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Recipe of the month




Balsamic Watermelon Chicken Salad

1 cup balsamic vinegar | 1 tablepoons olive oil
 1 lb. boneless skinless | 4 cups baby spinach or greens
 chicken breasts | 2 cups cubed watermelon
 3 teaspoons all purpose | 1/2 cup blue cheese crumbles
 seasoning | 1/4 cup sliced or crushed almonds

Prep Time: 10 mins. Cook time: 30 mins. Yield: 4 servings

- Pour the balsamic vinegar into a small saucepan and bring to a boil. Reduce heat and simmer for 15-20 minutes until the balsamic vinegar is significantly reduced and starting to become syrupy.
- Meanwhile, turn a grill or nonstick skillet to high heat. Sprinkle the chicken with the seasoning on both sides and drizzle with the olive oil. Transfer to the hot grill and cook until no longer pink on the inside and nicely browned on the outside. Let rest for 5 minutes; cut into small cubes.
- Layer the spinach with the chicken, watermelon, blue cheese, almonds, and drizzle with the balsamic reduction to taste. Top with additional olive oil if desired.

Source: <https://pinchofyum.com>



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Vol. 16 No. 26 June 28, 2021

Everybody's Talking

Golden sandwich: College students who eat peanut butter and jelly sandwiches to save money will have to stay away from a restaurant in Chicago, Illinois (U.S.). Called PB&J (which stands for “Pizza, Beer, and Jukebox”), this restaurant’s version of the sandwich costs \$350 (USD). Called “Golden Goose,” the sandwich is made from a whole loaf of bread that contains edible gold leaf. Inside is an extremely expensive kind of red current jam, with currents that were hand-seeded with goose quills. It also contains manuka honey from New Zealand. Surprisingly, the peanut butter is an off-the-shelf variety.

Phone fraud: A man in Moscow, Russia, is very angry with his bank. Vladimir Volokhovich lost his smartphone, and the thief who found it was able to use Volokhovich’s bank app to take out a loan. The bank is charging him interest, claiming that he did not report the loss in a timely fashion. This crime victim is livid, as circumstances made it impossible for him to do so. The thief, pretending to be a friend, sent a message saying the phone had been found, so Volokhovich thought all was well. What makes him mad is how easily the bank allowed a stranger to take out a loan, with no paperwork required.

Covering up: A Vietnamese tattoo artist creates unique designs for a purpose: she wants to help people with scars or birthmarks to regain their confidence. If someone has scars from an operation or a burn, or if they have lived with a noticeable birthmark all their lives, the tattooist, known as Ngoc, will come to the rescue. Ngoc has a knack for figuring out what design to use to cover up her clients’ imperfections, whether large or small. She might ink a vase of flowers over an appendectomy scar, or a mountain range over a burn mark. Some consider her to be a bit of a magician for her skills.

Shattered glass: A couple of kids are in a lot of trouble with their parents right now! The family was in the Shanghai Museum of Glass in China and were viewing a glass castle worth about \$64,000 (USD). The castle, on permanent display at the museum since 2016, was made by Miguel Arribas, a Spanish glassblower with Arribas Brothers. He created his masterpiece, which had approximately 30,000 parts, in the form of Cinderella’s castle. The children were playing chase and they ended up accidentally knocking the sculpture over. When travel is allowed again, Arribas Brothers says it will come to repair the damage.

Quoteable Quotes

“Life is the garment we continually alter, but which never seems to fit.” —David McCord

“A sound mind in a sound body is a short but full description of a happy state in this world.” —John Locke

What's Happening

ECKANKAR Soul Adventure Seminar The secret to Spiritual Keys for a Happier Life. Free online ECKANKAR event anytime until June 30. See details on <https://meetu.pseK2QFJd54Z2a>. To register visit <https://www.eckankar.orgengageattend-an-eventspiritual-keys-for-a-happier-life>

Join us in combatting human trafficking. Join the JOY IN ACTION TEAM in a virtual fundraising event to help the survivors of human trafficking and their families. Registration is free! Go to joysmithfoundation.com to register today! **The 37th ANNUAL Grand North American Old Time FIDDLE CHAMPIONSHIP - Online WATCH** online on Facebook on July 17-18, 2021

Check the Facebook page <https://www.facebook.com/groups/311518953189067> or, www.wildrosefiddlers.org for more event details. **South Osborne Farmers Market** The 2021 South Osborne Farmers Market will be running on Wednesdays from 4-8pm at the Lord Roberts Community Centre, 725 Kylemore, from June 23rd-September 29th. Learn more at <https://www.fireweedfoodcoop.ca>

NON profit organizations may submit events for FREE at <https://coffeenewswinnipeg.com/whats-happening>

Trivia

1. What is theatrical makeup often called?
2. A fez and a fedora are what types of apparel?
3. In the children’s game, what is pinned on the donkey?
4. Singer Cass Elliott was a member of what popular musical group?
5. What is a vicissitude?

