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Recipe of the month

Creamy Strawberry Crepes

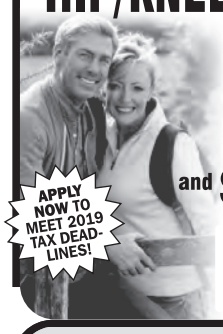
3 eggs
½ cup milk
½ cup water
3 tablespoons butter, melted
3/4 cup all-purpose flour
½ teaspoon salt
1 (8 ounce) package cream cheese, softened
11/4 cups sifted confectioners' sugar
1 tablespoon lemon juice
1 teaspoon lemon zest
½ teaspoon vanilla extract
1 cup heavy cream, whipped
4 cups sliced strawberries

Prep: 30 min Cook 30 min Ready in 1 h

❶ Place the eggs, milk, water, melted butter, flour, and salt in the pitcher of a blender; blend until smooth.
❷ Blend the cream cheese, confectioners' sugar, lemon juice, lemon zest, and vanilla with an electric mixer until smooth. Gently fold in the whipped cream.
❸ Heat a lightly oiled griddle or non-stick skillet over medium heat. Pour or scoop the batter onto the griddle, using approximately 2 tablespoons for each crepe. Tip and rotate pan to spread batter as thinly as possible. Flip over when the batter is set and the edges are beginning to brown. Cook until the other side begins to brown. Stack finished crepes on a plate, cover with a damp towel and set aside.
❹ To serve, fill each crepe with 1/4 cup sliced strawberries and 1/3 cup of the cream cheese filling, roll up and top with a small dollop of the cream cheese filling and more sliced strawberries.

Source: www.allrecipes.com

HIP/KNEE REPLACEMENT?



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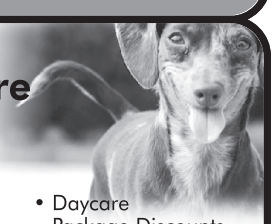

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Everybody's Talking

Deep dive Belize, on the east coast of Central America, is home to some of the best diving in the world. One reason for that is the existence of the Great Blue Hole, located off the countrys coast in the Caribbean Sea. Surrounded by coral reefs, the circular Great Blue Hole is an underwater sinkhole that attracts many species of marine life. It measures 300 metres (984 ft.) across and is 125 metres (410 ft.) deep. Divers can reach the Great Blue Hole by a more than two-hour boat ride from Belize City. Boats also can be rented on Ambergris Caye, which is closer.

Money giver Charities in the city of Braunschweig, Germany, are amazed and grateful for an anonymous donor who has been providing cash to help them do their good deeds. The donor sends a bag of euros to a newspaper office with instructions to give the money to a certain charity. One such "miracle bag" contained $100,000 to be given to a local hospice. For over eight years, bags of money, some containing over $200,000, have intermittently appeared, with the mystery giver identifying soup kitchens, churches, and other worthy causes as recipients.

Turf tradition For centuries, the traditional home used by the people of Iceland was the turf house. These houses had roofs and thick walls made of a top layer of sod with grass growing out of it. People used turf because trees were not as available for building material. Turf also has good insulating qualities against the winter cold. In the early 1900s, many people still lived in turf houses, but now few remain. However, some have been preserved and maintained by the National Museum of Iceland, allowing visitors to view these traditional abodes.

Peaceful people A street in Vienna, Austria, is a monument to peace. The winding, dead-end street is called Blutgasse and is one of the oldest in the city. On the street is Peace Museum Vienna, which has a mission to educate visitors toward achieving world peace. The museum is free for anyone who wants to visit the exhibits or attend a discussion. One of the displays, called Windows for Peace, is intriguing. In the museum's street-facing windows are images of peace heroes, such as Mahatma Gandhi, Nelson Mandela, and Bertha von Suttner, author of the novel Lay Down Your Arms.

Quoteable Quotes

"All things are to be examined and called into question. There are no limits set to thought." *Edith Hamilton*
"The greatest liberty that man has taken is with nature." *James Bryce*

What's Happening

Events listed here are submitted by Event Organizers. Due to COVID 19, please ensure you contact the organizer to see if the event is still going ahead as planned.

NON profit organizations may submit events for FREE at www.coffee-news.ca/whats-happening

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Trivia

1. What is the German word meaning finished, defeated, or destroyed?
2. The average person blinks how many times a minute?
3. In the world of ice hockey, what is a "blueliner"?
4. Name the leader of the English rock band The Who.
5. What is filled dumplings of Central and Eastern Europe called?

(Flip bottom of page for answers)

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Reader of the Month

Rita Marcial
from Spruce Grove

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Your Weekly Horoscope

ARIES
(March 21 - April 20)

You may need to be out and about. You might have significant opportunities to make connections and receive information through a chance encounter. Lucky Numbers: 16, 24, 28, 31, 40, 42.

