

TANK TRADERS MULTIPLEX

Multiplex *Connects* **Newsletter**

June **2026**

*Happy,
Father's
Day*

June 21 2026



**TANK TRADERS
MULTIPLEX**

www.tanktradersmp.com

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Community is much more than belonging to something; it's about doing something together that makes belonging matter.

Father's Day



Happy Father's Day

Sunday, June 21st, 2026

Father's Day is an occasion which is celebrated in various parts of the world annually on the third Sunday of June to express respect, honour, and love towards fathers and father figures. The day is an event to honour the contribution of fathers and the role of fathers in our society.

Father figures may include step-fathers, fathers-in-law, grandfathers, uncles, guardians (eg. foster parents) and family friends.

History

After Anna Jarvis' successful promotion of Mother's Day in Grafton, West Virginia, the first observance of a day honouring fathers was held on July 5, 1908, in Fairmont, West Virginia. Grace Golden Clayton was mourning the loss of her father, who was one of the 362 men who were killed in the Monongah Mining Disaster of December 1907. 250 of them were fathers, leaving around a thousand fatherless children. Clayton suggested that her pastor Robert Thomas Webb honour all those fathers. This was the country's first ever event to strictly honour fathers, but it was just a one-and-done thing. Nothing really came of it.

The following year, however, a woman named Sonora Smart Dodd started her quest to establish Father's Day as a national holiday after hearing a church sermon about the newly recognized Mother's Day. Dodd held her father in great esteem. Dodd was one of six raised by her single father and thought fathers should be honoured the same way as mothers. After a year of petitioning her local community and government, Dodd's home state of Washington celebrated its first official Father's Day on June 19, 1910. Dodd then approached the Spokane Ministerial Alliance and suggested her own father's birthday, of June 5, as the day of honour for fathers. The Alliance chose the third Sunday in June instead.

Over time, the idea of Father's Day became popular and embraced across the nation. In 1916, President Woodrow Wilson sent a telegraph to Spokane praising Father's Day services. William Jennings Bryan was another early admirer of the observance. In 1966, President Lyndon B. Johnson signed a presidential proclamation declaring the third Sunday of June as Father's Day. In 1972, President Nixon established a permanent national observance of Father's Day to be held on the third Sunday of June each year.



William Jackson Smart	Sonora Smart Dodd
Jun 5, 1842 -	Feb 18, 1882 -
Dec 5, 1919	Mar 22, 1978

2026 Tank Traders Multiplex Board of Directors & Staff

Nick Guffei, President

nick.guffei@vickar.com

Brian Cornelsen, Past-President

cornelsenbrian@gmail.com

Rich Marchetti, Vice-President

richmarchetti@me.com

Chad Brick, Treasurer

Chad@eastsideindustrial.com

Jared Lang, Secretary

Jaredlang@murrayjeepram.ca

Kyle Hayes, Sports Director

Kylehayes@live.ca

Barbara Agland-O'Connor, Website Director

newsletter@tanktradersmp.com

Marcie Weiss, Special Events Director

marciemaylynn@gmail.com

Ashleigh Reimer, Director-at-Large

Ashleigh.whitley@yahoo.ca

Jason Nickel, Director-at-Large

nickel.jm@gmail.co

Michelle Meade, Director-at-Large

mbmeade@icloud.com

Ryan Campbell, Director-at-Large

ryccampbell@hotmail.com

Kaitlyn Laventure, Director-at-Large

(La Salle Fall Festival)

kaitlaventure@gmail.com

Trinda Kostal, La Salle Curling Club Director

kostalbt@mymts.net

Ryan Brezeno, Tank Traders Director

rbrezeno@tanktraders.com

Reporting to the Board:

Dee Romijn, Facility Director

dromijn@tanktradersmp.com

Multiplex Connect Newsletter Deadlines

Deadlines to submit an article or business advertisement in upcoming Multiplex Connect Newsletter issues are:

- **July 2026 Newsletter issue Deadline: June 10th, 2026**
- **August 2026 Newsletter issue Deadline: July 10th, 2026**

Contact:

