



Grilled Chicken & Onion Skewers

Makes 10 to 12 skewers



Basting Sauce (optional)
1/2 cup soy sauce
1/4 cup mirin
2 tablespoons sugar

- 1/ pound boneless, skinless chicken thighs, excess fat removed and cut into bite-size pieces
- 1 yellow onion, cut into 2-inch wedges, and/or baby leeks, white part only, cut into 1-inch lengths
- 1 tablespoon canola or other neutral oil
- Salt (optional)

Place 10 to 12 bamboo skewers in water to cover at least 30 minutes before grilling. Prepare a medium-hot fire in a charcoal grill, or preheat a gas grill to medium-high. If using the basting sauce, in a small saucepan, combine the soy sauce, mirin and sugar over medium-low heat and cook, stirring, until the sugar has completely dissolved and the liquid just begins

to turn syrupy, 5 to 8 minutes. Remove from the heat and set aside in a small bowl.

Drain the skewers. Thread the chicken pieces alternately with the onion pieces onto the skewers, using about 3 pieces of chicken and 2 pieces of onion for each skewer. As each skewer is ready, place on a plate. Brush the chicken and onion pieces lightly on all sides with the oil.

The grilling goes quickly, so set up your workstation next to the grill before you begin: the plate holding the skewers, the bowl of sauce and a basting brush and/or the salt, and tongs for turning the skewers. If using the basting sauce, either dip each skewer in the sauce or brush the sauce on the skewers and then place directly over the heat. Grill the skewers, turning 3 or 4 times and basting with additional sauce, until the chicken is cooked through and the onions are scorched around the edges, about 5 minutes total. If the sauce appears to be burning at any point, move the skewers to a cooler part of the grill, or reduce the heat if using a gas grill. If using salt instead of the basting sauce, place the skewers directly over the heat and grill, turning 3 or 4 times, until cooked through, about 5 minutes total. Sprinkle both sides of each skewer with salt and remove from the grill.

Serve the skewers piping hot. Enjoy with your favourite side dishes.

spot the difference



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Legend of Qu'Appelle Valley

“The Legend of Qu'appelle Valley” is a poem written by E. Pauline Johnson that tells the tale of a young Indian who, upon returning from a hunting trip, hears a voice. He replies: “Qu'appelle”, or “who calls”, but receives no answer, save his echo. When he does return, he discovers that the young woman he was to marry died suddenly and with her dying breath cried out his name. And thus, the Qu'appelle Valley received its name. Although fictional, this story is based upon the unusual phenomenon reported by Métis trader Daniel Harmon, in which the Indigenous people of the area, whenever they heard (or thought they heard) a voice would reply: “Kâ-têp-wêt?”, “who calls?”, or “qui appelle?”, “Who Calls” in Cree, English, and French.

Guess Who?

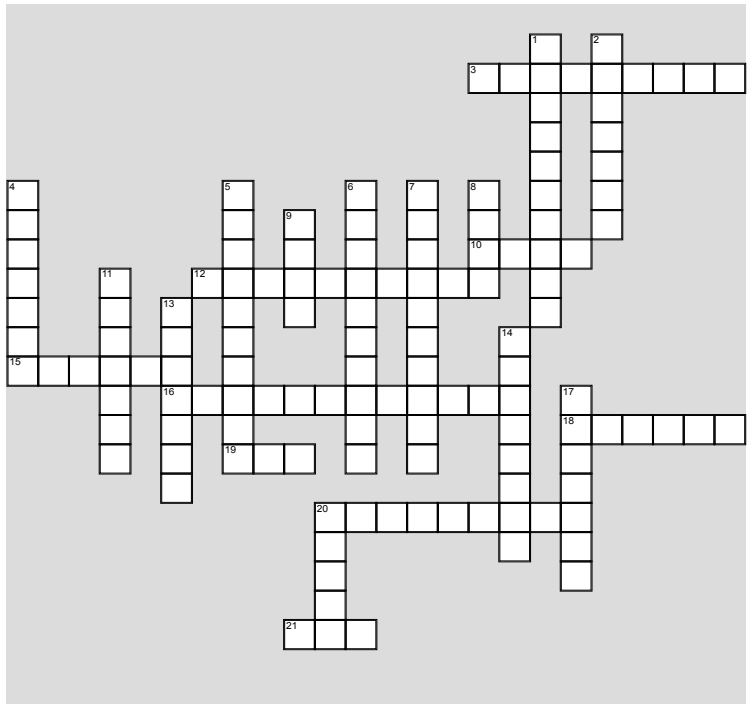
I am a comic actor born in Pennsylvania on July 6, 1979. I won several amateur comedy contests in the early years of my career, and I was cast on a TV show in 2000. I have a comedy album that went 5x platinum, and I recently starred in the “Jumanji” reboot.

