



True Cheeseburger Pizza - This is a unique twist on two favorites: pizza and cheeseburgers! It is really fast to make, and you can easily add your favorite burger toppings, such as lettuce and tomato. This is a family favorite and disappears quickly - so prepare to make more and prepare to make it often. Enjoy!

INGREDIENTS

- pound ground beef chuck
- teaspoon salt
- teaspoon ground black pepper
- 2/3 cup ketchup
- 2 tablespoons prepared yellow mustard
- 1 (14 ounce) pre-baked pizza crust
- 1 cups shredded mozzarella cheese
- 1 cup shredded sharp Cheddar cheese
- 1/2 cup chopped onions
- 1/2 cup dill pickle slices
- 1 cup shredded lettuce (Optional)
- 1 cup diced tomatoes (Optional)



HOW TO PREPARE

Preheat the oven to 375 degrees F (190 degrees C).

Heat a large skillet over medium-high heat. Cook and stir beef, salt, and pepper in the hot skillet until meat is browned and crumbly, 5 to 7 minutes; drain and discard grease. Set aside.

Mix together ketchup and mustard in a small bowl; spread mixture over pizza crust.

Sprinkle mozzarella and Cheddar cheese on top and cover with cooked beef and onions. Transfer pizza to a large baking sheet.

Bake in the preheated oven until cheese is melted, about 20 minutes. Top with pickle slices and allow pizza to cool for 5 minutes.

Top with lettuce and tomatoes before slicing and serving.

WUZZLE PUZZLE

Q . Why couldn't the pony sing her song?
A. She was a little horse.

Q . How do you prevent a Summer cold?
A. Catch it in the winter!

Q . How do you throw a party on Mars?
A. You planet!

TEMPERATURE	PAR 2	CHANCE
HEART	COLLAR HOT	THE HEAD SAND

Barbie" is the first U.S. motion picture directed by one woman to cross the billion-dollar mark globally.

It reached this mark after only three weeks.

DID YOU KNOW?

Once a week for 20 minutes, sit in a hot bath that contains a handful of Epsom salts, 10 drops of lavender essential oil, and a half cup of baking soda. This combo draws out toxins, lowers stress related hormones, and balances your pH levels.

"I'm finally starting to relax. Come look at the pie charts I made in the sand!"

WEDDING DAY BRIDES COLORING BOOK

WEDDING DAY BRIDES is a 40 page coloring book featuring stunning bridal images. Gowns, hairstyles, floral arrangements and more!

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LICENCE PLATE FOR MISSING, MURDERED INDIGENOUS WOMEN - AVAILABLE FOR PURCHASE THIS FALL THROUGH AUTOPAC AGENTS ACROSS MANITOBA



Manitoba Public Insurance will offer two licence plate designs — one featuring a red dress and one featuring a red hand mark. Each licence plate will cost \$70, of which \$30 will go to support MMIWG2S families.

MISSING IN MANITOBA

CLAUDETTE PRISCILLA JUNE OSBORNE-TYO

WHERE IS CLAUDETTE? Claudette Priscilla June Osborne-Tyo

a 21-year-old mother of four vanished from Selkirk Ave and King Street in Winnipeg on July 25, 2008.

***** \$20,000 REWARD *****
Police Missing Persons Unit at (204) 986-6250
Crimestoppers at (204) 786-8477

SEARCH THE LANDFILLS

♥ MMIWG2S+

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A tribute honouring the late **Sinead O'Connor** was unveiled on Bray Head, Co Wicklow. The sign is located close to Sinéad's home at Strand Road, Bray. The installation was designed and installed by The Tenth Man Creative Agency in association with mural specialists, Mack Signs. Each letter is 30 feet high.

A Celebration of Life
for **Clifford Halaburda**

August 25th - 1 pm at the St. Martin Hall

Homebrook-Peonan Point Council

invite tenders to supply and spread traffic gravel at price per yard.

For more information contact Eric Olson at 204-768-4215.

Tender to be submitted by August 14, 2023 to homebrookcc@xplorenet.com

MOOSEHORN HALL FRIDAY NIGHT BINGO
AUGUST 11TH - 7 PM

BINGO!

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then now

THIS SCARES ME SO I'M NOT DOING IT, I NEED TO AVOID FEAR

THIS SCARES ME SO I'M GONNA TRY MY BEST. I'M NOT LETTING FEAR RULE MY LIFE

NAME THAT TUNE

A kiss is just a kiss
a sigh is just a sigh
The fundamental things apply.....

The first poisonous bird to be recorded is the Hooded Pitohui, with its feathers, skin and tissues having a dangerous neurotoxin called Batrachotoxin. In high enough doses, such toxins can lead to paralysis and death. The only other animal known to have the same poison is the Dart Frog.

