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# Recipe of the month

## Savoury Winter Soup

2 pounds ground beef	1 cup each diced carrots and celery
3 medium onions, chopped	1 cup fresh or frozen cut green beans
1 garlic clove, minced	1 cup cubed peeled potatoes
3 cans (10-1/2 ounces each) condensed beef broth, undiluted	2 tablespoons minced fresh parsley or 2 teaspoons dried parsley flakes
1 can (28 ounces) diced tomatoes, undrained	1 teaspoon dried basil
3 cups water	1/2 teaspoon dried thyme
	Salt and pepper to taste

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

- In a large skillet, cook beef and onions over medium heat until meat is no longer pink. Add garlic; cook 1 minute longer. Drain.
- 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>

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# 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

**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](http://www.treatysixcontemporary.com)

NON profit organizations may submit events for FREE at [www.coffee-news.ca/whats-happening](http://www.coffee-news.ca/whats-happening)

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# Trivia

- In the human body, what gland controls body temperature?
- What is myopia?
- Who wrote The Comedy of Errors and The Tempest?
- Edam cheese has its origins in what country?
- 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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(Over)

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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 nur-  
turing 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 com-  
munication 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 your-  
self past your limits. Lucky numbers: 2,  
10, 15, 31, 37, 41.

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

**LIBRA**  
(Sept. 24 - Oct. 23)



Your feelings and emo-  
tions 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 ener-  
gy 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. How-  
ever, communication diffi-  
culties 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 impor-  
tant to make an adjust-  
ment in your view of a  
stressful situation. Lucky numbers: 7,  
9, 26, 31, 34, 44.

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## 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. Nearightedness 3. William Shakespeare 4. The Netherlands 5. 2-4 ft.