

PCN[®] junior

The Magazine for Budding Pest Controllers

July 2024



issue **9**

GET ACTIVE & INSPIRED

INSIDE

Page 4
Make your own
gold medal

Page 10-11
Learn how to make
the best Golden
Oats bars!



WELCOME



The Magazine for Budding Pest Controllers

Welcome to issue 9 of
PCN Junior, a magazine
presented by the creators of
Pest Control News.

This edition of PCN Junior celebrates summer sports, inspiring you to get active and motivated this summer. Explore the activities and mouth-watering recipes inside this issue!

COLOUR ME IN



Make your own

GOLD

MATERIALS

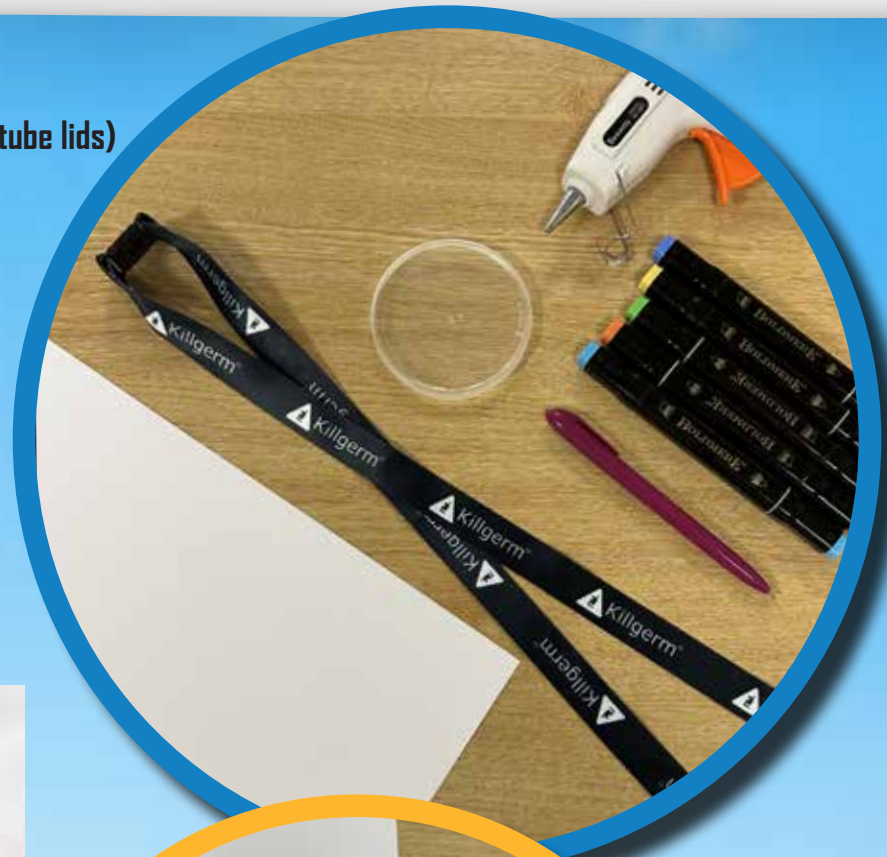
Round plastic lids (e.g pringles tube lids)

Sturdy paper

Strong glue

Ribbon (1.5 - 2 inches wide)

Pens or other drawing supplies



1

Glue the two ends of the ribbon together and using a pencil, draw around the plastic lids on to paper or card stock.

**SCISSORS
ARE SHARP!**

Please ask an adult to help you with cutting out the pieces



Ask an adult to help you cut out each of the circles.



MEDALS



3

Glue the paper discs to the plastic lid



4

Get creative and decorate your new medals using your preferred drawing materials to write 1st, 2nd and 3rd on each medal



Athlete vs Pest



Who is the fastest in the world?

Human: One of the fastest known sprinters won multiple gold medals and ran 100m in 9.58 seconds.

Australian Tiger Beetle: Despite its small size, this insect can zip along at speeds of up to 5.6 mph (9 km/h), making it very fast for its size.



Who can jump the farthest?

Human: The longest leap by a human is recorded as 8.95 meters!

Fleas: These tiny creatures might be small, but they can jump over 50 times their own body length, making them extraordinary leapers.

Who's the strongest?

Human: A man once lifted 501 kilograms in a dead-lift which is the same weight as a small car!

Ants: These tiny insects are super strong for their size! Some ants can carry objects up to a hundred times heavier than themselves, which is just like a human lifting a car!



Who has the most endurance?

Human: One of the fastest marathon runners covered a full kilometer in just 2 minutes and 52 seconds.

Rats: While they don't run marathons, rats have remarkable stamina, particularly when they're on the hunt for food or trying to escape danger.

Who's the most flexible?

Human: Some of the world's top gymnasts are known for their exceptional flexibility, allowing them to do splits, flips, and contortions that wow audiences and judges.

Mice: Even though they aren't gymnasts, mice can squeeze through tiny spaces as small as 6mm, which is quite impressive for such a small animal!