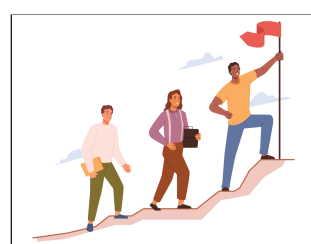
Star Wars Word Search

A Y O D A I R E D A V D C X I
H T I S P R E B A S T H G I L
N U M U L N G R R A T S Y P B
Y M R E M P E R O R F I R S T
R E K L A W Y K S F O R C E D
N R E P O O R T M R O T S R A
N F C E N I T A P L A P O C N
C S N K W E K U L M D I C W A
O N A B O L C K C G D A R K M
R K T O B W Y Z O S B I M E R
D N S L I L E H J W W A N N Y
E N I O O T A T E I D E J O F
R I S S Y N E H H T A E D B S
I F E B C R C L H T R A D I Q
U V R E B E L L I O N A I E L

- | | | | |
|--------------|-----------|------------|----------|
| CHEWBACCA | DARTH | EWOK | REN |
| DROIDS | EMPEROR | FORCE | SITH |
| FINN | FIRST | KENOBI | STAR |
| HAN | JEDI | LIGHTSABER | VADER |
| PALPATINE | LEIA | ORDER | SOLO |
| RESISTANCE | OBI | WAN | TATOOINE |
| SKYWALKER | REBELLION | KYLO | YODA |
| STORMTROOPER | REY | LUKE | |

'DID YOU KNOW'... RANDOM FACTS ABOUT ANIMALS

- Most elephants weigh less than the tongue of a blue whale.
 - Honeybees have tiny hairs on their eyes to help them collect pollen.
 - A desert locust swarm can be 460 square miles in size and can consume 423 million pounds of plants in a single day.
 - Adult pandas can eat at least 28 pounds of bamboo per day. That's a lot of chewing!
 - All polar bears are left-handed, or rather, left-pawed.
 - Baby giraffes can stand within half an hour of birth.
 - Bats always turn left when exiting a cave.
 - Sea otters hold each other's paws when asleep so they don't drift apart.
 - Rats laugh when they are tickled and during playtime.
 - Dolphins sleep with one half of the brain at a time, and with one eye closed.
 - Gentoo penguins use a pebble to propose to their girlfriends.
 - "Jaguar" comes from a Native American word meaning "he who kills with one leap".
 - Cows have very complex friendships, and when they are isolated from their companions, they experience separation anxiety.
 - Seahorses are monogamous and mate for life.
 - Galapagos tortoises sleep for 16 hours a day and can go a year without food or water.
 - Hummingbirds are the only birds that can fly backwards. That's neat!
-



Leading by Example - Leading by example is inspiring, not only for those whom you lead but also for yourself.

We all know from experience that we can't change other people, yet most of us have a tendency to try. This is because we naturally feel the need to do something to change situations that we find troubling. It often doesn't occur to us that the best way to create change is not to try to convince others to change but to change ourselves.

When we make adjustments from within, we become role models for others, and leading by example is much more inspiring than a lecture or an argument.

We sometimes look outside ourselves for what's wrong with the world, but the outside world is really just a mirror reflecting us back to ourselves. When we encounter negativity — anger or fear — we empower ourselves by looking for its roots inside of ourselves.

For example, if you have a friend who is unreliable, observe yourself and notice if there are ways in which you are unreliable. You may be surprised to discover that you have your own struggles with this issue. Once you own the issue yourself, you can begin to work for change within you.

This will also enable you to have more compassion for your friend. At the very least, as you strive to become more reliable, you will become more of the person you want to be. In the best-case scenario, you will be an inspiration to others.

You can apply the same method to larger issues. For example, if there is something you see in the larger world that you would like to change — let's say, greed — try taking responsibility for changing it in yourself.

Instead of being angry with those you see as greedy, seek out the roots of your own greed and come to terms with your power to transform it.

This may be the best way to lead the world toward greater moderation and generosity.



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NO TIME TO LOSE, WE HAVE TO RELAX QUICKLY!

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When You Have No Sense of Direction

OK, when you get to Main Street, head north.

North?

Yes.

Oh, toward the pizza place!

No, north.

So... turn left?

No, go NORTH.

You have no idea which direction north is, do you?

North! South! These words mean NOTHING to me! NOTHING!

Alcoholics Anonymous Meetings in Manitoba

Eriksdale:
(204) 739-6454
(204) 739-2710
Mondays at 6:30pm
United Church hall,
please use back door

Toll Free #:
1-(877) 942-0126
Central office:
(204) 943-6051

- WUZZLE PUZZLE ANSWERS:
1. Falling Temperature
 2. Two Under Par
 3. Fat Chance
 4. Broken Heart
 5. Hot Under the Collar
 6. Head in the Sand

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