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West K Shopper

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Around The Community

Event listings brought to you by Freedom41.com. Work from home and start earning great money as soon as next week.

July 23, 9 a.m. to 1 p.m. - West Kildonan Farmers Market. 346 Perth Ave. Set up a table for \$15. Call 334-1679 for info.

Have an event to list? Call 416-7667 or email news@westkshopper.com.

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Contact Us

Have a story, photo or event to share with the community? We want to know! It can appear in the West K Shopper newsletter!

Phone: 416-7667 Email: news@westkshopper.com Mail: West K Shopper PO Box 25012 Winnipeg, MB R2V 4C7

Submissions due: Thursdays at 12 p.m. Editor: Jeremy Bradley

The West K Shopper is a community-based weekly newsletter for the residents of West Kildonan to showcase its people and its events.

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Ways to beat the heat

It's too hot to do anything - well, except complain about the heat, of course. But with a heat wave hitting the neighbourhood, what can you do to stay cool?

Yes, there's the obvious things: hit up Kildonan Park pool, get a Slurpee or hide indoors. But what will get your through days at a time? What can you do to beat the heat?

Experimenting with different types of cold drinks is a good idea. Something for the kids to make is different types of flavoured ice cubes.

Make some Tang or Kool-Aid cubes and add them to another flavour of the drink and create your own blend of cool summery beverage. Come up with a clever name and if you feel like going into business, set up a stand in the front yard and try get some passersby to try the creation.

As a kid many young-

sters figure out that when you speak into a spinning fan it makes a voice sound crazy. Here's where an idea for funny videos comes in. Have the kids - or even yourself - sing into a fan (with a safeguard on it to prevent injuries, of course) - and record it. Make an audio recording or a video for YouTube and challenge others to do the same.

Another musical game is to name different summer or heat/hot songs and see how many you can come up with. Maybe combine a bunch of lyrics to "remix" your own version. Then it's back to YouTube for some audience participation!

If you feel like staying outdoors, there's always a good old fashion water fight. Fill some balloons, soak up some sponges, or just get the garden hose and get everything soaking wet. Play a game with the kids and ask

geography or current events questions and the "punishment" for a wrong answer is a drenching with water. Though if it's going to be incredibly hot, they might want to answer incorrectly on purpose!

"Last year we had a foam party in the backyard," said Andrew, a parent of twin boys in Garden City. "We have a small plastic pool and added a bit of soap and blasted it with the hose and it foamed up like crazy. The yard was covered in bubbles. It was really fun."

While many people want to enjoy the heat, safety is something to keep front and centre.

We hear it every year but people still need a reminder: no kids or pets left unattended in vehicles. Safety is important this time of year and everybody needs to be taken care of.

One-page newsletter this summer

In an effort to keep production costs low, the West K Shopper will publish one-page issues throughout the summer as advertising has slowed. The

newsletter continues to relay community information and is an open platform for neighbourhood announcements and recognition for those living in West Kildonan, Garden City and the North End.

Story ideas, tips and other messages can be sent to

news@westkshopper.com or you can submit them by calling 416-7667. Additionally, the minimal advertising in the publication is what keeps it coming to you every week, so please consider participating in some fashion.

Have a great summer!



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