Barbara Agland-O'Connor

Tank Traders Multiplex Website Director

newsletter@tanktradersmp.com

For information on newsletter business advertising, please visit:

www.tanktradersmp.com/aboutus/monthlydigitalnewsletter

Multiplex Connect Newsletter

Macdonald Septic Service

from June 1st to October 31st

Now Booking for
Septic Tank
Cleaning



Call 204-797-6484 to book your appointment.



congratulations

Graduates

class of 2026



JUNE 2026



Yoga in La Salle

at the Tank Traders Multiplex

with *Courtney Stelmack*

Drop-in \$15/class

5-Class Pass
(pre-paid) \$60

Hips + Hamstrings
Wednesdays @ 10am
June 3, 10, 17 & 24

Release + Restore
Thursdays @ 8:15pm
June 4, 11, 18 & 25



Led by Courtney - 200 HR RYT

You **MUST** confirm your spot at least 12 hours in advance. Please email courtney.stelmack@gmail.com or text 403-919-4182. E-transfer or cash accepted.

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Sanford MB

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General Inquiries
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**PANCAKE
BREAKFAST**

JUNE 6

COME ON DOWN TO THE
**Macdonald
FIRE HALL**

**BETWEEN
8:00 AM & 11:00 AM**

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Homestead Co-op Announces New Food Store Location

Homestead Co-op is proud to announce that its Board of Directors has approved plans for a new Food Store location in La Salle, Manitoba, reinforcing Homestead's vision of enhancing community life.

The new store will provide residents with greater access to fresh food, an expanded product selection, larger liquor section, a new pharmacy, and the trusted customer service Homestead Co-op is known for. The current La Salle Food Store will continue operating until the new building is ready.

As a locally owned Co-op, this investment reflects our commitment to supporting local initiatives, delivering value to our members, and strengthening the communities we serve.

The new store will be approximately 24,000 square feet in size, located in the south end of town between Highway 330 and Ella Drive. It is expected to open in 2027, with more details to be shared as the project progresses.

In addition to enhancing food accessibility, the new store will create employment opportunities and contribute to the local economy.

For updates, please follow Homestead Co-op on Facebook, Instagram or visit: www.homesteadco-op.crs



Lauren Stone

MLA for Midland

Constituency Office Hours

Monday to Friday
9:00am to 4:00pm



(431) 323-2968
info@laurenstone.ca
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 13 Pinehurst Way
 La Salle MB
 204-736-2556
 (Pls leave a message)



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---	---

Are any of these on your list this year?

- Get organized
- Free up some personal time
- File tax returns on schedule
- Get some advice or help
- Expand your business
- Pay less tax
- Create a game plan for your goals

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change lives."*



\$200 per golfer
(includes round of golf, cart
and steak dinner)



Kingswood Golf & Country Club
La Salle, Manitoba



Sunday,
June 7th, 2026
Shotgun start: 12:00pm

For information and/or to register:



www.lasallegolftournament.ca



lasallegolftournament@gmail.com

School's Out for Summer Dance (elementary students)



Thursday, June 25th, 2026

6:00 pm to 8:30 pm

at the Tank Traders Multiplex

Elementary students, kindergarten to grade 5
(no children aged 4 and under) and their parents are invited to
celebrate this past year of school.

Live DJ (Bulldog Music) & Dance Floor Lights promise
to be the best way to kick off your summer break!

Canteen, Games & Prizes!

For information and/or to sponsor this event, please contact:
Marcie Weiss at marciemaylynn@gmail.com



**TANK TRADERS
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www.tanktradersmp.com/events

\$5/child (parents free)

Please note: All children must be
accompanied/supervised by a parent.



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Domain Women's Institute (WI)

The Women's Institute (WI) is a local, provincial, national and international group of women that promote the well-being of Women, Families and Communities.

The Women's Institute (WI) began in England in 1887. The first Manitoba charter was granted to Morris in 1910 with the motto "For Home and Country".

The Domain WI was formed in 1947. Presently there are 18 members and there's always room for more!

Our Goal

"To empower women to make a difference".

Our Vision

"Strengthen women, families and communities".

Our Mission

"Is an organization that focuses on personal development, the family, agriculture, rural development and community action – locally and globally".

Our meetings take place during the months of September to June. We have guest speakers, go on tours, and much more.

