



**HAVE A GREAT
SUMMER ANGELS!**

AH Donations

Donations for the end of May included:

Best Start

- 25 sweater sets
- 25 blankets
- 25 toys
- 14 baby hats

Renal

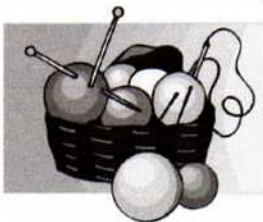
- 19 prs boots
- 28 toques
- 6 blankets
- 4 hat/ mitt/ scarf sets

Trillium

- 50 preemie hats
- 13 blankets
- 1 going home outfit

Credit Valley

- 12 adult chemo hats
- 16 child chemo hats
- 10 blankets
- 6 child chemo hats/scarf sets



Keep up
the
good
work!!!

**Summer
Energy
Tips**



You can use a programmable thermostat to control your air conditioning unit. When away at work for the day, set the temperature higher (25.5 degrees C or 78 degrees F) and program the system to cool the house down before you return home.

Close window coverings like curtains and blinds to keep the sun and heat out. At night open them to allow the cooler evening air into the house.

To conserve energy, turn off the dry cycle of the dishwasher. Open the door and let the dishes air dry.

Use a clothesline instead of the dryer.

Remember that all lighting and electronic equipment (e.g. televisions) create heat. Use them less and also keep them dust free. They will use less energy by working more efficiently.

Replacing incandescent lights with compact fluorescent lighting will reduce both the heat in your home and energy used. They last 10 times

longer and use up 75% less energy.

For more tips visit the Greensaver website at:

**[www.greensaver.org/
services_summertips.
html](http://www.greensaver.org/services_summertips.html)**



Smiles & Giggles

**The Broken Lawn
Mower**

Marriage is a relationship in which one person is always right and the other is usually the husband.

When our lawn mower broke and wouldn't run, my wife kept hinting to me that I should get it fixed. But, somehow I always had something else to take care of first: the truck, the car, e-mail, fishing, always something more important to me. Finally she thought of a clever way to make her point.

When I arrived home one day, I found her seated in the tall grass, busily snipping away with a tiny pair of sewing scissors. I watched silently for a short time and then went into the house. I was gone only a few minutes. When I came out



again I handed her a toothbrush. 'When you finish cutting the grass,' I said, 'you might as well sweep the driveway.'

The doctors say I will walk again, but I will always have a limp.

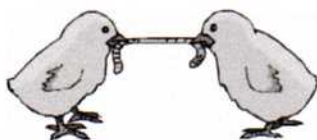


Explains why Saskatchewan has no Daylight Saving Time....

When told the reason for daylight saving time the old Indian said, "Only a white man would believe that you could cut a foot off the top of a blanket and sew it to the bottom of a blanket and have a longer blanket!"

May Meeting Contributors

Bonita B and Esperanca F.N. P provided the snacks.



Angelic Recipe

SPINACH STRAWBERRY SALAD

INGREDIENTS

- 1 pound flat leaf spinach, washed and well dried
- 3 kiwi fruit, peeled and sliced
- 1 pint strawberries, trimmed and quartered or sliced
- ¼ cup slivered almonds

Sweet vinaigrette for spinach salad:

- 3 tablespoons lemon juice
- 1 tablespoon honey
- ¼ cup olive oil
- 1 tablespoon poppy seeds
- salt and pepper to taste

Place spinach in large salad bowl (a flatter bowl works best). Arrange kiwi slices and strawberries on top.

Combine all ingredients for salad dressing. Toss dressing with salad just before serving. Sprinkle with toasted almonds. Enjoy this wonderful strawberry spinach salad!

Serves 4

Recipe from:
www.cookingnook.com



JUNE

- Filomena S – June 3
- Melody A – June 5
- Debbie R – June 7
- Claudette R – June 8
- Joan O – June 16
- Eleanor D – June 17
- Rhonda C – June 19
- Judy R – June 29

JULY

- Olga A – July 4
- Bonita B – July 9
- Joan D – July 21
- Phyllis F – July 17
- Rita K – July 30
- Helen K – July 30
- Judie T – July 25

AUGUST

- Idalia C – Aug 24
- Lorene H – Aug 24
- Annette J – Aug 12
- Jackie L – Aug 27
- Patricia L – Aug 26
- Margaret M – Aug 23

Start Date Anniversary

JUNE

- 2001 – Caryl P
- 2001 – Jessie M
- 2003 – Karen M
- 2003 – Patricia L
- 2006 – Jenny B

