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Recipe of the month

Savoury Winter Soup

2 pounds ground beef
3 medium onions, chopped
1 garlic clove, minced
3 cans (10-1/2 ounces each) condensed beef broth, undiluted
1 can (28 ounces) diced tomatoes, undrained
3 cups water


1 cup each diced carrots and celery
1 cup fresh or frozen cut green beans
1 cup cubed peeled potatoes
2 tablespoons minced fresh parsley or 2 teaspoons dried parsley flakes
1 teaspoon dried basil
1/2 teaspoon dried thyme
Salt and pepper to taste

Prep Time: 20 min. Cook Time: 6 hours
Yield: 14 servings (3.5 quarts)

1 In a large skillet, cook beef and onions over medium heat until meat is no longer pink. Add garlic; cook 1 minute longer. Drain.
2 Transfer to a 5-qt. slow cooker. Stir in remaining ingredients. Cover and cook on low until vegetables are tender, 6-8 hours.

The ideal pick me up for a cold winter evening!

Source: <https://www.tasteofhome.com>



Everybody's Talking

Underground garden: People living in London, England, during World War II were well aware of the city's need for underground bunkers where people could escape air raids. Today, one of these bunkers has found a new purpose. It has become a subterranean farm known as Growing Underground. Located 33 metres (108 feet) under Clapham High Street in the southwest part of London, the concept was the brainchild of co-founder Richard Ballard. The underground garden has no natural light, of course, so LED lights provide nourishment for the hydroponically grown plants, which include radishes, pea shoots, fennel, coriander, and more.

Hiding place: A car thief from the province of Alberta, Canada, didn't cover up his tracks very well, and that led to his capture. Police received word that a Jeep had been stolen from the town of Olds, about 89 kilometres (55 miles) north of Calgary. Someone also reported a vehicle in a ditch on a nearby rural road, which turned out to be the Jeep. Upon taking a closer look, police found a pretty clear clue about where the thief had gone: footprints in the snow. The officers followed by foot, and soon discovered, under a pile of hay in a barn, a young man whom they charged with the offense.

The black violin: Violinists all over the world appreciate the sound of a Stradivarius violin, made by Antonio Stradivari in the 17th and 18th centuries. A replica of one of these instruments, made in 1992 and named Blackbird (after the common bird), was created by Swedish sculptor Lars Widenfalk. The artist made the creation out of a piece of diabase, a dark-coloured, igneous rock. While using his chiseling tools, he had noticed the lovely sound the stone made, and decided to try making an instrument. Widenfalk used black ebony for a few pieces, such as the fingerboard and chin rest. Many musicians have played Blackbird over the years.

Keeping time: Budapest, Hungary, is home to a unique installment called the Timewheel, which was unveiled in 2004 to honour the country's entrance into the European Union. The Timewheel is an enormous hourglass in which small pieces of glass, rather than sand, trickle from the top v-shaped reservoir to the bottom one. A computerized system assists with the release of the glass, which takes an entire year to drop from top to bottom. Every year on December 31, the Timewheel must be manually rotated 180 degrees, with the help of a four-person team using steel cables. Then the glass begins keeping time for the next year.

Quoteable Quotes

"To teach is to learn twice." -Joseph Joubert
"We should all be concerned about the future because we will have to spend the rest of our lives there." -Charles Franklin Kettering

What's Happening

Feb 12 to 13-Ladies Ice Fishing Event LADIES - Are You Ready To Fish Anglers, non anglers and every lady in between. I will be hosting an all ladies fishing event on Lac La Biche Lake. www.facebook.com/LisaRoperOutdoors

June 10 to 11 - Cold Lake Treaty Six Contemporary Art Festival This event is a showcase of Contemporary Indigenous Art from all across Western Treaty Six Territory. It is a celebration of Indigenous Artists working in the mediums of visual art, spoken-word, performance art, and music. www.treatysixcontemporary.com

NON profit organizations may submit events for FREE at www.coffee-news.ca/whats-happening

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Trivia

1. In the human body, what gland controls body temperature?
2. What is myopia?
3. Who wrote The Comedy of Errors and The Tempest?
4. Edam cheese has its origins in what country?
5. The average eagle's nest is 4-5 ft. in diameter and how many feet deep?

(Flip bottom of page for answers)

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Your Weekly Horoscope

ARIES
(March 21 - April 20)



Perhaps you have been in a period of doubt and uncertainty, rooted in past negative experiences. This week may provide positive energy so that you can progress in your present efforts. Lucky numbers: 1, 5, 12, 14, 21, 30.

