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Recipe of the month

Watermelon Steaks with Warm Pickled Shrimp

1 cup apple cider vinegar	1 medium-size red onion, thinly sliced
½ cup plus 2 tablespoon extra-virgin olive oil, divided	1 medium jalapeño, thinly sliced
1 tablespoon plus ½ teaspoon kosher salt, divided	1 (2-inch-thick) watermelon round (from the centre of 1 large seedless watermelon), quartered
2 teaspoons coriander seeds, lightly crushed	¼ cup fresh flat-leaf parsley leaves
12 ounces peeled and deveined tail-on raw large shrimp	Lime wedges, for serving

Prep Time: 25 min. Yield: 4 servings

- Stir together vinegar, ½ cup olive oil, 1 tablespoon salt, and coriander seeds in a medium saucepan; bring to a boil over high. Add shrimp, onion, and jalapeño. Cover pan, and remove from heat; let stand 20 minutes, stirring once after 10 minutes.
- Meanwhile, preheat grill to high (450°F to 500°F). Brush watermelon quarters with remaining 2 tablespoons oil, and sprinkle with remaining 1/2 teaspoon salt. Place watermelon on grill grates, and grill, uncovered, until slightly softened and grill marks appear, about 4 minutes per side. Transfer to a platter. Using a slotted spoon, top watermelon wedges evenly with pickled shrimp mixture. Spoon a few tablespoons of pickling liquid over top of each, and garnish with parsley. Serve immediately with lime wedges.

Source: www.foodandwine.com

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Everybody's Talking

Cat cuisine: Who says cats won't eat candy? One feline proved that not only would it eat candy, but that it could survive on the sweet stuff. The cat in question boarded a ship, belonging to the Ukrainian company Star Shine Shipping, which was headed for Israel. The kitty was in for a three-week sea voyage inside a shipping container. When the ship docked and workers opened the door, they were surprised to see the furry little mammal looking quite healthy. Upon further investigation, the workers discovered chewed boxes of candy. Apparently, the cat was able to stay hydrated by licking condensation on the metal enclosure.

Pink paradise: It's a good thing Yasmin Charlotte looks good in pink because that is the only colour this teacher from Thun, Switzerland, wears. She loved pink when she was a kid and has never outgrown it. She loves pink so much that not only does she wear only pink, but her apartment is decorated in various shades of the pastel colour. She wears pink skirts, socks, and shoes, and she even sports pink jewelry. Her closet is filled with stacks of pink sweaters and shirts, her windows are dressed in pink curtains, and her kitchen cupboards are full of pink dishes. Everyone has a favourite colour!

Dairy delight: A tourist attraction in Dresden, Germany, might take a visitor's breath away. Dresdner Molkerei Gebrüder Pfund is a dairy shop where people can buy cheese, yogurt, and other products made from milk. Its walls and ceilings are decorated with beautiful, hand-painted ceramic tiles created by local artists. The shop started in the late 1800s when a farmer named Paul Pfund opened up a dairy where cows were milked, and the milk was processed into various products for sale. Today, the dairy has ceased operating, but the shop is still open for patrons interested in buying dairy products.

Hiking through tunnels: In the mountains of western Canada, near Hope, British Columbia, is a series of tunnels once used by the railroad. Kettle Valley Railroad was built in the early 1900s by the Canadian Pacific Railway. Rock was blasted out to make five tunnels. While the tunnels are no longer used for trains, hikers and bicyclists love to use the decommissioned tunnel system to enjoy the natural mountain environment. The tunnels have appeared in a couple of famous American movies: Rambo: First Blood and Far from Home: The Adventures of Yellow Dog.

Quoteable Quotes

"We love the things we love for what they are." *Robert Frost*
"It is not talking of love, but living in love that is everything."
Unknown

What's Happening

Learn more about Open Arms Patient Advocacy Society! Check us out at www.openarmspatientadvocacy.com and learn more about how we help Albertans navigate the health care system. We are always looking for volunteers and are currently recruiting a Fundraising Director - please connect with Gail to learn more!

Sneakers Strays Complete a 5k or 10k walk or run to help the humane animal rescue team hart rescue stray, abandoned, and unwanted dogs. Register as a team or individual at raceroster.com

Registration includes a participant swag bag and other prize opportunities! **NON profit organizations may submit events for FREE** at www.coffee-news.ca/whats-happening

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Trivia

1. Which Johnny is known as "The Man in Black"?
2. In movies and theatrical productions, bit parts by well-known individuals are called what?
3. Before it was outlawed, what type of material was used to make piano keys?
4. The Jamaican tangelo is commonly known as what?
5. What was Cyrano de Bergerac's prominent feature—his eyes, ears, or nose?

(Flip bottom of page for answers)

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Chantal Gauthier
Debbie Williamson
Lucy Moore
Maxine Brennan

Your Weekly Horoscope

ARIES (March 21 - April 20)



Differences of opinions may likely arise if you feel you're being taken for granted. Make yourself very clear to avoid any misunderstandings that may occur. Lucky Numbers: 8, 17, 26, 35, 44, 49.

