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Recipe of the month

Cheesy Broccoli Soup in a Bread Bowl

- | | |
|--|--|
| 1/4 cup butter, cubed | 1/4 teaspoon pepper |
| 1/2 cup chopped onion | 1/4 cup cornstarch |
| 2 garlic cloves, minced | 1/4 cup water or additional chicken stock |
| 4 cups fresh broccoli florets (about 8 ounces) | 2-1/2 cups shredded cheddar cheese (6 small round bread loaves (about 8 ounces each), optional) |
| 1 large carrot, finely chopped | Optional toppings: Crumbled cooked bacon, additional shredded cheddar cheese, ground nutmeg and pepper |
| 3 cups chicken stock | |
| 2 cups half-and-half cream | |
| 2 bay leaves | |
| 1/2 teaspoon salt | |
| 1/4 teaspoon ground nutmeg | |

Prep Time: 15 mins. Cook time: 30 mins. Yield: 6 servings

- In a 6-qt. stockpot, heat butter over medium heat; sauté onion and garlic until tender, 6-8 minutes. Stir in broccoli, carrot, stock, cream and seasonings; bring to a boil. Simmer, uncovered, until vegetables are tender, 10-12 minutes.
- Mix cornstarch and water until smooth; stir into soup. Bring to a boil, stirring occasionally; cook and stir until thickened, 1-2 minutes. Remove bay leaves. Stir in cheese until melted.
- If using bread bowls, cut a slice off the top of each bread loaf; hollow out bottoms, leaving 1/4-in.-thick shells (save removed bread for another use). Fill with soup just before serving.
- If desired, serve soup with toppings.

Source: www.tasteofhome.com



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Everybody's Talking

Scenery swap: With the COVID-19 pandemic slowing down world travel, people grew tired of the views from their own windows. With that in mind, Sonali Ranjit and Vaishnav Balasubramaniam, a couple from Singapore, created "WindowSwap." This website encourages people from around the world to submit short videos of the views from their windows. Visitors to the site can look at views from abodes in far-off cities and towns, and they can upload their own to share. Viewers can see a wide variety of scenes, from mountains to city streets, and from rainy backyard gardens to seaside views. Watching the windows can be mesmerizing!

Camel comes home: There are stories of dogs and cats coming home after being lost or given away, but it's rare to hear about a camel doing something similar. That's what happened in North China's Inner Mongolia Autonomous Region. The camel's owner, Temur, sold his camel to a friend who lived 100 kilometres (62 mi.) away. After spending the winter in his new home, the camel ran away, eventually finding its way through desert and mountains to its old home. Temur and his wife were moved to see the animal's devotion, so they arranged to keep it. They sent a younger camel to the new owner as a replacement.

Away from home: When thinking about wallabies, Australia and Tasmania come to mind. However, France should be included. That's because a colony of wallabies lives in the forest near Rambouillet, west of Paris. About 150 of the creatures have lived there for over 40 years. Ancestors of the current colony escaped from a zoological reserve in the 1970s. While some were caught, others found a home in the forest and have been living in the wild ever since. Authorities have even posted road signs with pictures of wallabies, so drivers would be aware of their presence.

Makeup madness: Elliot Joseph Rentz (a.k.a. Alexis Stone) of London, England, is a makeup artist with incredible talent. He has worked with many famous people, but he also likes to work on himself. He uses makeup to transform himself to look like celebrities, and then he posts photos on social media. For his temporary transformations, he uses makeup and costuming items, such as wigs, jewelry, and false eyelashes. He has made himself resemble Kevin from Home Alone, Dumbledore from Harry Potter, Leonardo DiCaprio, and Billie Eilish, to name just a few.

Quoteable Quotes

"A learned fool is more foolish than an ignorant one."—Molière
"I fling my past behind me like a robe... I have outgrown it."
—Ella Wheeler Wilcox

What's Happening

Online event posting During the Pandemic, we are happy to post your online event in the What's Happening section of Coffee News. Please visit our website at www.coffee-news.ca to submit your event.

July 30 to Aug 2- The Annual Rotary RIBFEST YYC Rotary RIBFEST YYC is a fun event to bring our community together and to raise money for local charities. Join us July 30 to Aug 2 from 11-9 at McMahon Stadium for the Stampede Famous RIB trucks. <https://www.chinookrotary.org/pagerotary-ribfest-yyc>

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Trivia

1. Frankie Valli was the front man for what musical group of the 1960s?
2. A sporran is a leather or fur pouch worn in front of what type of garment?
3. What type of noodle is called soba?
4. Was Willie Shoemaker a cobbler, an American jockey, or cartoon character?
5. How many cards are in a regular deck of playing cards?

