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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>

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Everybody's Talking

Heart-shaped lakes: In an oasis called Al Qudra, near the city of Dubai, United Arab Emirates, is a manmade attraction called Love Lake. As seen from the air, Love Lake beckons visitors to its two heart-shaped lakes that intertwine. Desert surrounds the lake on all sides. However, within the Love Lake park area, visitors find lush vegetation, including trees and flowers. Not far from the bustling city, couples and families can enjoy a day trip for a barbecue, a cycle, and a beautiful sunset. Almost everything in the park is shaped like a heart, including signposts, a badminton court, and flowerbeds.

Food art: While many artists use paint to create their works of art, a talented young woman from Egypt uses edible ingredients for her drawings and illustrations. Sally Magdy Murad expresses her creative spirit using such materials as honey, chocolate, jam, juice, and syrup. Her tools are also unique and include spoons and toothpicks. As she has practiced her art, she has added other mediums, such as raisins, salt, and candy. The experienced artist started with this "food-paint" in simple works, but eventually her drawings became more sophisticated and now include Arab personalities. Murad's art is especially interesting because it can be eaten after it's created

Pizza problem: When ordering a restaurant meal from a delivery service, customers expect their food to be handled with care. That's what a man from Detroit, Michigan (U.S.), believed, until his doorbell camera revealed something different. He and his wife ordered a pizza one day, but didn't end up eating it. That's because they saw, on their doorbell camera, the pizza falling out of the box on their front porch. The delivery driver picked it up, brushed it off, and left it on the doorstep. The couple complained and got a refund, and the driver was fired. But they didn't blame the delivery service for the problem, realizing it wasn't their fault.

Doll delirium: Shirley Sumaiser of Toronto, Ontario (Canada), has a dollhouse that doesn't have windows, doors, and rooms in which children can play with their dolls. Called "The Doll House," her home is on a quiet street not far from downtown. Her yard, fence, porch, and eaves are full of dolls of every variety, and more! The woman collects not just dolls, but stuffed and plastic toys of all kinds. People taking a stroll along her street will find everything from troll dolls to Santa Clauses to Disney characters packed on the lawn. Sumaiser gets much joy from decorating the front yard of her two-story house, and she changes the decorations with every season.

Quoteable Quotes

"Work expands so as to fill the time available for its completion."
-Cyril Northcote Parkinson

"There are two cardinal sins from which all others spring: impatience and laziness."
-Franz Kafka

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. What is the largest living reptile species?
2. Ika is often seen on a sushi menu. What is it?
3. Where is the world's highest waterfall?
4. In what years did Sears, Roebuck and Company sell homes by mail order?
5. What is vim's partner?

(Flip bottom of page for answers)

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Your Weekly Horoscope

ARIES (March 21 - April 20)



Love and romance may be on your mind now. Direct your energy toward understanding what you value in a partner, and connect with someone who matches what you need. Lucky numbers: 4, 10, 15, 18, 30, 35.

TAURUS (April 21 - May 21)



At the beginning of the week, you may experience a sudden or unexpected shift in your emotional state regarding a situation. Pay close attention to the information contained in your feelings. Lucky numbers: 6, 10, 13, 31, 38, 41.

GEMINI (May 22 - June 21)



How do you view motherhood and/or your relationship to your mother? You may soon receive information that will help you gain a more balanced perspective of yourself and her. Lucky numbers: 11, 15, 18, 21, 29, 45.

CANCER (June 22 - July 22)



Toward the end of the week, you may be focused on understanding your reason for being here. Work to balance your ego and your emotional needs regarding this matter. Lucky numbers: 9, 10, 13, 16, 20, 22.

LEO (July 23 - Aug. 23)



You may be focused now on how to successfully implement your plan during the next three to six months. Just remember to have a Plan B in case you encounter roadblocks. Lucky numbers: 7, 8, 11, 23, 25, 48.