Answer: Kevin Hart

This crossword brought to you by



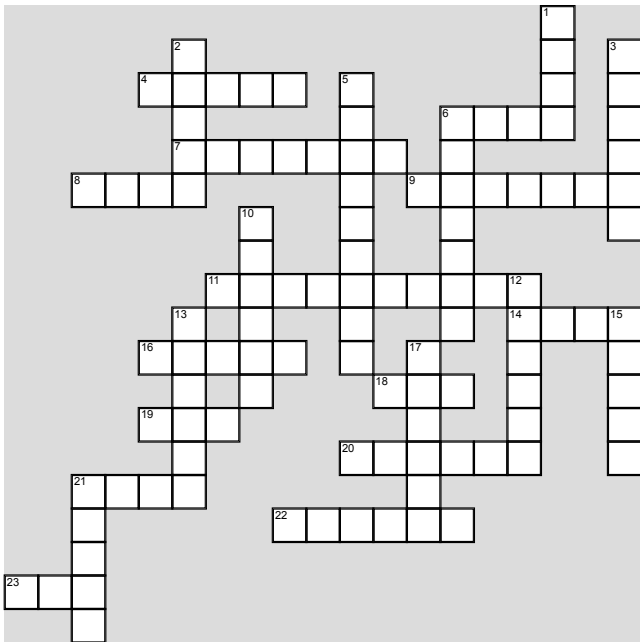

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- | | | |
|-----------------|------------------|-------------------------|
| Across | 19 Pig | 5 Morning meal |
| 4 Round dough | 20 Break time | 6 Assorted Dessert tray |
| 6 Long sandwich | 21 Burger Cover | 10 Hole in the middle |
| 7 Circle snack | 22 Thanksgiving | 12 Loaded pizza |
| 8 Birthdays | 23 Hot beverage | 13 Mixed Veggies |
| 9 Ugly cupcake | | 15 Served in a bowl |
| 10 Location | Down | 17 Caffeine |
| 14 Chickens | 1 Filled dessert | 21 Sandwich |
| 16 Small pie | 2 Sweet drink | |
| 18 Soda | 3 Pizza topping | |

- | | | |
|---------------------|-------------------------|----------------------|
| Across | 21 Pig | 8 Often served dry |
| 3 Hawaiian | | 9 Dry Cheese |
| 10 Cow | Down | 11 Beverage |
| 12 Carnivore pizza | 1 Location | 13 Poultry |
| 15 Tube meat | 2 Meat links | 14 Grows in the dark |
| 16 Pub food | 4 BBQ Food | 17 Canadian dish |
| 18 Black balls | 5 Seasoned | 20 Round food |
| 19 Underwater craft | 6 Battered & deep fried | |
| 20 Pizza topping | 7 Animal lover | |

Crossword Word List: Pop, Salads, Soups, Squires, Subs, Tarts, Tea, Turkey, Cedar, Breakfast Buns, Cake, Cheese, Cookies, Deluxe, Donuts, Eggs, Ham, Indian Head, Juice, Muffins, Pies, Pizza

Cedar Cove Word Scramble

Unscramble the words to read the sentence.

adrc ecvo osrter tosre si rouy noe spto akle hpos.
cie mreca, ovncenencei, lcihongt, acgpinm pupsseli

Ice cream, convenience, clothing, camping supplies
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Answer:



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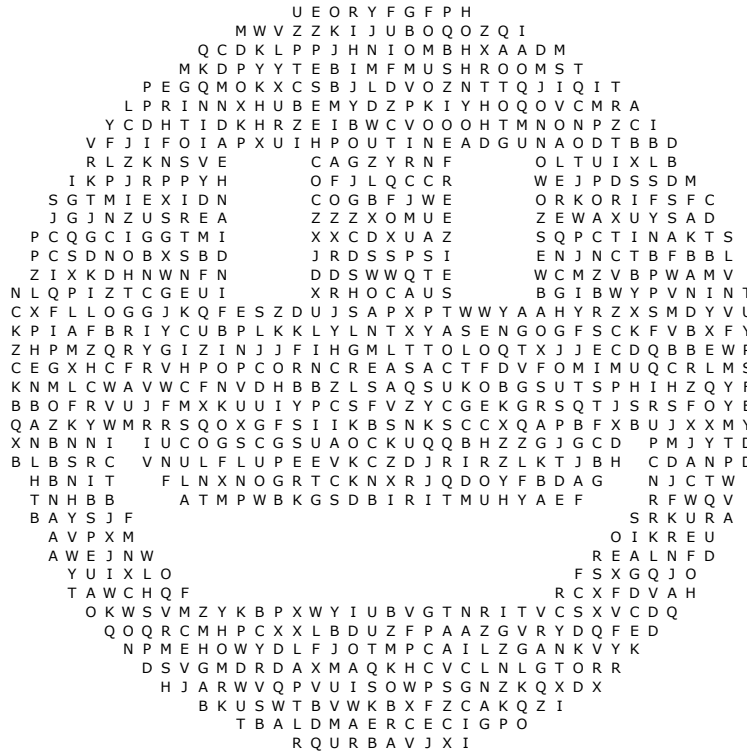
<http://cedarcoveresort.ca/>