TAURUS
(April 21 - May 21)



You may gain insight about your life lessons and how to address them. These lessons may involve a change in your beliefs or actions regarding nurturing and/or parenthood. Lucky numbers: 6, 9, 16, 33, 38, 39.

GEMINI
(May 22 - June 21)



This week you may likely feel grounded, stable, and optimistic. There is the potential to use good judgment in building a solid foundation for future progress toward your life goals. Lucky numbers: 3, 18, 27, 37, 42, 48.

CANCER
(June 22 - July 22)



You may be experiencing a transformation that shakes up your beliefs about what is important. If so, you can find clues about your next steps by examining what you value passionately. Lucky numbers: 5, 13, 14, 21, 30, 35.

LEO
(July 23 - Aug. 23)



At the start of the week, you may experience communication difficulties that tempt you to engage aggressively with others. To avoid problems or restrictions, wait a week before you act. Lucky numbers: 8, 13, 18, 37, 42, 45.

VIRGO
(Aug. 24 - Sept. 23)



There is the potential to achieve much toward your goals now. You are likely feeling confident and energetic, but just be careful not to push yourself past your limits. Lucky numbers: 2, 10, 15, 31, 37, 41.

LIBRA
(Sept. 24 - Oct. 23)



Your feelings and emotions may provide the drive you need now to achieve your heart's desire. Just don't let the residue of an old wound get in the way. Lucky numbers: 17, 21, 35, 37, 41, 43.

SCORPIO
(Oct. 24 - Nov. 22)



At this time, there is an opportunity for a balance between your mind and your emotions. This could allow a positive change in your physical and mental health. Lucky numbers: 4, 12, 25, 28, 41, 48.

SAGITTARIUS
(Nov. 23 - Dec. 21)



You may have recently experienced greater energy and unusual vitality. If so, that period has peaked. Honour the quiet of Winter, and Spring can bring a return to greater vitality. Lucky numbers: 11, 21, 27, 32, 36, 45.

CAPRICORN
(Dec. 22 - Jan. 20)



One or more relationships may be at a stalemate. If so, the near future can bring a breakthrough for any female partner. However, communication difficulties may continue for a while longer. Lucky numbers: 13, 28, 31, 33, 40, 47.

AQUARIUS
(Jan. 21 - Feb. 19)



You are likely entering a period of sudden and unexpected change. While it may be disconcerting, this change could provide an opportunity for you to find out who you truly are. Lucky numbers: 14, 21, 38, 41, 42, 47.

PISCES
(Feb. 20 - March 20)



At the beginning of the week, your thoughts and emotions are likely to be out of balance. It is important to make an adjustment in your view of a stressful situation. Lucky numbers: 7, 9, 26, 31, 34, 44.

Lucky numbers this week: This week's odds favour Gemini winners with the luckiest number being 3.

Did You Know...

Smelly fish: Visitors to Sweden can buy a can of *surströmming*, which is sea herring caught in the Baltic Sea. While Swedes say it tastes better than it smells, its odor is so pungent that people often eat it outside.

Visitor from afar: On August 6, 2012, the planet Mars received a visitor from Earth: a robotic vehicle called Curiosity. Sent to gather information about Mars, Curiosity was launched from Cape Canaveral, Florida (U.S.), on November 26, 2011.

Film buffs: The official name of the Cannes Film Festival is *Festival de Cannes*. It originated in 1946 as an alternative to the Venice Film Festival, which had promoted fascism and the Nazi agenda.

Rock on: Canadian rock and folk musician Neil Young grew up in the western Canadian city of Winnipeg. In his early years, he played with the bands Buffalo Springfield and Crosby, Stills, Nash & Young.

Women's issues: Godey's *Lady's Book* was an American magazine published between 1830 and 1898. Started by Louis A. Godey, the successful magazine benefitted and educated women, under longtime editor Sarah Josepha Hale.

On the Lighter Side

Flora: "How did you manage to graduate from Clown College?"
Dora: "The professors always laughed at my exam answers."

Knock! Knock! Who's there? Thumping. Thumping who? Thumping green and thlimy is crawling up your leg.

What did the alien put on his toast? Mars-malade.

What's black and white with splashes of red? Two skunks having a tomato fight.

Last night I saw a movie with a happy ending. Everybody was glad it was over!

Answers

Trivia answers: 1. Hypothalamus 2. Nearsightedness 3. William Shakespeare 4. The Netherlands 5. 2-4 ft.

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