

~With the Spirit~

And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away.

Revelation 21:4

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Vol. 02 No. 05

If you need help, just ask.

May 5, 2021



## Sports Trivia

1. What's the diameter of a basketball hoop in inches?
2. The Olympics are held every how many years?
3. What sport is best known as the 'king of sports'?
4. What do you call it when a bowler makes three strikes in a row?
5. What's the national sport of Canada?
6. How many dimples does an average golf ball have?
7. What country has competed the most times in the Summer Olympics yet hasn't won a gold medal?
8. The classic 1980 movie called Raging Bull is about which real-life boxer?
9. The Triple Crown award is given to a horse that wins which three races?
10. In the 1971 Olympics, Nadia Comaneci was the first gymnast to score a perfect score. What country was she representing?

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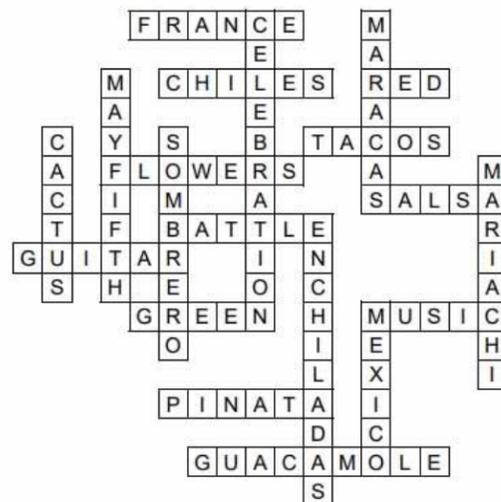
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"Jealousy is just love and hate at the same time."  
~Anonymous

## Cinco de Mayo



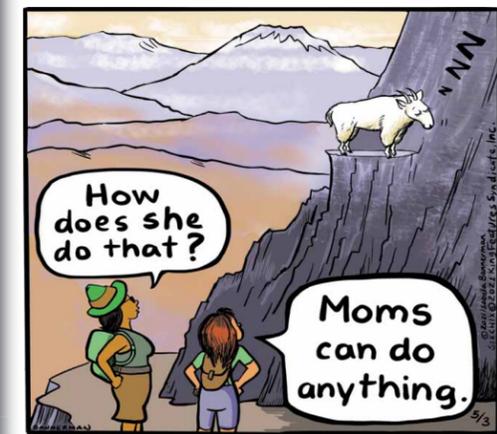
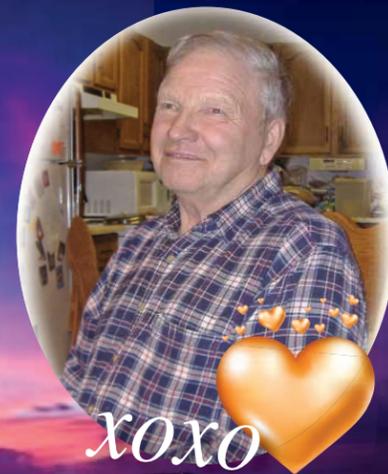
# In Loving Memory

Reg Monk  
February 25, 1942  
~ May 6, 2013

xoxo

May the winds of heaven blow softly and whisper in your ear, How much we love and miss you and wish that you were here.

Missing you, always and forever....  
~ Charmaine, Lorne, Dakota, Emily, Nickolas & Nicole



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**ASPARAGUS TIPS - OR TIPS ABOUT ASPARAGUS** - Hand-picked asparagus - YUM!  
 Many of us are excited to make the most out of its short growing season (just May and June!) here in Canada. Asparagus is hand-harvested, so it can sometimes be a little more expensive than other vegetables. But it's a real treat when the season rolls around.



Being part of the lily family, asparagus are actually stalks that sprout from underground rhizomes or root systems. These root systems deplete in sugar supply as the season goes on, sending up less-sweet and tougher-skinned shoots as the season progresses. That's why it's best to enjoy them early on when they're at their juiciest and sweetest. Here are our quick tips for buying, prepping and cooking asparagus.

**Buying and storing** - Look for firm, brightly-coloured spears with tightly-closed tips. Store them in a plastic bag in the coolest part of your fridge and use them as soon as possible, ideally within 2-4 days.

**Preparing** - Wash asparagus well, especially the tips where soil and grit can get wedged in. Remove the tough bottoms by snapping them where they break naturally or using a knife to cut them off. Or you can peel off the bottoms deeply with a vegetable peeler until you've removed all the tough outer skin. If you catch asparagus late in the season, you may actually want to peel the entire stalk to remove the tough outer layer.