Crossword Word List: Beef, Burgers, Chicken Wings, Feta, Greek Fries, Ham, Indian Head, Meatlovers, Mushroom, Olives, Onion Rings, Pepparoni, Pineapple, Pizza, Poutine, Ribs, Salsami, Sausage, Soda Pop, Sub, Vegetarian

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Word Search

- BBO
- BREAKFAST
- BURGERS
- CHEESE
- CHICKEN STRIPS
- CHILI DOGS
- FREEZIES
- FRIES
- GRAVY
- HOTDOGS
- ICE CREAM
- INDIAN HEAD
- MOZZA STICKS
- MUSHROOMS
- NACHO
- NUGGETS
- ONION RINGS
- POPCORN
- POPSICLE
- POUTINE
- RIBS
- TAKE OUT

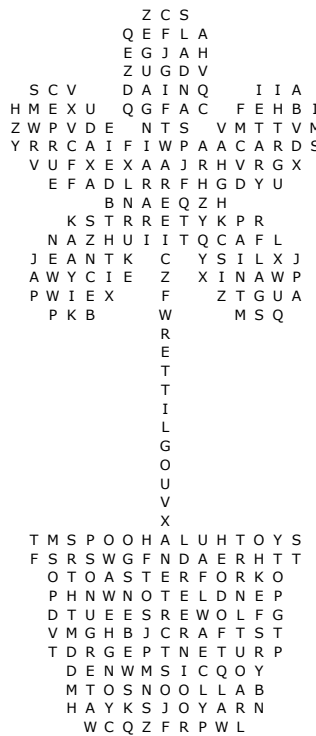


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- PAINT
- PENDLETON
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CALENDAR OF EVENTS

July 7
Flea Market
 1st Ave, Melville,
 9 a.m. to 1 p.m.
Trade Show
 Rexentre, Fort Qu'Appelle
 11 a.m. to 4 p.m.
Pop Up Market
 Centre of Arts, Fort Qu'Appelle

July 13-15
Powwow
 Kahkewistahaw First Nation

July 14-15
Art Show
 Lebre, 10 a.m. to 5 p.m.

July 27
Abernathy Fair
 Abernathy, SK

August 4
Mid Summer's Art Festival
 Fort Qu'Appelle, SK

August 10-12
Whitewood/Chacachas Rodeo
 Whitewood, SK

August 15-18
National Horseshoe Tourney
 Whitewood, SK

August 24-26
Powwow
 Ochapowace First Nation

Fridays
 Chase the Ace, Melville HCUC
 Chase the Ace, Whitewood Legion

Saturdays
 Chase the Ace Fort Qu'Appelle Legion
 Farmers Market 9-1 Fort Qu'Appelle

Sundays
 Market Sunset Beach Crooked Lake

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Full Moon Releasing Ritual

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The full moon symbolizes the end of a chapter and illuminates the need to let go of the things that no longer serve us. Many people perform a full moon ritual to release or purge things such as addictions to food, drugs, or sex, end suffering from hurtful relationships and release from physical and emotional pain.

HOW TO PREPARE:

Check your calendar for the next upcoming full moon.
Set a time and a sacred place. Outdoor space is preferred, under the light of the moon.
Write down on a slip of paper the things you want to release or change.
You will need smudging/cleansing supplies, candles (if you wish to manifest particular results), a fire pit or fire safe container and matches or a lighter. (please be cautious!!!)

HOW TO RELEASE:

Cleanse your sacred space with an opening prayer, a smudging, and/or by burning some incense. Now is the time to invite your guides, angels, masters, or teachers to be with you throughout your ceremony.
Light your candles. Take in your surroundings; notice the sounds, look to the sky, breathe deeply.
Read the words you have written. Set your intention to release the item from your life.
If you are doing this ritual with a group of others take turns reading your words, unless they are too personal to read out loud, read them silently. Our words have power and releasing them aloud can be very freeing.
Set the paper on fire and place it in the fire pit, or which ever fire safe container you have chosen.
Take your time. Be in the moment. If the spirit moves you, howl at the moon!
Show your gratitude by thanking your spirits, guides, angels or whomever you invited to help you.
Finally, be sure to manage your fire with due care and attention. Mother Wolf Soul and Body Wellness has an incredible selection of incense, candles, crystals, smudges - all the supplies needed for your full moon rituals and more.
Next time we will be talking about cleansing and charging your crystals!

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