Our next meeting will take place Wednesday, June 10th, 2026. We will be going to Plum Coulee for lunch at Annajo's Bistro followed by a tour of the Elevator Museum. Then we will head to Altona for a tour of the Gallery in the Park.

If you're interested in joining us or would like more information on the Domain Women's Institute (WI), please contact:
 Charlotte Kirkpatrick at 204-226-1755



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Connections Café

(A Meal Program for Older Adults living in the RM of Macdonald administered by Macdonald Services to Seniors)



- \$10/person

Please note: Effective July 1st, 2026 delivery and take-out meals will increase to \$12/person. Dine-in meals will remain at \$10/person.

MONDAYS: Brunkild or La Salle
(Brunkild Hall | Tank Traders Multiplex)

WEDNESDAYS: Starbuck
(Starbuck Hall)

THURSDAYS: Sanford
(Sanford Legion)

Please call Leanne Wilson, Resource Coordinator at 204-736-2255 to reserve your lunch 2 days prior to each meal. We will try to accommodate special dietary requests.

JUNE 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 La Salle S & S Meatballs	2	3 Starbuck Pork Chops	4 Sanford Pickeral	5	6
7	8 La Salle Chicken Lettuce Wraps	9	10 Starbuck NO MEAL	11 Sanford Liver'n Onions	12	13
14	15 La Salle Soup & Sandwiches	16	17 Starbuck Lemon Chicken	18 Sanford Chicken a la King	19	20
21 Happy Father's Day	22 La Salle Turkey Chili	23	24 Starbuck Soup & Sandwiches	25 Sanford Roasted Chicken Thighs	26	27
28	29 La Salle Salmon Burgers	30	~ Menu Subject to Change Without Notice ~			

2026

KIDS

SUMMER CAMP

(ages 5-11)

July 6th to
September 4th

at the Tank Traders Multiplex



online
pre-registration
required

Outdoor play, bouncers, science experiments,
sports, cooking, arts & crafts, theme days & more!
A different activity every day!

(located at the corner of
PR 247E & HWY 330, La Salle MB)



**TANK TRADERS
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For information and/or to register, please visit:
www.tanktradersmp.com/programs/kidssummercamp2026

Tank Traders Multiplex Kids Summer Camp for ages 5 to 11



**TANK TRADERS
MULTIPLEX**

Weekly / Daily Camp Schedule (special hours for week 9 only - noon to 6:00 pm)

Monday

Tuesday

Wednesday

Thursday

Friday

Week 1

Jul 6 - Jul 10



Bouncer Day



Under the Sea Day



Sports Buffet Day



Cooking Day



Splash Pad / Movie Day

Week 2

Jul 13 - Jul 17



Detective Day



Tie-Dye Day



Tinkertown Field Trip



Hoedown Day



Splash Pad / Movie Day

Week 3

Jul 20 - Jul 24



K Pop & Sonic Day



Christmas in July



Camping Day



Foam Day



Splash Pad / Movie Day

Week 4

Jul 27 - Jul 31



Scavenger Hunt Day



Tie-Dye Day



Around the World Day



Carnival Day



Splash Pad / Movie Day

Week 5

Aug 4 - Aug 7



Terry Fox Day



Reptile Day



Halloween in August



Cooking Day



Splash Pad / Movie Day

Week 6

Aug 10 - Aug 14



Dinosaur Day



Bouncer Day



Sports Buffet Day



Carnival Day



Splash Pad / Movie Day

Week 7

Aug 17 - Aug 21



Artist & Athletic Day



Game Day



Careers Day



Foam Day



Splash Pad / Movie Day

Week 8

Aug 24 - Aug 28



Beach Day



Bouncer Day



Olympics Day



Master Chef Day



Splash Pad / Movie Day

Week 9

Aug 31 - Sept 4



Science Day



Reptile Day



Super Hero or Princess Day



Carnival Day



Splash Pad / Movie Day

~ camp activities subject to change ~

La Salle VBS (Vacation Bible School) 2026

La Salle VBS (Vacation Bible School) Emerald Crossing 2026
August 31 - September 4, 2026 from 9:00 am to noon
at the Tank Traders Multiplex

La Salle Vacation Bible School (VBS), is hosted annually by the La Salle Community Fellowship along with other churches and volunteers in the La Salle community area. This weeklong program takes place at the Tank Traders Multiplex and hosts campers, ages 5-12. It includes music, drama, recreational activities, bible lessons and craft activities.

