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Scleroderma Manitoba Educational Webinar
"Scleroderma Can Be Hard To Swallow"
 November 20, 2021 | 10:30 a.m. CST

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Everybody's Talking

Vintage look: Mila Povoroznyuk, a young woman from Vinnytsia, Ukraine, has long been interested in women's clothing from the late 1800s and early 1900s. Now she has turned that interest into an everyday thing by always wearing vintage clothing from that era. She started by occasionally wearing the clothes, but she soon found herself feeling more comfortable and confident in the old styles. She sews some of the items herself and finds other pieces in secondhand stores. The clothes include long dresses, corsets, and elegant hats. Many modern folks must be interested in vintage fashions because her social media account has thousands of followers.

Glowing tattoos: Those who want to get a tattoo, but want to be discreet about it, might consider being inked with a black light tattoo. While not immediately invisible, the tattoo will eventually fade so that it can only be seen in UV light. They'll glow nicely at a rave dance party where black lights are featured, but the colors will be hidden from work associates the next day at the office. Some people add UV paint to a regular tattoo, while others may choose a tattoo that is drawn completely with UV paint. Experienced tattoo artists should be chosen for the work because the UV tattoo paint is harder to work with than normal paint.

Doting on deer: Deer are revered animals in Japan, and to prove it, a beautiful event takes place on winter mornings in Nara Park in Nara, south of Kyoto. Over 1,000 tame deer live in the park, and they enjoy interacting with the many tourists who come to see them. The best time to view the deer is during the event called Shikayose, which means "deer-gathering." That's when a French horn player stands in the middle of the park and plays Beethoven's Sixth Symphony. Hearing the music, the deer come from all corners of the park to obtain the acorns offered to them.

Hidden station: The city of Toronto, Ontario (Canada), has a subway system that commuters regularly use. It has a hidden and now-abandoned section that was only used for six months in 1966, called the Lower Bay Station. This sits underneath the Bay Station on the city's Yonge-University subway line. When it was built, planners had hoped to have a useful addition to the line, but instead it became an awkward loop. Now, Lower Bay Station is inaccessible to the public because the entrances have been bricked over. There are unmarked doors to this mysterious underground place, which is occasionally used for training purposes and film shoots.

Quoteable Quotes

"Tempt not a desperate man." —William Shakespeare
 "Fate chooses our relatives. We choose our friends." —Jacques Delille

What's Happening

Anavet Assiniboia Unit 283 - Opening 3584 Portage Ave. 204 837 6708 Opening 10 a.m. to 6 p.m. each Monday to Saturday beginning on Sat. July 24th. Basic Health Rules will be followed so we can visit with old and new friends at the Friendly Club!

Yoga classes at Deer Lodge Community Centre Gentle Yoga classes at Deer Lodge Community Centre, 323 Bruce E. begin September 13, 2021.

For more info email Doreen at: dwuckert@shaw.ca **Anavets Assiniboia Unit 283 at 3584 Portage Ave.**

204 837 6708 join us... Double vaxed - proof photo ID needed to enter - Masks worn when you are not seated. Bands Dancing with masks on Fri. 8 to 11 pm. Check our Website for monthly Band lists.

Meat Draws each Fri. nite at 6:30 - Sat. 3:00 pm. Bingo Mon. Wed Fridays. **Beginning Genealogy Workshop** Let us help you tell your own story. Register now at mbgenealogy.com for our new genealogy series for 3 weeks in a row including: Beginning Genealogy, Finding Your Genealogy Information DNA Testing in research. Plenty of free parking or via Zoom.

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

Trivia

1. The walrus can weigh as much as 1.5 tonnes—T/F?
2. Which breed of dog traditionally is the mascot in a firehouse?
3. Composer George Gershwin wrote the music. What did his brother Ira write?
4. What is the main artery in the thigh?
5. Is the oboe a single or double reed instrument?

(Flip bottom of page for answers)
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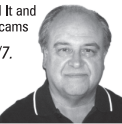
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Your Weekly Horoscope

ARIES
(March 21 - April 20)



You may be tempted to spend lavishly to make your home more comfortable. Buying art and jewelry could be fortuitous, as it may increase in value and might be appreciated for much longer. Lucky Numbers: 1, 9, 14, 17, 29, 48.

TAURUS
(April 21 - May 21)



You may feel you are at your best when you allow music and art to transform you. This could enhance your creativity to make handling life's ordinary details a bit easier. Lucky Numbers: 4, 9, 19, 29, 39, 49.

GEMINI
(May 22 - June 21)



Practical concerns may dominate. Your mind could be serious and be able to concentrate on very detailed work. Taking action might achieve more closeness in relationships. Lucky Numbers: 4, 10, 13, 20, 33, 44.

CANCER
(June 22 - July 22)



Friends may help lighten your load by listening to you without judgment. If you can talk to others without fear of criticism, you might be able to unburden your soul. Lucky Numbers: 6, 7, 12, 24, 32, 47.

LEO
(July 23 - Aug. 23)



Many details may need your attention, but time is on your side. Your thinking could be very sharp and focused, and you might develop solid ideas and express them well. Lucky Numbers: 2, 13, 24, 25, 27, 28.

