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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 10-15 minutes until potatoes are fork tender)
 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

- 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.
- 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.
- Mash half of the potatoes in the pot with a potato masher or blend with a handheld immersion blender.
- 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.
- Serve warm; top with crispy bacon and fresh parsley.

Source: www.aheadofthyme.com

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Everybody's Talking

A perfect circle: Bridges aren't usually in the form of a circle, but rather span the distance between two ends. However, there is a bridge in Kromlauer Park in Gablenz, Saxony, Germany, that appears to be a circle. Called the Rakotzbrücke Devil's Bridge, it looks to be circular because its arch is reflected in the water below. The bridge was built in the mid-1800s, making the illusion even more magical. The builders could not have known that the bridge would become famous to people around the world, 150 years later, due to the advent of social media.

Breezy building: In Jaipur, Rajasthan, India, there is a beautiful building called Hawa Mahal, which means "Palace of the Winds." This five-story structure has an astounding 953 windows adorned with elaborate designs. Built in 1799, the building was developed for women of the royal class to stroll through and watch the activity on the street; they did not go out in public. The building is very narrow, so the rooms behind the screened windows form something similar to a big porch. Because it was constructed with red and pink sandstone, the building has a pinkish hue.

Egg art: Most people wouldn't consider an ostrich egg as a medium for a work of art, but Nguyen Hung Cuong of Hanoi, Vietnam, had a vision. He hollowed out an egg and drilled tiny holes into it to create an intricate pattern. He worked on the project for three years, drilling over 45,800 minuscule holes. Some holes are so small that they are barely visible. The holes were counted with the use of computer technology. He has practiced his art using chicken eggs, but he found the ostrich egg to be more difficult because it is thicker and harder to drill through.

Noodle dessert: Someone seeking a cold treat on a hot day need look no further than the South Korean specialty of shiltarae bingsu. This dessert is made from exceptionally fine ice shavings; when piled onto a plate, they appear to be a stack of vermicelli noodles. Confectioners use a special machine to shave the ice, which can be flavoured with such things as green tea, coffee, and mascarpone cheese. The strands are carefully stacked onto a plate and served with a scoop of ice cream, some red beans, and a few cubed rice cakes. The milky dessert is a pleasure to consume.

Quoteable Quotes

"The more we love our friends, the less we flatter them; it is by excusing nothing that pure love shows itself." —Molière
 "Oh for a book and a shady nook, either indoor or out." —John Wilson

What's Happening

Exploring Spiritual Mysteries on Dreams presented by Eckankar Discover tools for unfoldment, reassurances of departed loved ones, spiritual guides and the inner world of Light and Sound. 7PM. Visit <https://www.meetup.com/The-Winnipeg-Spiritual-Experiences-Group> or email beckmanitoba@gmail.com

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!

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Trivia

- Sweet, salty, sour, and bitter are the primary sources of what sense?
- The Greek Goddess of Wisdom is often pictured holding what type of bird?
- What is a bathyscaphe?
- The Chunnel (or Channel Tunnel) connects what two countries?
- What is the device used for measuring the foot?

(Flip bottom of page for answers)
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Your Weekly Horoscope

ARIES (March 21 - April 20)

You may want to reset the limitations that others set for you, but you might realize they will help you succeed. Using your patience and honest effort could be your best way to win. Lucky Numbers: 3, 10, 22, 32, 45, 47.

TAURUS (April 21 - May 21)

Postponements may make you feel like you are being denied the ability to reach your goals. Good communication with authorities might enable you to clear roadblocks to your success. Lucky Numbers: 7, 37, 39, 42, 41, 48.

GEMINI (May 22 - June 21)

You might want to make some changes in your relationships. You may want to be alone, but your social responsibilities might not allow you to avoid meeting people. Lucky Numbers: 9, 11, 29, 31, 39, 41.

CANCER (June 22 - July 22)

Your communication skills may be especially good, so take the opportunity to clear the air of past problems. Being more sensitive to the innermost feelings of others could be easier for you. Lucky Numbers: 20, 26, 29, 34, 35, 44.

LEO (July 23 - Aug. 23)

What you want may not mesh well with what seems to be necessary. Interference from others might mean you need to make some adjustments to get yourself mentally back on track. Lucky Numbers: 13, 16, 19, 20, 27, 37.

VIRGO (Aug. 24 - Sept. 23)

You may be able to use your existing efforts to lift yourself to a higher level of efficiency. Try to let priorities help you lessen your efforts in less vital areas. Lucky Numbers: 13, 21, 22, 27, 39, 46.

LIBRA (Sept. 24 - Oct. 23)

Your creative projects may help you bring things together. Domestic concerns might require more time and support. Your involvement could bring you much closer together. Lucky Numbers: 11, 26, 27, 35, 39, 44.

SCORPIO (Oct. 24 - Nov. 22)

Your personal beliefs may start to change and mature. You might need to try to nurture the viewpoints of others. Avoid the tendency to be too rigid and self-judgmental. Lucky Numbers: 7, 10, 12, 32, 41, 45.

SAGITTARIUS (Nov. 23 - Dec. 21)

While you may feel capable of standing on your own, try to realize that people want to care for you. Their support could help you move toward more independence. Lucky Numbers: 2, 7, 15, 27, 36, 40.

CAPRICORN (Dec. 22 - Jan. 20)

The way words are used may be very important to you. You might see deeply and be aware of nuances that others could use that may be harmful to you. Lucky Numbers: 5, 27, 32, 38, 41, 45.

AQUARIUS (Jan. 21 - Feb. 19)

Take a real deep breath and try not to let others take advantage of your good nature. You may need to trust your instincts and push your own objectives. Lucky Numbers: 9, 18, 27, 32, 33, 39.

PISCES (Feb. 20 - March 20)

You may become fully absorbed in your intellectual pursuits. Your intensity might prove to be your talent. Your studies could depend on your personal well-being. Lucky Numbers: 11, 19, 33, 36, 38, 41.

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

Did You Know...

Piano prodigy: A musician named Peter Bence of Hungary is emerging as an internationally acclaimed pianist who is known for his passionate playing. He wrote his first composition at age 7.

Broken bone: The length of time a broken bone requires for healing depends on a variety of factors, including the person's age and overall health, the type of fracture, and the size of the bone that was broken.

Warm spot: European-style houses once routinely had a "keeping room." Adjacent to the kitchen, this room was heated with a fireplace or wood-burning stove. Families might have slept there if it was the only heated room in the house.

Laughing bird: Kookaburras, which are birds from the kingfisher family, live in Australia, New Zealand, and New Guinea. They are known for their call, which sounds very much like a laughing human. These birds live in family groups.

Old city: Istanbul, the largest city in Turkey, straddles two continents: Europe and Asia. Formerly called both Constantinople and Byzantium, it is the home of centuries-old buildings, including the Blue Mosque, Topkapi Palace, and Aya Sofya.

On the Lighter Side

Why aren't koalas actual bears? Because they don't meet the koalifications.

Teacher: "Sam, what is the outside of a tree called?"
 Sam: "I don't know."
 Teacher: "Bark, Sam, bark."
 Sam: "Bow wow wow!"

I can't believe I got laid off from the calendar factory. All I did was take a day off.

What do you call a dog magician? A Labracabrador.

I tried to catch some fog. But I mist.

Answers

Trivia answers: 1. Taste 2. The owl 3. Navigable 4. England and France 5. The brannock

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