La Salle VBS also has a mentoring program for children entering Grade 6 and higher. These VBS guides assist and provide leadership to VBS campers during the various VBS activities through the week.

Emerald Crossing 2026

Welcome to Emerald Crossing — where we're travelling through the green pastures of Psalm 23 to discover the Shepherd who cares for us, leads us, and never leaves us. Each day at Emerald Crossing, campers will explore a new line of Psalm 23, discovering how God lovingly leads, provides, restores, and protects His people. Through engaging Bible stories, upbeat worship, exciting games, and creative crafts, kids will learn more about who God is and how deeply He cares for them—no matter what they face.

Along the way, campers will build friendships, laugh a lot, and experience the joy of being part of something bigger than themselves. At Emerald Crossing, we're reminded of a powerful truth: We are never alone — God is always with us.

We can't wait to see you at Emerald Crossing 2026!



For more information and/or to register, please visit:
www.lscf.ca/ministries/lasallevbs

St. Hyacinthe Catholic Parish

27 Beaudry Street
La Salle MB R0G 0A1
Phone: 204-736-2847

Email: sthyacinthelasalle@gmail.com

Website: www.sthyacinthelasalle.ca

Pastor: Father Gabriel Levesque



With heartfelt gratitude to all the father figures in our lives, for all that you are and all that you do! We thank you for all that you give to your families and community!

UPCOMING EVENTS - MARK YOUR CALENDAR

- June 5 – Meridian Baseball & BBQ, Brunkild Baseball Field
- June 21 – FATHER'S DAY

Catechism resumes in September, please contact the Parish office for information and registration packages.



We offer sincere congratulations to all Graduates in our community and wish them much success in their future pursuits!

Please join us for **Sunday Mass** every Saturday afternoon at 4:00 pm or Sunday morning at 11:00 am. Visit our parish website for all the latest news and resources.

Regular Sunday Masses

Saturday, 4:00 pm / Sunday, 11:00 am

Weekday Masses

Wednesday, 9:00 am / Thursday, 7:00 pm

Adoration of the Blessed Sacrament

First Thursday of the month, following mass

“Start by doing what’s necessary, then what’s possible, and suddenly you are doing the impossible.”

St Francis of Assisi

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dromijn@tanktradersmp.com
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Macdonald-Headingley Recreation District (MHRD)

Spring-Summer 2026
Program & Community
Resource Guide



Recreation...It's More Than You Think!

For a complete list of Spring-Summer
Programming and/or to register, please visit
our website at: www.mhrd.ca



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La Salle Community Fellowship

We are a group of people who are learning to love
like Jesus by studying the bible, worshiping God
together and caring for each other and our
community.

We welcome you to join us!

We meet Sundays at 10:30 am.

Check out our website for other weekly
programs.

PR 247 E, La Salle
(located between
the Tank Traders Multiplex
& Kingswood Golf & Country Club)

w: www.lscf.ca
e: info@lscf.ca
p: 204.736.3200



EVERYONE WELCOME



Avonlea United Church

Domain, MB
(10 kilometers south of La Salle)

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From February 2 2025 to August 30 2026:
Regular Worship Service time is
9:30 am every Sunday.

June 2026

June 21: Father's Day

June 28: Union Point Church 10:00 am
(Hwy #75 South of St. Agathe)

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Contacts:

Reverend James DeBeer 204-461-4665

Janice Harrison 204-736-2613

Jane Manness 204-736-4072

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If you join for 2 Fitness Classes/Week offered at the Tank Traders Multiplex, you're eligible for a 50% discount on a 4 Month FITNESS CENTRE Membership. Please contact Dee Romijn for details at: 204-801-7629 (cell) dromijn@tanktradersmp.com

TANK TRADERS MULTIPLEX **FITNESS CENTRE**

Come and take a look at what the Fitness Centre at the Tank Traders Multiplex has to offer.

