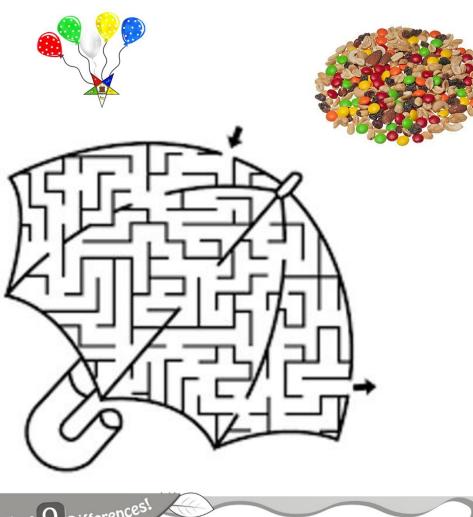
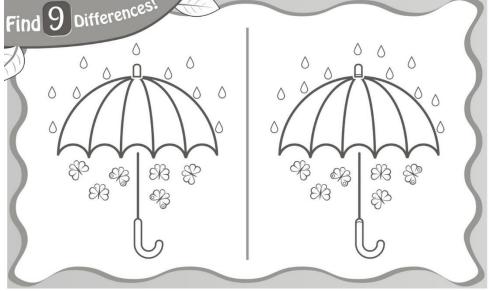


Here are the Web links that work for Eastern Star: <u>http://arlington.yorkritetexas.org/aug2021.htm</u> <u>http://www.arlington.yorkritetexas.org/OESindex.htm</u> <u>http://www.arlington.yorkritetexas.org/OES-pgs.htm</u>

- Last meeting - TMRC OES Main Page

- TMRC OES Links/events





## Free Masks

Lavelle Ford and Barbara Spencer are still making masks. Masks are free to all members and to all TMRC residents and staff. Barbara: <u>barbs1145@hotdogcrafts.com</u>

Lavelle: lavelle.ford@gmail.com





## August 31 is National Trail Mix Day

Trail mix or scroggin is a type of snack mix, typically a combination of granola, dried fruit, nuts, and sometimes candy, developed as a food to be taken along on hikes. Trail mix is designed to be an ideal snack food for hikes, because it is lightweight, easy to store, and nutritious, providing a quick energy boost from the carbohydrates in the dried fruit or granola, and sustained energy from fats in nuts.

The combination of nuts, raisins and chocolate as a trail snack dates at least to the 1910s, when outdoorsman Horace Kephart recommended it in his popular camping guide

The American word gorp, a term for trail mix often used by hikers in North America, is typically said to be an acronym for "good ol' raisins and peanuts", although the mix may contain M&M's and other nuts.

Common ingredients may include: Nuts, such as almonds or cashews Legumes, such as peanuts or baked soybeans.

Dried fruits such as raisins, cranberries, apricots, apples, banana chips, sultanas or candied orange peel

Chocolate: chocolate chips, chunks, and M&M's

Breakfast cereals such as granola Rye chips

Pretzels

Seeds, such as pumpkin seeds or sunflower seeds Carob chips Shredded coconut Ginger (crystallized)

European countries, trail mix is called "student fodder", "student oats", or "student mix"(theirs does not include chocolate)



<u>Mary Poppins</u> is a 1964 American musical fantasy film produced by Walt Disney and was released on **August 27**, 1964. It was based on P. L. Travers's book series Mary Poppins. The film, which combines live-action and animation, stars Julie Andrews in her feature film debut as Mary Poppins, who visits a dysfunctional family in London and employs her unique talents to improve the family's lifestyle.

The film received a total of 13 Academy Awards nominations, including Best Picture – a record for any film released by Walt Disney Studios – and won five: Best Actress for Andrews, Best Film Editing, Best Original Music Score, Best Visual Effects, and Best Original Song for "Chim Chim Cher-ee". In 2013, the film was selected for preservation in the United States National Film Registry by the Library of Congress as being "culturally, historically, or aesthetically significant".[8] Mary Poppins is considered Walt Disney's crowning live-action achievement, and is the only one of his films which earned a Best Picture nomination during his lifetime. A sequel, Mary Poppins Returns, was released on December 19, 2018.



The word "supercalifragilisticexpialidocious" was added to the Oxford English Dictionary with the definition "extraordinarily good; wonderful."