(Flip bottom of page for answers)

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Your Weekly Horoscope

ARIES
(March 21 - April 20)

Opportunities for friendship, pleasant associations, and enjoyable social interactions may occur now. Personal relationships could feel harmonious and rewarding, as well. Lucky Numbers: 2, 9, 12, 22, 23, 33.

TAURUS
(April 21 - May 21)

Your friendly manner and willingness to meet people halfway may benefit your public image. It could be favourable to socialize with those with whom you have professional ties. Lucky Numbers: 6, 14, 25, 28, 36, 37.

GEMINI
(May 22 - June 21)

You could become so excited about the things you are learning that you can hardly stop thinking and talking about them. Try not to be fanatical about their importance. Lucky Numbers: 1, 2, 9, 11, 15, 23.

CANCER
(June 22 - July 22)

Community social events could be very rewarding for you. You might be in a festive, partying mood, and may want to play and share a good time with friends. Lucky Numbers: 1, 10, 11, 12, 15, 31.

LEO
(July 23 - Aug. 23)

You may feel less dependent on the approval of others. You could have an abundance of energy and self-confidence, and might be able to take on new challenges more easily. Lucky Numbers: 2, 7, 10, 25, 29, 46.

VIRGO
(Aug. 24 - Sept. 23)

Improvising and using your intuition, rather than following the usual way of doing things, could be required. Your life may accelerate toward an unusual, but interesting, segment of time. Lucky Numbers: 3, 19, 20, 38, 41, 47.

LIBRA
(Sept. 24 - Oct. 23)

Your ability to accommodate the totally unexpected may be necessary. You could be pulled in many different directions and might tend to scatter your forces. Lucky Numbers: 6, 11, 14, 19, 30, 44.

SCORPIO
(Oct. 24 - Nov. 22)

The need to share, to give and receive love, and to be accepted and wanted could be very strong. Your emotional responses to life may be deeper and more intense. Lucky Numbers: 4, 25, 28, 30, 37, 47.

SAGITTARIUS
(Nov. 23 - Dec. 21)

You might feel especially friendly and sociable. The warmth and goodwill that you generate now may likely be of great benefit to you, both now and later. Lucky Numbers: 6, 13, 14, 22, 31, 48.

CAPRICORN
(Dec. 22 - Jan. 20)

You may want to speak out to express your thoughts regarding your professional work. Conversations with those who are in positions to act on your ideas could come to the fore now. Lucky Numbers: 1, 13, 27, 30, 38, 47.

AQUARIUS
(Jan. 21 - Feb. 19)

Opportunities for cooperation and shared happiness may arise, which might help you break away from your usual routine. You could be in the mood to learn something new. Lucky Numbers: 11, 12, 25, 28, 29, 35.

PISCES
(Feb. 20 - March 20)

Offbeat ideas may excite you and you may seek people who offer you a different perspective. Discovery, inventiveness, and spontaneity could be major themes now. Lucky Numbers: 13, 26, 27, 28, 29, 30.

Lucky numbers this week: This week's odds favour Scorpio winners with the luckiest number being 4.

Did You Know...

New name: Times Square, the famous intersection in New York City (U.S.), was originally called Long Acre Square. Its name changed in 1904 when *The New York Times* moved its headquarters to that location.

Colour blind: Waving a red flag in front of a bull is not productive because bulls, like other animals with hooves, are colour blind to the colour red. They are probably just irritated by the movement of the cape.

Apollo 13: American astronauts Fred Haise, Jim Lovell, and Jack Swigert traveled to the far side of the moon on Apollo 13 in 1970. They didn't intend to circle the moon and only did so because of an emergency situation.

Healing honey: Manuka honey from Australia and New Zealand comes from bees that pollinate the manuka bush. This honey has a higher degree of natural antibacterial qualities than other types of honey.

Unsinkable: In the movie *Titanic*, American actress Kathy Bates played Margaret Brown. The real-life Margaret Brown became known as the Unsinkable Molly Brown because she did so much to help other passengers when the boat went down.

On the Lighter Side

Name six animals that inhabit the Arctic region. Three seals and three polar bears.

If you had only one match and entered a room in which there were a kerosene lamp, a fireplace, and a wood-burning stove, which should you light first? The match.

Parent calling home: "I'm just checking on you."
 Child: "Shh, not so loud. The babysitter's asleep."

Exaggeration is a hundred, million, billion times worse than understatement.

How much honey can a bee make in a day? Enough to fill one jam jar, with a little bit left over to stick on the label.

Answers

1. Grease paint 2. Hats 3. The tall
 4. The Mamas and the Pappas 5. A change or variation
 6. The match

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