(conveniently located at the corner of PR 247E & HWY 330 in La Salle MB)

Information / Fee Schedule:
www.tanktradersmp.com
- [fitness centre tab](#)

STAY FIT JOIN TODAY

Questions:
204-801-7629 (cell)
dromijn@tanktradersmp.com



TANK TRADERS MULTIPLEX

Spring 2026 Fitness Classes with Dee Romijn



**TANK TRADERS
MULTIPLEX**



Spring 2026 Session

TANK TRADERS MULTIPLEX FITNESS CLASSES

Apr 6th 2026 — Jun 25th 2026 (12 week session)

Instructor *Dee Romijn*

Mondays — 7pm to 8pm

Tuesdays / Thursdays — 6am to 7am



If you join for 2 Fitness Classes/Week you're eligible for a 50% discount on a 4 Month FITNESS CENTRE Membership. Please contact Dee Romijn for details at: 204-736-2679 | 204-801-7629 (cell) | dromijn@tanktradersmp.com

Description:

Workouts will consist of a warm-up and cool-down (stretch) with HIIT interval style training which includes a combination of resistance / cardio exercises for a whole body workout. There are a variety of levels offered each class from beginner to advanced to allow you to be in control of your workout.

Bonus:

To allow for more flexibility and busy schedules, classes can be interchanged between sessions.

Pricing (includes GST):

24 Classes \$201.60 (2/times per week)

12 Classes \$126.00 (1/time per week)



It's never too late to register for classes as fees will be pro-rated.

**For more information and/or to register:
email Dee Romijn at dromijn@tanktradersmp.com or
visit www.tanktradersmp.com/programs tab**



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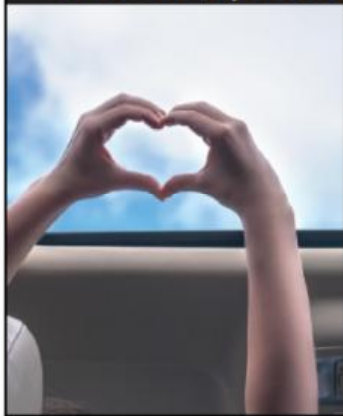
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www.EastsideMorayCollision.ca

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Eastside Heavy Truck	2535 Inkster Blvd.	204.633.8223
Eastside Moray Collision & Glass	700 B Moray Street	204.885.2080



TANK TRADERS MULTIPLEX

located at the
corner of PR 247E & HWY 330 in La Salle MB

BEFORE & AFTER SCHOOL PROGRAM IN-SERVICE DAY CAMP PROGRAM

The Tank Traders Multiplex Before and After School Program provides recreational activities to children between the ages of 5 to 12 before and after regular school days. The program follows the school calendar of the Seine River School Division and will be closed on all school holidays and inclement weather days. The Tank Traders Multiplex In-Service Day Camp Program is offered for school holidays.

Before & After School Program (ages 5 to 12)
— runs from 7am to start of school and end of school until 6pm

In-Service Day Camp Program (ages 5 to 12)
— runs from 7am to 6pm

Pre-registration required (online).
Lunch and/or snacks must be brought from home (nut-free).

Information, pricing and/or to register:
www.tanktradersmp.com
- programs tab



**TANK TRADERS
MULTIPLEX**

Pickleball at the Tank Traders Multiplex

Pickleball

Tank Traders Multiplex
Apr 14th 2026 - Jun 25th 2026
Tuesdays and Thursdays
from 1:00 pm to 3:00 pm
Drop-In \$5.00/person
or Monthly \$30.00/person

Facilitator:

Bernice Valcourt 204-479-0514

Pickleball (beginners)

Tank Traders Multiplex
Apr 13th 2026 - Jun 24th 2026
Mondays and Wednesdays
from 11:00 am to 1:00 pm
Drop-In \$5.00/person
or Monthly \$30.00/person

Facilitators:

Michele Boux

jimibx@mymts.net | 204-226-4810

Suzanne & Claude Lavallee

cslava81@gmail.com



Please bring
clean indoor
shoes.



**TANK TRADERS
MULTIPLEX**

www.tanktradersmp.com



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Member

View our
FLYERS



Enhancing Community Life

www.homesteadco-op.crs



So **ALL** Kids Can Play!

We're **ALL** in this
together!