TAURUS (April 21 - May 21)



You may want to have a good heart-to-heart talk with the people with whom you feel most comfortable. You could receive assistance on matters of a more personal nature. Lucky Numbers: 3, 16, 22, 28, 44, 47.

GEMINI (May 22 - June 21)



You may have discussions with people you were once very close to. Memories and old feelings could surface. You may wish to visit to connect with your roots. Lucky Numbers: 7, 11, 15, 37, 41, 45.

CANCER (June 22 - July 22)



You may want to purchase something beautiful which simply makes you feel good. It might be a good time to let people know how much you care about them. Lucky Numbers: 2, 3, 23, 32, 46, 49.

LEO (July 23 - Aug. 23)



You may want to eliminate anything in your life that is unnecessary and outworn. A long-held attitude or belief might keep you from attaining what you really want. Lucky Numbers: 10, 13, 25, 38, 42, 45.

VIRGO (Aug. 24 - Sept. 23)



You may feel a real urgency to take positive steps to achieve your goals. Be certain that you are not overstepping yourself, as this might hinder your success. Lucky Numbers: 4, 6, 9, 11, 22, 44.

LIBRA (Sept. 24 - Oct. 23)



You may land a contract to undertake a major project. Assistance might involve moving the project into a better workspace and providing a better product. Lucky Numbers: 7, 16, 24, 35, 44, 47.

SCORPIO (Oct. 24 - Nov. 22)



A positive response to a presentation or an interview may help promote your cause. Public relations might help to ensure the right message is received. Lucky Numbers: 4, 15, 19, 29, 35, 44.

SAGITTARIUS (Nov. 23 - Dec. 21)



A personal confrontation may alarm you. You might need some positive guidance from someone close to you. Teamwork could be very constructive for you. Lucky Numbers: 2, 14, 22, 25, 37, 41.

CAPRICORN (Dec. 22 - Jan. 20)



It may not be a time for solitary activity. Instead, coordination could be your theme. You might feel particularly affectionate in the company of your close friends. Lucky Numbers: 22, 23, 24, 35, 41, 48.

AQUARIUS (Jan. 21 - Feb. 19)



Communications with family may clear up any confusion. You could attend an artistic event that exposes you to new lifestyles that are different from your own. Lucky Numbers: 17, 18, 22, 31, 39, 40.

PISCES (Feb. 20 - March 20)



You may need other people's opinions in order to learn from them. Now could be the perfect time to consult a friend you trust, who can give you helpful feedback. Lucky Numbers: 1, 18, 19, 33, 37, 41.

Lucky numbers this week: This week's odds favour Libra winners with the luckiest number being 7.

Did You Know...

Keeping warm: The hooded sweatshirt has been around since the 1930s, when the Champion Company in the United States manufactured the first one. It was designed to keep athletes and labourers warm and cozy in the freezing winter conditions of upstate New York.

Steak knives: Sharp knives have existed for centuries, but the modern steak knife was only introduced in the 1950s. One theory is that it evolved from a tool for opening letters.

Wake up! In Britain and Ireland, before the advent of alarm clocks, slumbering workers would be awoken by people known as "knocker uppers." Their job involved using a long pole or peashooter to knock on their clients' doors or windows, waking them up for work.

Moose cheese: There's specialty cheese, and then there's moose cheese. Because milking a moose is a slow and cautious process, moose cheese is some of the most expensive cheese in the world. It's made on a farm in Bjurholm, Sweden.

Striking gold: When two teenagers on a hike in Israel found a buried jar, they thought it contained only thin leaves. In fact, inside were 425 rare, pure gold coins dating back to the ninth century.

On the Lighter Side

What has one head, one foot, and four legs? A bed.

Customer: "These turkeys in your frozen food section seem so small. Do they get any bigger?"
Grocer: "No, they're dead."

Sign on the back of a big, slow, expensive car: "As a matter of fact, I DO own the road."

If you can stay calm while all around you is chaos, then you probably haven't understood the seriousness of the situation.

I used to be a banker, but then I lost interest.

Answers

Trivia answers: 1. Johnny Cash 2. Cameos 3. Ivory 4. Ugli fruit or uni fruit 5. Nose

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What's In Your Glass? with R&R

Alberta Has It All

"Flatlands and rollin' plains, clear blue skies, prairie rains; a tapestry of colours in the fall. Snow covered mountain tops, wheat fields, canola crops; Alberta has it all." This is from our Alberta provincial anthem. That's just a smidge of it, because if we wrote the whole thing, well, you would miss our monthly wit and wisdom. Okay, maybe just our wit (haha).

There's no part in the anthem about our liquid assets. We mean of the alcohol type, of course. We make some wicked products in Alberta.



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