TAURUS
(April 21 - May 21)

You may be strongly motivated to achieve your professional goals. You also might want personal recognition for your efforts. Your competitive energies could run high. Lucky Numbers: 2, 7, 13, 33, 42, 48.

GEMINI
(May 22 - June 21)

You may get in touch with someone with whom you want to make a connection. This might begin a strong relationship in which you are the pursuer. Lucky Numbers: 3, 14, 22, 28, 30, 46.

CANCER
(June 22 - July 22)

People close to you may be willing to cooperate with you. Your interest in the arts or in promoting harmony and goodwill between people might be brought out now. Lucky Numbers: 7, 11, 13, 22, 24, 39.

LEO
(July 23 - Aug. 23)

You may get a better perspective by seeking out people with greater experience, insight, and knowledge. You also might learn much through travel or research. Lucky Numbers: 14, 19, 20, 25, 34, 41.

VIRGO
(Aug. 24 - Sept. 23)

You may be in the mood to experiment and to learn new things. Original ideas might excite you and you may seek people who can offer you a different perspective. Lucky Numbers: 3, 9, 12, 20, 24, 36.

LIBRA
(Sept. 24 - Oct. 23)

You may be eager to discuss and brainstorm about getting things accomplished. You might be very assertive and convincing when you present your ideas. Lucky Numbers: 18, 27, 33, 39, 41, 48.

SCORPIO
(Oct. 24 - Nov. 22)

You may inspire others to take action. Group efforts might be favoured. You could be capable of decisive action and have the will to carry through on your intentions. Lucky Numbers: 2, 6, 10, 22, 26, 30.

SAGITTARIUS
(Nov. 23 - Dec. 21)

Your intellectual curiosity may be high now and you may flit from one activity to another. Try to plan outings to satisfy your need to move about and communicate. Lucky Numbers: 11, 23, 27, 33, 34, 41.

CAPRICORN
(Dec. 22 - Jan. 20)

You may be inclined to take the initiative or to strike out on your own. You might be likely to succeed at whatever you attempt at this time. Lucky Numbers: 5, 7, 13, 22, 29, 32.

AQUARIUS
(Jan. 21 - Feb. 19)

Your physical energy, will, and courage may be intensified now. Try to channel this abundant energy into decisive action or vigorous work that brings out your passion. Lucky Numbers: 19, 23, 27, 31, 35, 39.

PISCES
(Feb. 20 - March 20)

You may be clear, articulate, and communicative. Teaching, public speaking, negotiating, or any endeavour that involves giving information to others could be favoured. Lucky Numbers: 4, 11, 25, 32, 36, 47.

Lucky numbers this week: This week's odds favour Virgo winners with the luckiest number being 9.

Did You Know...

Using names: Anthropologist Jane Goodall studied chimpanzees for 45 years in Tanzania. Rather than numbering the primates she was studying, she named them instead. Some names she chose were David Greybeard, Flint, and Goliath.

Extinct pigeon: Passenger pigeons became extinct about 100 years ago. These pigeons, native to North America, were able to fly very fast, attaining speeds of up to 60 miles per hour (97 km).

Museum founder: Francisco Moreno of Argentina was a famous naturalist and geographer in the 1800s. He founded the La Plata Museum of Natural History in Argentina in 1888, which is an important museum today.

Hot stuff: The datil pepper is a small, hot pepper grown near St. Augustine, Florida (U.S.), where there's even an annual Datil Pepper Festival. It is used to make hot sauces, mustards, infused vinegars, and jellies.

Big but gentle: Whale sharks, which are docile giants that live in tropical oceans, are the largest living fish. Their life span is about 70 years, but they have been known to live to be 100.

On the Lighter Side

What question can you never answer "Yes" to? "What does 'N-O' spell?"

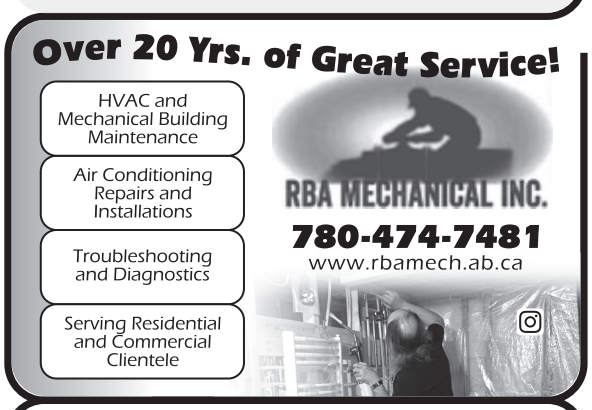
I wonder how many miles I've scrolled with my thumb.

Why was the math book sad? Because it had so many problems.

Patient: "I'm terribly nervous, doctor. This is my first operation."
Doctor: "I know what you mean. It's mine, too."

What is easy to get into, but hard to get out of? Trouble.

Answers

Trivia answers: 1. Kaput 2. 15-20 times 3. Defenceman 4. Roger Daltry 5. Pierogi

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