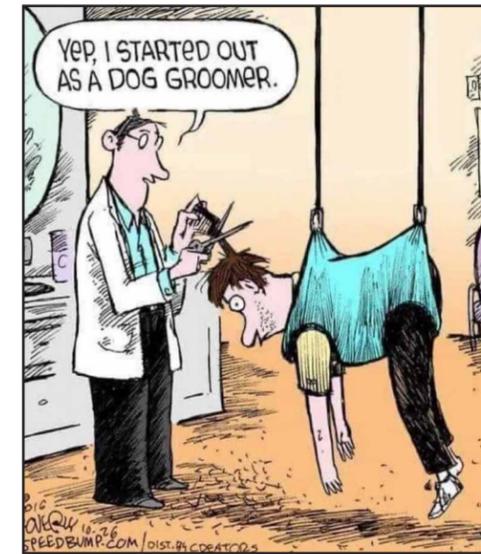


**Cooking** - If blanching asparagus, remove from boiling water while still tender-crisp as they'll continue to cook from the residual heat even after you take them out; alternatively, plunge them into an ice bath to stop the cooking. The tips are usually thinner than the bottoms and tend to cook faster, which is why some recipes suggest you cook the asparagus upright (in an asparagus cooker if you have one), for even cooking tip to stem. Asparagus can also be steamed, boiled, sautéed and roasted like most vegetables. *Photo: bacon wrapped asparagus.*

**Varieties** - While green asparagus is most readily available in Canada, there are also purple and white asparagus. The purple are another variety of asparagus altogether and the colour turns dark green with cooking. White asparagus is just green asparagus that's been grown underground. It has a delicate aroma but tends to be a bit tough, so peel the whole stalk before using. Get your hands on some stalks and enjoy asparagus while you can!

# SUMMER BUCKET LIST

- |   |                                    |                                  |
|---|------------------------------------|----------------------------------|
| Go on a bike ride                       | Go on a staycation                 | Go camping                       |
| Make popsicles                          | Collect seashells                  | Get books to read at the library |
| Build a fort                            | Go ice blocking                    | Play kickball                    |
| Do a cartwheel                          | Stay up past midnight              | Swim in a lake                   |
| Roll down a hill                        | Pick berries                       | Make homemade pizza              |
| Injure your toes in the sand            | Eat ice cream before it melts      | Catch fireflies                  |
| Fly a kite                              | Make smores                        | Watch a sunset                   |
| Jump over the waves                     | Have a water balloon fight         | Go on a roadtrip                 |
| Build a sandcastle                      | Play beach ball volleyball         | Build a sand castle              |
| Go to a drive-in movie theater          | Plant flowers                      | Learn something new              |
| Eat a hot dog straight from the grill   | Get a mosquito bite                | Make something explode           |
| Go on a picnic                          | Eat corn on the cob                | Go to an amusement park          |
| Have a water fight                      | Travel somewhere you've never been | Dance it out                     |
| Play outdoor water games                | Go to a museum                     | Eat a funnel cake                |
| Have a watermelon seed spitting contest | Find a dinosaur                    | Volunteer somewhere              |
| Have a family board game tournament     | Spend a day barefoot               | Paint something                  |
| Go to a carnival                        | Lay on grass and look at the stars | Drink a tropical drink           |
| Listen to an outdoor concert            | Drink ice cold lemonade            | Go to a splash pad               |
| Go to a waterpark                       | Have a family slumber party        | Sleep in                         |
| Do a cannonball                         | Swing on the swings                | Find a sunflower                 |
| Play in the sprinklers                  | Go to a baseball game              | Float in a pool                  |
| Watch fireworks                         | Send a postcard                    | Wave a flag                      |
| Sit in a hammock                        | Go to a fair                       | Try 12 flavors of ice cream      |
| Injure something at a garage sale       | Go to camp                         | Have a backyard BBQ              |
| Create your own lemonade stand          | Hike a mountain                    | Go see a show                    |
| Eat a snow cone                         | Run a race                         | Find a double rainbow            |
| Go to some sort of festival             | Take a picture by a colored wall   | Play until the daylight is gone  |
| Bake cookies                            | Make homemade ice cream            | Eat breakfast for dinner         |
| Make root beer floats                   | Relax in a lazy river              | Make & play a backyard game      |
| Watch a movie on the big screen         | Ride a roller coaster              | Jump in puddles                  |
| Go to a farmer's market                 | Order pizza at the pool            | Make an easy summer craft        |
| Get a temporary tattoo                  | Injure a new pair of sandals       | Go on an imaginary adventure     |
| Watch early morning cartoons            | Play frisbee                       | Go fishing                       |



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 -George Savile

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*Sports Trivia Answers - 1. 18 inches. 2. 4 years. 3. Soccer. 4. Turkey. 5. Preakness Stakes, and Belmont Stakes. 10. Romania. Lacrosse. 6. 336. 7. The Phillippines. 8. Jake LaMotta. 9. The Kentucky Derby.*

