

# Airdrie Town Homes

**FREE  
UPGRADES**

Next to  
the beautiful  
40 acre  
Nose Creek  
Park

Starting at \$314,900+GST, 1220 – 1420 sq ft  
single car garage, 2 & 3 bedrooms,  
professionally designed interiors



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for details & private showings

[www.AirdrieTownHomes.com](http://www.AirdrieTownHomes.com)

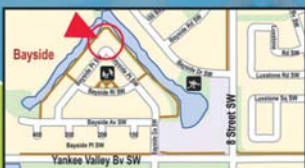
Floor Plans - Virtual Tour - Pricing & Availability

# Pure Luxury... Town Homes

**FREE  
UPGRADES**

located on the canals of Airdrie

Starting at \$379,900+GST • 1325 sq/ft, 3 bedrooms  
Single car garage • Professionally designed interiors



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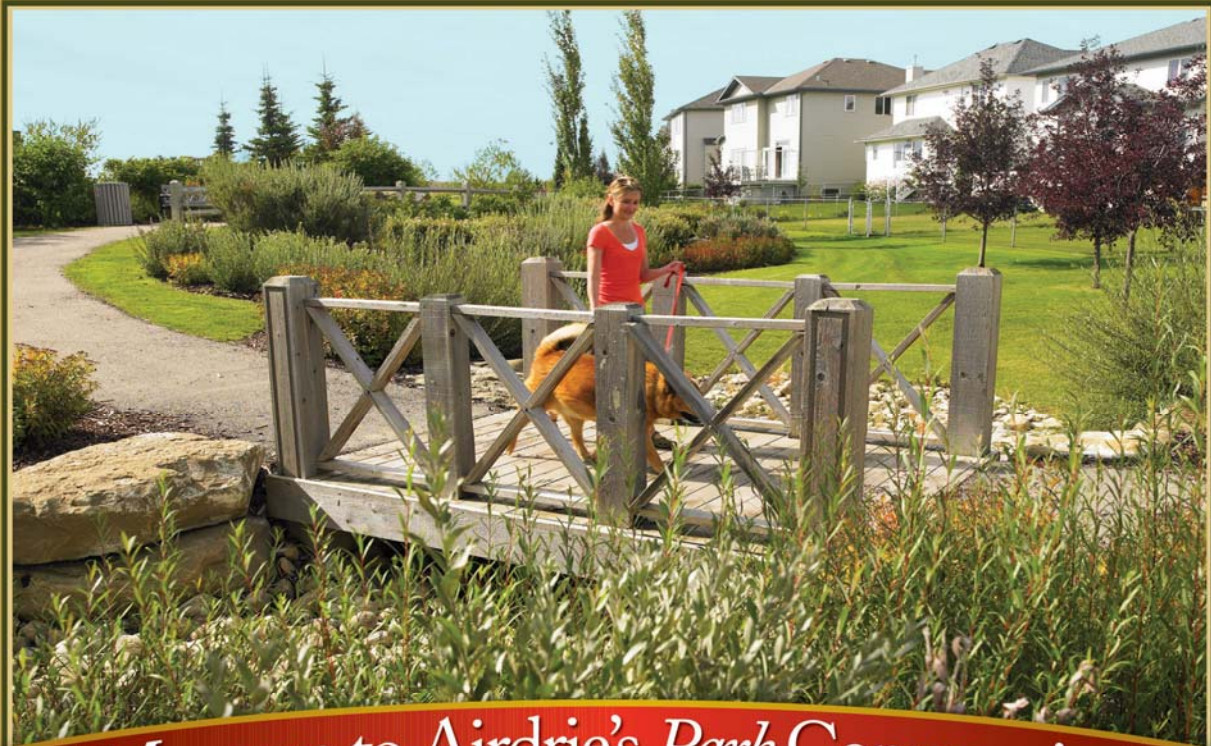
Floor Plans - Virtual Tour - Pricing & Availability



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Canada Day  
July 1st

*\*Illustrations courtesy of the Celebrate Canada Committee for Newfoundland and Labrador: Join C.C. Cross Canada Adventures, Colouring and Activity Book*



## Move up to Airdrie's *Park* Community!

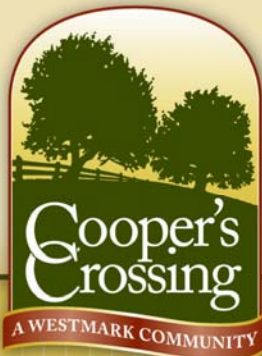
This estate style community is big on greenspace and traditional appeal. More than 50% of our lots back onto linear parkland, with miles of recreational trails to explore. This is a place to raise your kids, and where your kids will want to raise their kids. Come and see for yourself.