KidSport is a children's charity assisting children by overcoming financial barriers which prevent or limit their participation in organized sport. Funds raised through donations and foundation grants help offset the cost of participant registration fees for community based programs. Deadline to submit an application is the 15th of each month.

For information, please visit: www.kidsportcanada.ca

A reminder.....

Keep our community clean.
PLEASE clean up after your pets.
PLEASE don't litter.
Be a good neighbour.





Admission
\$330
/team

Sponsored by
 **RIVER CITY FORD**
DRIVING CHANGE

LA SALLE COMMUNITY SLO-PITCH TOURNAMENT SEPTEMBER 19, 2026

Co-ed 6/4, adults only format
3 umpired game guarantee with 5 innings per game
Beer gardens throughout the day & live band in the evening @ Sliders
Sign-up: First come, first serve - 16 teams maximum
Preference will be given to RM of Macdonald residents/teams

 Tank Traders Multiplex
80 MB-247, La Salle, MB

 To register your team, contact:
Rick Maloney 204-794-6563

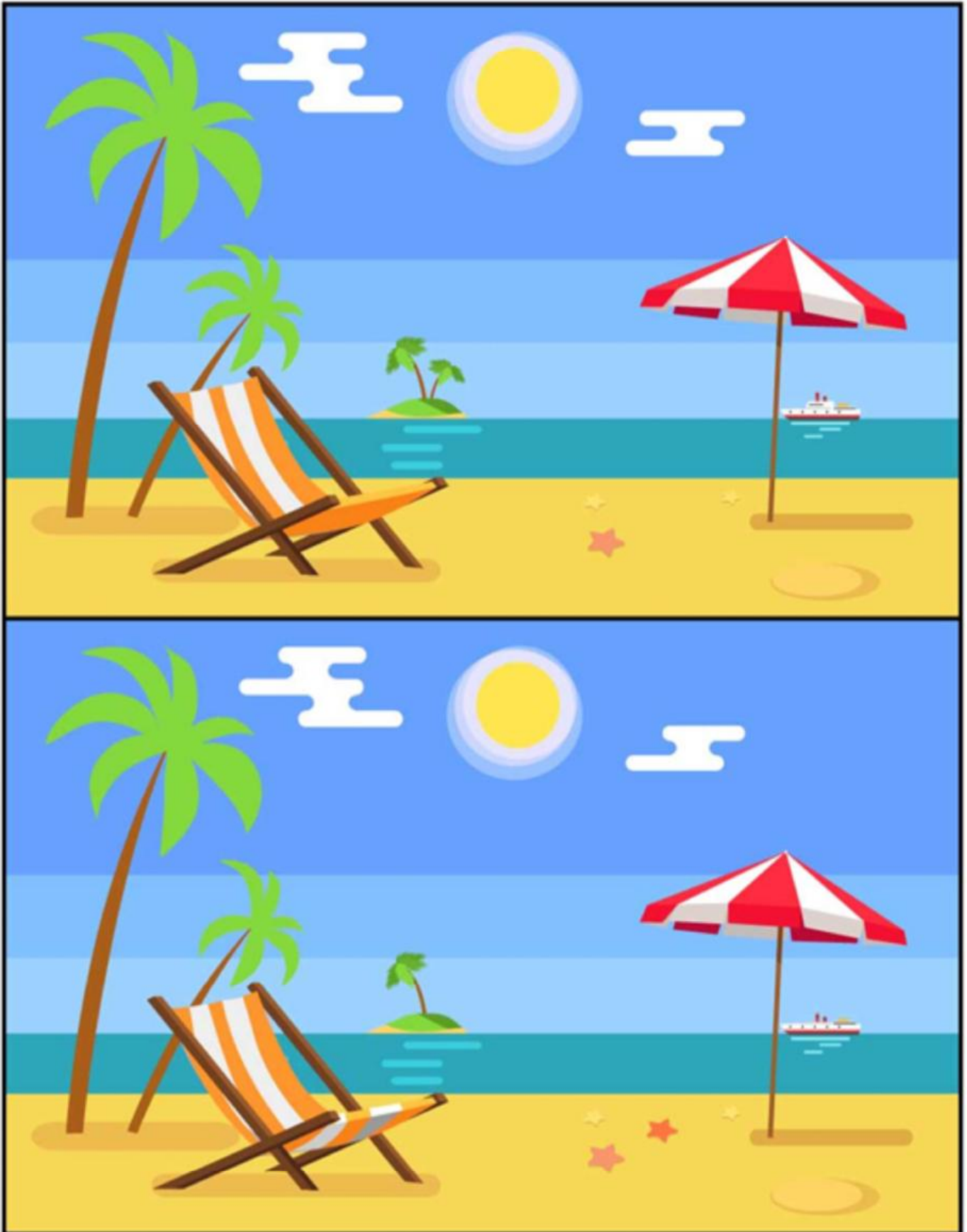
Cash Prizes for Finalists

Championship Trophy w/Engraving

Beer Gardens & Late Night Live Music

Proceeds in Support of Future Tank Traders Multiplex Events www.tanktradersmp.com

Can you Spot 6 Differences in this Puzzle? (solution on page 25)



TANK TRADERS ARENA

TANK TRADERS ARENA PROJECT
FUNDRAISING GOAL: \$2,000,000

85%

\$1,694,239

(as of
May 23, 2026)

*Thank You to our
Generous Sponsors!*

Sponsor List Provided at:
www.tanktradersmp.com/tanktradersarena

Thank you to our generous sponsors (as of May 23, 2026) that have contributed to 85% of our goal! Bringing the La Salle Arena Project to life for the community of La Salle would not be possible without your support!

If you're considering supporting the La Salle Arena project with a donation that will recognize your family or business, please read the information provided below. Your support will truly make a difference!

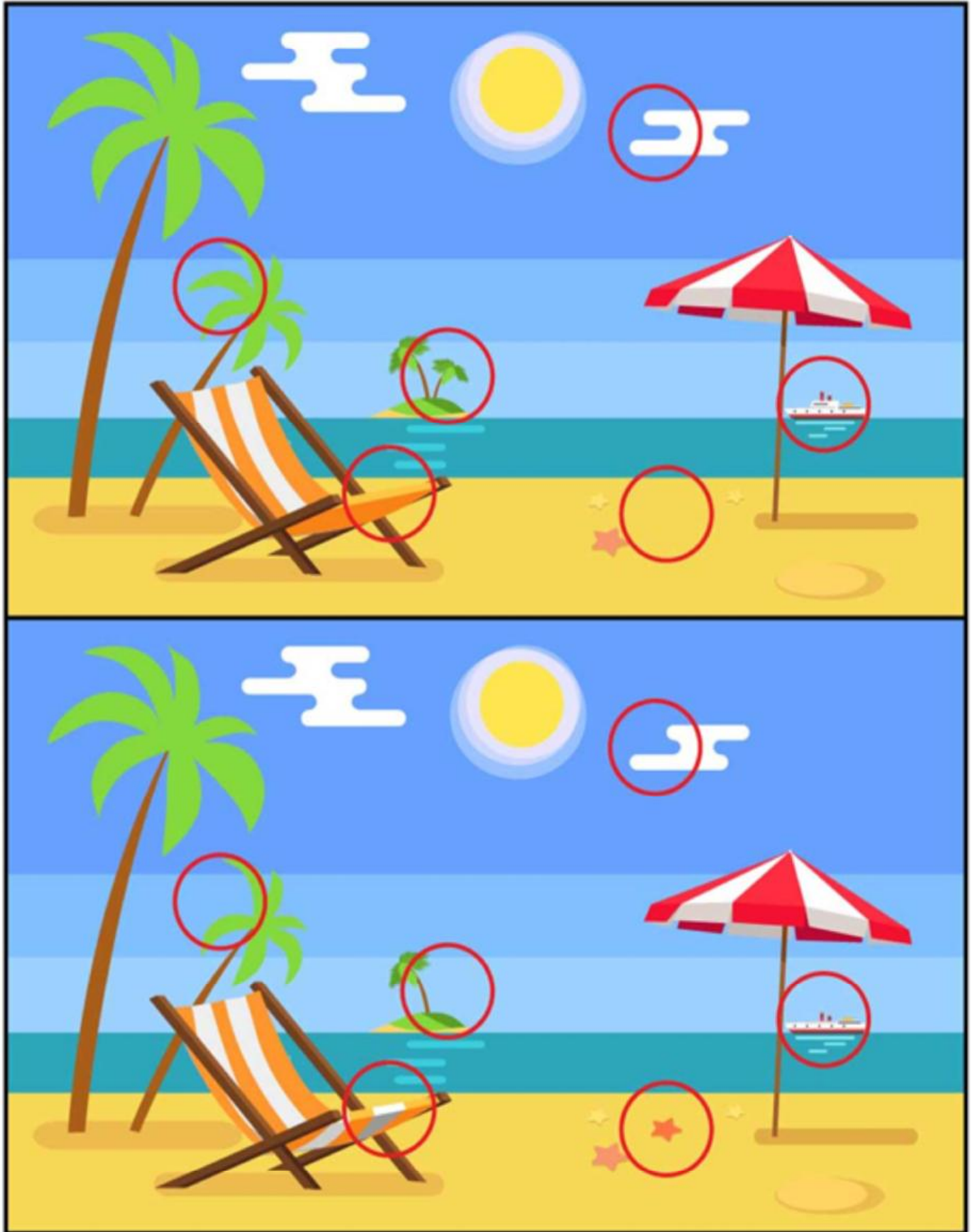
For Fundraising Information please contact:
Nick Guffei brightfuture@tanktradersmp.com