**MANITOBA EMERGENCY**

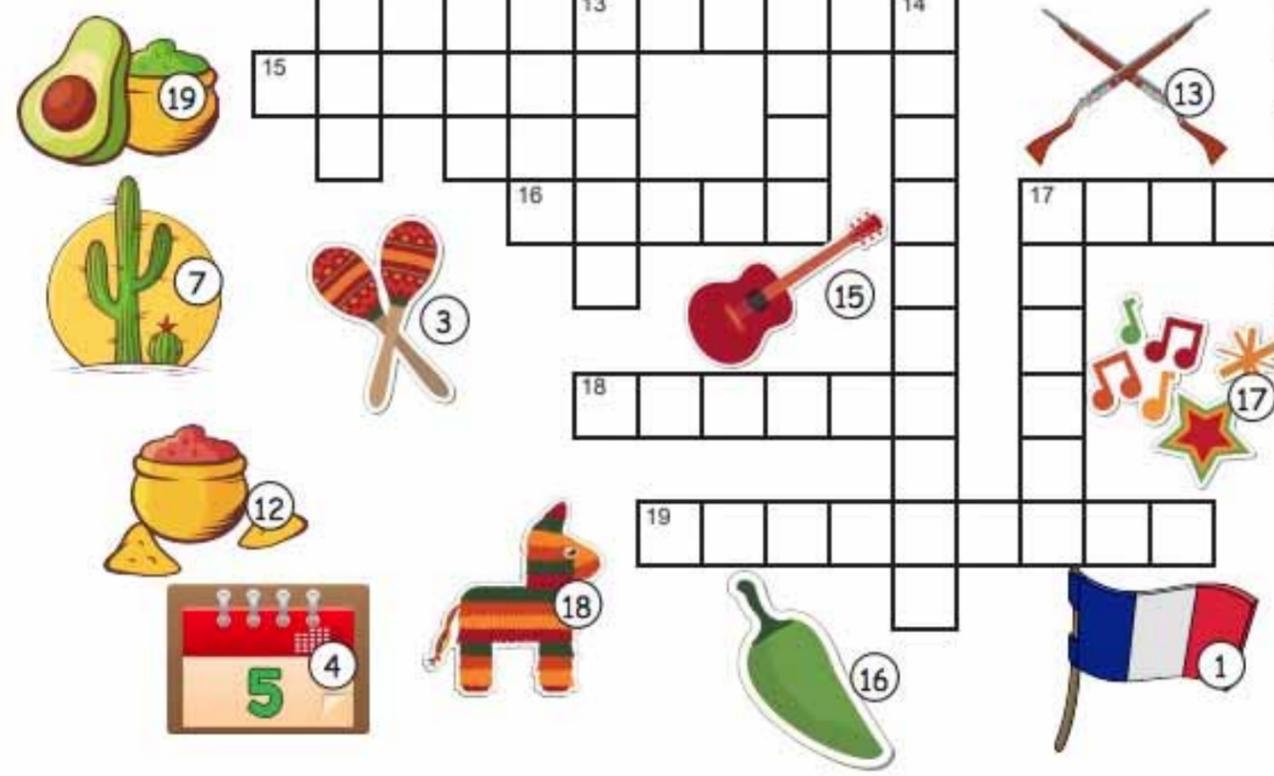
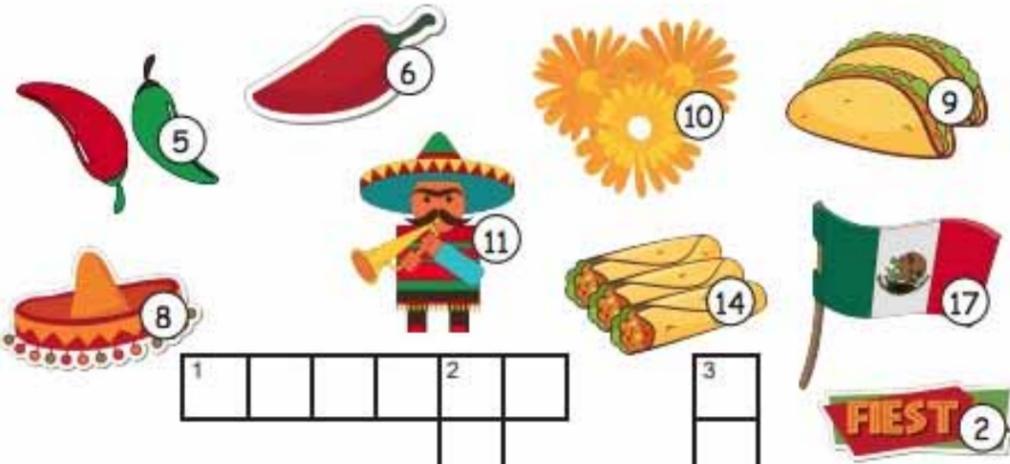
*Reports & Notifications*

# Cinco de Mayo

DIRECTIONS: Fill in the puzzle, using the pictures as clues.

## WORD BANK

- Battle
- Cactus
- Celebration
- Chiles
- Enchiladas
- Flowers
- France
- Green
- Guacamole
- Guitar
- Maracas
- Mariachi
- MayFifth
- Mexico
- Music
- Pinata
- Red
- Salsa
- Sombrero
- Tacos



MANITOBA AUTHOR JOHN WARMS



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