VIRGO
(Aug. 24 - Sept. 23)



Unresolved emotional tangles may arise, unless you make compromises. Conflicts between work and personal demands might need to be addressed. Lucky Numbers: 31, 37, 39, 42, 43, 46.

LIBRA
(Sept. 24 - Oct. 23)



You may not feel very objective right now about unresolved issues from your past. Some personal problems could interfere with your interaction with others. Lucky Numbers: 7, 18, 27, 28, 37, 38.

SCORPIO
(Oct. 24 - Nov. 22)



You may want to indulge in some excessive luxuries and have adventurous experiences. Simple words could playfully lead to fun times in your primary relationship. Lucky Numbers: 14, 19, 26, 32, 39, 49.

SAGITTARIUS
(Nov. 23 - Dec. 21)



Your suspicions may push you to communicate your thoughts at a deeper level. Try not to allow others to perceive your doubts, which could expose you to their criticism. Lucky Numbers: 7, 10, 22, 42, 43, 46.

CAPRICORN
(Dec. 22 - Jan. 20)



You may find yourself more focused and disciplined. You could feel a great pressure to perform. The key might be to proceed very slowly and to prioritize yourself. Lucky Numbers: 16, 19, 26, 29, 36, 46.

AQUARIUS
(Jan. 21 - Feb. 19)



Loved ones may be able to gain from your advice. Your feelings might reveal a concern about a relationship. Your support and nurturing could make all the difference. Lucky Numbers: 13, 14, 23, 24, 33, 34.

PISCES
(Feb. 20 - March 20)



Your ability to concentrate and focus on your work may feel good. Family relations might be sensitive to your influences. Healing rays of energy that you project toward others could benefit everyone. Lucky Numbers: 1, 6, 12, 21, 36, 42.

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

Did You Know...

Glassy finish: Tempered glass is known as safety glass. This heat-treated glass becomes much stronger than what is used in most windows of houses. Tempered glass breaks into oval pebbles, rather than sharp shards. Car rear windows are a good example of its use.

Sharing a kiss: The first actors to kiss on film were May Irwin and John Rice in a silent movie made by Thomas Edison in 1896. Called *The Kiss*, the film lasted for only about 20 seconds.

Rare beast: Due to a genetic mutation, a white tiger has white fur instead of the usual orange. Extremely rare in the wild, the white variety is a type of Bengal tiger that lives in Asian countries, such as India and China.

Strike! In the game of 10-pin bowling, players use a heavy ball with three finger holes. This game was developed in the U.S. In 5-pin bowling, which was invented in Canada, players use smaller balls that fit in the hand. There is no need for finger holes.

Onion tears: Slicing onions can make anyone cry. This happens because onions, when cut, release a chemical called syn-Propanethial S-oxide. When its gases float to the eye, the tear ducts work hard to get rid of the irritant.

On the Lighter Side

How does a polar bear build its house? Igloos it together.

Two satellite dishes met on a rooftop, fell in love, and got married. The ceremony wasn't much, but the reception was brilliant.

How does a cucumber become a pickle? It goes through a jarring experience.

Knock knock. *Who's there?* Spell. *Spell who?* W-H-O.

Father: "If you don't stop playing the saxophone, I'll go crazy."

Teen: "Too late, Dad, I stopped an hour ago."

Answers

Trivia answers: 1. True 2. The Dalmatian 3. The lyrics 4. Femoral artery 5. Double

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Recipe of the month



Creamy Ham and Potato Soup

4 strips of bacon
1/2 cup onion, finely chopped
4 medium potatoes, peeled and diced (about 3 cups)
3 tablespoons all-purpose flour
4 cups chicken broth (or 2 tablespoons chicken bouillon powder + 4 cups water)

1 + 1/2 cups cooked ham, cut into 1/2-inch cubes
1 cup frozen corn
1/2 cup heavy cream
1/2 teaspoon ground black pepper salt (to taste)
1 teaspoon fresh parsley, finely chopped

Prep Time: 5 mins. Cook Time: 20 mins. Yield: 4-6 servings

1 Sauté bacon in a large stockpot or Dutch oven over medium high heat (no cooking oil needed) until crisp, about 3-4 minutes. Set the bacon aside on a plate.

2 Add onion and potatoes and sauté for 1-2 minutes until fragrant. Stir in flour and mix well to combine until flour is fully incorporated. Stir in chicken broth and mix until the soup is smooth and uniform. Bring the soup to a boil over medium high heat. Cover and let it continue to boil for 10-15 minutes until potatoes are fork tender.

3 Mash half of the potatoes in the pot with a potato masher or blend with a handheld immersion blender.

4 Stir in ham, corn, heavy cream and black pepper. Let the soup simmer over medium heat and whisk occasionally until thickened to a desired consistency, about 5 minutes. If the chowder gets too thick, add a little bit more water to dilute it. Add salt to taste.

5 Serve warm; top with crispy bacon and fresh parsley.



Source: www.aheadofthyme.com

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