 20, 31, 39, 40.

LIBRA (Sept. 23 - Oct. 22)

The phrase "an iron fist in a velvet glove" may apply to you for the next few weeks. However, if you are conscious of its use, the energy may help you. Lucky numbers: 7, 9, 18, 23, 29, 47.

SCORPIO (Oct. 23 - Nov. 21)

Your emotional intensity may be increased for the first few days of this week. You may want to steer clear of those who are really sensitive to this until things ease. Lucky numbers: 9, 11, 26, 28, 36, 44.

SAGITTARIUS (Nov. 22 - Dec. 20)

Your natural enthusiasm and optimism may be greatly heightened this week. If you plan to engage in a new endeavour, just be sure you have properly calculated the risks. Lucky numbers: 4, 5, 18, 27, 29, 37.

CAPRICORN (Dec. 21 - Jan. 19)

You may have experienced a long and sometimes painful period of transformation. You might be eager to enter a new phase, but be patient; this year contains echoes of the old one. Lucky numbers: 8, 12, 28, 31, 33, 36.

AQUARIUS (Jan. 20 - Feb. 18)

Aquarians are known as humanitarians, even though personal styles often are intellectual and cool. For the next few weeks, your humanitarian ambitions might be expressed with more warmth. Lucky numbers: 14, 18, 22, 37, 44, 45.

PISCES (Feb. 19 - March 19)

Have you been in a stalemate the last few weeks, with yourself or another? If so, it could be broken by developing more healthy behaviours and boundaries for yourself. Lucky numbers: 10, 13, 14, 25, 26, 39.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 33.

Did You Know...

Rising sun: The Blyde River Canyon is located in the South African province of Mpumalanga (Zulu for "the place where the sun rises"). In the eastern part of the country, this large canyon is filled with subtropical vegetation.

Cornea facts: Surprisingly, the cornea of the human eye does not have any blood vessels except at its edges. If a cornea is scratched, it will heal more quickly than any other tissue in the body.

Twisted horns: The addax is a kind of antelope that lives in Northern Africa's Sahara desert. These endangered animals have twisted horns and flat hooves that keep them from sinking into the desert sand.

Not too bad: American actor Bob Odenkirk, famous for playing Saul Goodman on the TV shows "Breaking Bad" and "Better Call Saul," is also a comedian and writer. He comes from a family of seven children.

Pyramid count: When thinking about pyramids, Egypt naturally comes to mind. That country has about 138 of these ancient structures, but Sudan has even more: between 200 and 250 pyramids.

On the Lighter Side

Son: "Was your wedding very emotional?"
 Dad: "I'll say! Even the wedding cake was in tiers."

What's the easiest kind of house to lift? A lighthouse.

What is Mickey's job at school? He is the mice principal.

Knock! Knock! Who's there? Giraffe. Giraffe who? Giraffe anything to eat in there?

Those two volcanoes over there are inseparable. It's true lava.

Answers

Trivia answers: 1. Squash 2. Psychology 3. Ophelia 4. Tower 5. Elton John

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