WORD SEARCH

Y S X T Z S T B Y S V X N D U
 A A Q C L L Q X M S C R L D W
 H I Y A Y F Z B K T D S N X K
 L L A B T E K S A B A P A F D
 G I A B W B B V F J Z Z Q D H
 Q N E O S C I T E L H T A W B
 K G I V L R M S G R K P I A O
 A Y E L P Q J U D E S F C E L
 U N L Z C Y K D I V I N G F U
 S B F R C Y J E S I J J N H O
 W P B Q O S C A Y O B F I L S
 I P V O L L E Y B A L L L L W
 M G E K X G N I C N E F T E V
 M C W V S I W D G L C O S A P
 I U J A H D N D T C C Y E A L
 N S J P F U G G H P C Z R G A
 G D I O X K R C J C O X W P F
 H G L S C I T S A N M Y G N S
 L L I E D N K B B U L N M K G
 F S R F J K Y P L Q Q G G Z D
 L L A B T O O F V T J J J N G
 V Z R O W I N G E B X Z E X N
 L X D J Z A Y W J H J Z O Y C
 U S F H A R C H E R Y M S K V
 T E N N I S B E C D D B P M B

Athletics Swimming Gymnastics Football Basketball Tennis Volleyball Cycling Boxing Wrestling Rowing Archery Diving Sailing Fencing

THE GOLDEN GOAL



In a snug little corner of a bustling town, there lived a young rat named Alex. From the time he could scamper about, Alex loved playing football more than anything else. Every chance he got, he'd kick a ball around in his tiny garden, dreaming of one day becoming a famous footballer.

As Alex grew older, his love for football only grew stronger. He practised every day, rain or shine, dreaming of scoring goals in front of cheering crowds. People often saw Alex practicing and soon, the other rats in the neighbourhood started to talk about Alex's talent.

One day, as Alex was practising his skills in the park, he caught the eye of Coach Rob, the local football coach. Coach Rob was impressed by Alex. He approached Alex and asked if he'd like to join the town's football team, the Thunderbolts. Alex was so excited and accepted the invitation.

Joining the Thunderbolts was a dream come true for Alex. He trained hard with his new teammates, learning new techniques and strategies to improve his game.

With each practice session, Alex felt himself getting better and better, but being part of the Thunderbolts wasn't always easy.



Alex faced challenges along the way. Sometimes he missed shots or made mistakes during games. But he never let these setbacks discourage him. Instead, he used them as motivation to work even harder.

As the season progressed, the Thunderbolts found themselves facing their biggest rivals, the Falcons, in the championship game. The whole town was buzzing with excitement, and Alex could feel the tension in the air as the big day approached.

The championship game was intense, with both teams playing their hearts out. The score was 1-1 with barely any time left. Suddenly, Alex found himself with the ball at his feet, just a few metres away from the goal. This was his moment, his chance to be the hero.

With the cheers of the crowd ringing in his ears, Alex took a deep breath and kicked the ball with all his might. Time seemed to slow down as the ball sailed through the air, past the goalkeeper, and into the back of the net.

The crowd erupted into cheers as the final whistle blew. The Thunderbolts had won the championship, and Alex's goal had secured their victory. It was a moment Alex would never forget, the moment he realised that dreams really do come true when you work hard and never give up.

As Alex stood on the field with his teammates, the championship trophy held high above their heads, he felt a sense of pride unlike anything he had ever experienced before. In that moment, he knew that he was more than just a rat who loved football, he was a champion.

GOLDEN Oat Bar

The Best Golden Oat Bar Ever!

What You Will Need

-  250g rolled oats
-  150g plain flour
-  200g unsalted butter
-  150g caster sugar
-  3 tbsp golden syrup
-  1/2 tsp vanilla extract

Method

1. Preheat the oven to 180°C (fan-assisted).
2. Place the rolled oats and flour in a large mixing bowl.
3. Stir to combine.
4. In a small saucepan, melt the butter with the sugar over medium heat or microwave (please get an adult to help you). Stir continuously until the sugar is fully dissolved and the mixture is smooth.
5. Add the golden syrup and vanilla extract, stirring until well combined.
6. Pour the warm liquid mixture over the dry ingredients in two batches, stirring well after each addition until the dry ingredients are evenly moistened.
7. Transfer the mixture into a square baking tin (approximately 20cm x 20cm) and spread evenly.
8. Bake on the middle shelf of the preheated oven for 20 minutes, or until the edges start to turn golden.
9. After 20 minutes, reduce the oven temperature to 160°C (fan-assisted) and continue baking for another 5 minutes, or until the top is golden brown. Keep an eye on the flapjacks to ensure the edges do not darken too much.
10. Once baked, remove from the oven and allow to cool in the tin for 10 minutes. Then, use a knife to mark out nine squares, before gently slicing through the markings.
11. Leave the flapjacks in the tin to cool completely until firm.



Send us a picture of your masterpiece to:
editor@pestcontrolnews.com.

Draw your favourite
Athlete
in the space below!