### 4 Impressive Show Homes to see!

Beattie Homes	912.5462
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## Penny's Tip of the Week

*I'm always on the run and don't have time to stop for the extra meals or snacks you suggest. Do you have any ideas for quick on the run meals?*  
Submitted by: Chris

Buy a tub of Whey protein powder or a meal replacement powder, put a scoop in a shaker cup then all you need to do at meal or snack time is to add 6 oz of water, shake and drink, taa daa a one minute meal. You can also buy already made shakes or protein bars, which cost a little more but you would be hard pressed to find a more nutritious meal anywhere for \$3 or \$4. At least half of your meals should be nutritious whole foods. We carry a variety of high qualities good tasting brands at Big Bears Fitness.

Email your question for Penny to: [Heresthescoop@shaw.ca](mailto:Heresthescoop@shaw.ca)  
For your complete fitness centre, check out Big Bear's.  
Call Penny at 912-9300 for a consultation.

*It is good to realize that if love and peace can prevail on earth, and if we can teach our children to honor nature's gifts, the joys and beauties of the outdoors will be here forever.*  
-Jimmy Carter

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**Dolly Parton's Cowboy Beans**  
 Source: [www.isavo.org/food/a/cowboy](http://www.isavo.org/food/a/cowboy)

**Ingredients:**

- 1 pound ground beef
- 2 medium onions, chopped fine
- 1 small bell pepper, chopped fine
- 2 (16 ounce) cans pork and beans
- 2 cups catsup
- 1 teaspoon vinegar
- 1/4 cup brown sugar, firmly packed
- 2 teaspoons prepared mustard
- 1 teaspoon salt
- 1 teaspoon pepper

**Directions:**  
 Preheat oven to 350 degrees F.  
 Brown ground beef, onions, and pepper in a 10-inch skillet. Add remaining ingredients. Pour into baking dish and bake for about 15 to 20 minutes or until mixture is bubbly.  
 Serves 8 to 10.


**Cowboy Coffee Cake**

**Ingredients:**

- 1 (10-count) can biscuits, not the flaky type
- 1 cup brown sugar
- 1/3 cup vegetable oil
- 1/4 cup milk
- 1/3 cup finely chopped nuts
- 1/3 cup raisins
- 1 teaspoon cinnamon

**Directions:**  
 Put biscuits in bottom of Bundt pan. Heat other ingredients just long enough to melt sugar. Spread mixture over biscuits. Bake 25 to 30 minutes at 350 degrees F.

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*Cowboy Saying:  
 He could buck  
 off a mans  
 whiskers*

**Cowboy In Australia**

*Submitted by a family friend in Renfrew, ON, Marion Behm*

A cowboy from Texas goes to Australia for a vacation. There he meets an Aussie farmer and starts talking.

The Aussie shows off his big wheat field and the Texan says, "Oh! We have wheat fields that are at least twice as large".

Then they walk around the ranch a little and the Aussie shows off his herd of cattle. The Texan immediately says, " We have longhorns that are at least twice as large as your cows".

The conversation has, meanwhile, almost died when the Texan sees a herd of kangaroos hopping through the field. He asks, "And what are those"?

The Aussie asks with an incredulous look, "Don't you have any grasshoppers in Texas"?

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- Clarence Seward Darrow, 1857 - 1938

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### A Talented Dog

A local business was looking for office help. They put a sign in the window, stating the following: "HELP WANTED. Must be able to type, must be good with a computer and must be bilingual. We are an Equal Opportunity Employer."

A short time afterwards, a dog trotted up to the window, saw the sign and went inside. He looked at the receptionist and wagged his tail, then walked over to the sign, looked at it and whined.

Getting the idea, the receptionist got the office manager. The office manager looked at the dog and was surprised, to say the least. However, the dog looked determined, so he lead him into the office. Inside, the dog jumped up on the chair and stared at the manager.

The manager said "I can't hire you. The sign says you have to be able to type." The dog jumped down, went to the typewriter and proceeded to type out a perfect letter. He took out the page and trotted over to the manager and gave it to him, then jumped back on the chair.

The manager was stunned, but then told the dog "the sign says you have to be good with a computer." The dog jumped down again and went to the computer. The dog proceeded to enter and execute a perfect program, that worked flawlessly the first time. By this time the manager was totally dumb-founded! He looked at the dog and said "I realize that you are a very intelligent dog and have some interesting abilities. However, I \*still\* can't give you the job."

The dog jumped down and went to a copy of the sign and put his paw on the sentences that told about being an Equal Opportunity Employer. The manager said "yes, but the sign \*also\* says that you have to be bilingual."

The dog looked at the manager calmly and said, "Meow!"