VIRGO (Aug. 24 - Sept. 23)



Half of you may just want to kick back and enjoy life while the other half may be eager to get to work. Find a balance between these conflicting desires. Lucky numbers: 8, 14, 25, 40, 45, 48.

LIBRA (Sept. 24 - Oct. 23)



You have an opportunity right now to work hard to achieve your goals. However, partnership is important for Libras. So be sure not to neglect your spouse or partner. Lucky numbers: 14, 29, 32, 34, 39, 46.

SCORPIO (Oct. 24 - Nov. 22)



If you feel insecure or discouraged about obstacles you are encountering right now, be patient. This will pass. In the meantime, focus on where you can work to improve the situation. Lucky numbers: 1, 2, 9, 10, 12, 45.

SAGITTARIUS (Nov. 23 - Dec. 21)



You may be feeling very confident right now, with a lot of energy and drive to pursue your goals. Just be careful of overreaching, beyond what is realistic. Lucky numbers: 5, 12, 27, 28, 30, 39.

CAPRICORN (Dec. 22 - Jan. 20)



For several months, you may have had some intense moments of hidden information surfacing. This period might be ending soon, but it is important to integrate the meaning of these messages. Lucky numbers: 10, 13, 17, 19, 21, 22.

AQUARIUS (Jan. 21 - Feb. 19)



You may be torn right now between wanting to expand forward in some area of your life versus keeping the status quo. Sudden or unexpected insights may clarify how to proceed. Lucky numbers: 3, 14, 15, 17, 27, 33.

PISCES (Feb. 20 - March 20)



You may have recently felt like Sisyphus, rolling that boulder up the mountain only to have it fall back down. If so, know that this pattern is about to shift. Lucky numbers: 2, 3, 7, 16, 17, 43.

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

Did You Know...

Coconut goodness: Coconut confections called cocadas are common in places like Mexico, Peru, Colombia, and others. The cookie-like dessert has many variations, but sugar, water, and, of course, coconut are key. Chefs might also add vanilla or almond extract.

No buzz: Those who want a mosquito-free vacation, winter or summer, can go to Iceland, where these pesky insects do not exist. This northern nation also does not have any snakes and has very few species of spiders.

Blue bloods: An octopus's blood is blue. That's because it is not iron-based, like a human's, but copper-based. Containing a protein called hemocyanin, this type of blood can better transport oxygen in the octopus, especially in the cold, deep waters where they live.

Bee talk: The number of honeybees living in a hive can range anywhere from about 10,000 to 80,000 bees per hive. While the colony can produce lots of honey, an individual bee produces only a fraction of a teaspoon during its lifetime.

Greetings! With the advent of the telephone in the late 1800s, inventor Alexander Graham Bell wanted people to start their conversations with, "Ahoy!" Another inventor, Thomas Edison, wanted to use "Hello."

On the Lighter Side

Knock! Knock! Who's there? Goblin. Goblin who? Goblin your food will give you a tummy ache.

Why did Mr. Cyclops close his ophthalmology school? He only had one pupil.

He: "I hope you liked the dictionary I bought for your birthday." She: "Yes. I just can't find the words to thank you."

What is the worst thing a giraffe can have? Whiplash.

How does a crow know who is calling him? He checks his cawler ID.

Answers

Trivia answers: 1. Saltwater crocodile 2. Squid or cuttlefish 3. Angel Falls, Venezuela 4. 1908-1914 5. Vigour

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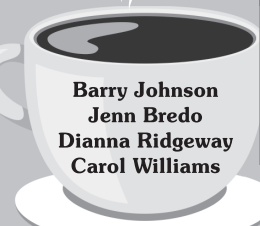
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Carol Williams

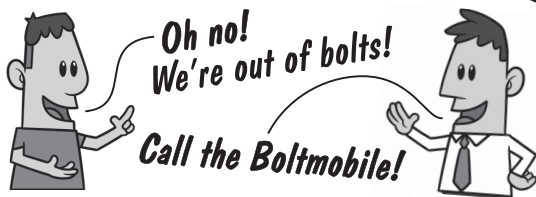
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