(Flip bottom of page for answers)

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Your Weekly Horoscope

ARIES
(March 21 - April 20)

Communications might excel right now. You may come across clearly and present yourself articulately. Interviews and other transactions with the public could be favoured. Lucky Numbers: 3, 6, 8, 13, 23, 30.

TAURUS
(April 21 - May 21)

Now might be a time for communicating your enthusiasm. You may feel optimistic about the future and discover connections previously overlooked. Lucky Numbers: 11, 19, 21, 22, 37, 45.

GEMINI
(May 22 - June 21)

Your thoughts may be distant and dreamy right now. Your imagination might be heightened, which could benefit any creative or artistic work you do. Lucky Numbers: 1, 4, 5, 29, 31, 42.

CANCER
(June 22 - July 22)

You may want to be seen and noticed. You might receive appreciation and a positive response, or possibly an opportunity that could be quite beneficial. Lucky Numbers: 7, 9, 12, 13, 15, 42.

LEO
(July 23 - Aug. 23)

Conversations and sharing plans with others may be very fruitful now. This could be a favourable time to get your message across to others via speaking or advertising. Lucky Numbers: 6, 18, 32, 44, 47, 48.

VIRGO
(Aug. 24 - Sept. 23)

Your desire to socialize or to be friendly may interfere with getting your work done in a professional manner. Scheduling time for recreation might be a good idea. Lucky Numbers: 3, 10, 13, 17, 26, 47.

LIBRA
(Sept. 24 - Oct. 23)

Your creative ideas or artistic inclinations may tend to blossom. You might be able to generate some lovely, inspiring images from deep within your mind. Lucky Numbers: 4, 8, 9, 30, 45, 48.

SCORPIO
(Oct. 24 - Nov. 22)

You may feel a special magnetism and attract power. You could be very loving and your relationships might intensify and have a deeper quality. Lucky Numbers: 5, 25, 32, 36, 41, 44.

SAGITTARIUS
(Nov. 23 - Dec. 21)

You may want to spread your wings and seek out new opportunities for advancement. With a little more attention to detail, you could bring yourself closer to your goals. Lucky Numbers: 1, 3, 8, 13, 24, 42.

CAPRICORN
(Dec. 22 - Jan. 20)

There may be a cooperative, harmonious tone to the interactions you have now. It might be a good time for social activities and for getting in touch with friends and family. Lucky Numbers: 5, 6, 7, 12, 13, 33.

AQUARIUS
(Jan. 21 - Feb. 19)

Creative inspirations may come to you by remembering old ideas. You might be involved with an artistic group, and you could receive some exciting news. Lucky Numbers: 9, 14, 15, 26, 28, 30.

PISCES
(Feb. 20 - March 20)

You may be moved to express your affections more openly than usual. You might also want to be with harmonious people. Your artistic efforts could flourish. Lucky Numbers: 1, 18, 21, 27, 33, 41.

Lucky numbers this week: This week's odds favour Gemini winners with the luckiest number being 5.

Did You Know...

Strange proposal: In ancient Greece, a woman received a declaration of love from a man in a very unusual way. He would throw an apple at her because apples were considered sacred to Aphrodite, the ancient Greek goddess of love.

Pirates' jewelry: One common theory about why pirates wore earrings is that the gold and silver jewelry were a form of currency. If a pirate drowned and washed up on shore, the earrings served as payment for burial.

Sing along: Karaoke is a Japanese word that means "empty orchestra" and is believed to have originated in that country. When a performer didn't show up, a café owner played recorded music and invited customers to sing along.

Small babies: At birth, a baby panda is extremely small, weighing only about 3.5 ounces (100 grams). No one can figure out why the new arrival is about 900 times smaller than its mother. Kangaroos have similar weight differences at birth.

Slow down: Walter Arnold just needed to slow down. He was going 8 mph in Paddock Wood, Kent, England, on January 28, 1896. He received what is believed to be the world's first speeding ticket. The speed limit was 2 mph.

On the Lighter Side

Student: "The formula for water is H, I, J, K, L, M, N, O."
Teacher: "That's not the formula I gave you."
Student: "You said H to O."

What has four legs and flies? A picnic table.

Two men played checkers. They played five games, and each won the same number of games. How? They weren't playing each other.

The subject of my talk this afternoon is television...sometimes known as air pollution.

Sign in a restaurant: "Our customers are always right. Misinformed, perhaps, inexact, bullheaded, fickle, even downright stupid, but never wrong."

Answers

Trivia answers: 1. The Four Seasons 2. Scottish kiln 3. Japanese buckwhheat 4. American jockey 5. 52

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