For Project Information:
www.tanktradersmp.com/tanktradersarena



**TANK TRADERS
ARENA**

Spot 6 Differences Puzzle Solution (puzzle on page 23)



Stay Hydrated in the Summer Months

Focus on Fluids in the Summer Months

Fluids are important for our bodies no matter what temperature it is outside.

However, outdoor activities in hot weather can lead to dehydration fast, especially in kids.

What are the signs of dehydration?

- ✓ Dry mouth and cracked lips
- ✓ Flushed skin
- ✓ Dark or strong-smelling urine
- ✓ Headache, dizziness or fainting
- ✓ Thirst

What is the best drink to prevent dehydration?

Water should be the first drink of choice. It is readily available and thirst quenching. However, milk, juice, smoothies, popsicles, and soup are considered fluids and provide hydration to the body. The key is to drink often and enough in hot weather.

What about sports drinks?

Sports drinks are mostly water but also contain sugar and electrolytes such as sodium and potassium. These are only needed if playing intense sports or heavy exercise for 45 minutes or more. In most situations for children, water is a better choice.

credit to: Southern Health-Santé Sud



How much fluid is needed?

The amount of fluids needed for kids depends on several factors. Temperature, activity level, gender, and age can influence fluid needs.

Younger children need approximately 5 cups of fluids per day while older children and teens may need 6-10 cups per day.



www.southernhealth.ca

Recipe

credit to: Southern Health-Santé Sud

Watermelon Blueberry Yogurt Pops

Stay cool and refreshed this summer with these easy-to-make, creamy yogurt pops. The hardest part is waiting for them to freeze!



These popsicles are not only hydrating but also provide protein from the yogurt.

Try different fruit combinations with fruit you have on hand or what is in season.

Cooking with kids at any age can be fun and easy. If your kids get cooking now, chances are they will keep up this good habit as they grow older.

Little chefs can help by:

- measuring the fruit and yogurt***
- filling the popsicle molds***
- suggesting new fruit combinations***

Ingredients

- 2 cups (500 mL) 0% fat Plain Greek Yogurt
- 1 1/2 cup (375 mL) Chopped Seedless Watermelon
- 1 cup (250 mL) Fresh Blueberries
- 1/3 cup (75 mL) Liquid Honey

Instructions

Step 1

Place the yogurt, watermelon, blueberries and honey into a blender and puree until smooth. (for a chunkier texture, pulse the mixture until desired texture)

Step 2

Fill eight 4 oz (125 mL) popsicle molds or paper cups with yogurt mixture. If using paper cups, cover top with foil and poke a wooden craft stick through the centre of each pop.

Step 3

Place molds on a flat surface in the freezer for at least 6 hours or up to 2 weeks.

Preparation Time: 5 minutes | Makes: 8 pops

Recipe Source:
www.cookspiration.com



www.southernhealth.ca

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