

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)

- 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

Guava king: An Indian man is being honoured for his contribution to the environment after years of working hard to develop an orchard on barren land. Satyendra Guatam Manjhi lives in Imaliyachak, a small village in the Indian state of Bihar. Accomplishing this was difficult. He began by hauling water to the land to nourish the plants, but wild animals kept destroying them. So he planted a ring of thorny bushes around the area to deter the animals. This tactic worked, and 15 years later he has an orchard of about 10,000 guava trees, as a result of his labour. Now, along with enriching the environment, he is able to make a living by selling the fruit.

Big winner: When Chad Breyer of Tavistock, Ontario (Canada), buys a lottery ticket, his habit is to stick it in his vehicle's cup holder. Why not? The chances are rare that he would win any big lottery prize. However, one of his recent lottery ticket purchases was a winner. The ticket sat, as usual, in the cupholder for days before Chad's wife, Christa, asked to take a look at it. If they'd known that the ticket was worth \$50 million (CDN) in prize winnings, the couple most certainly would have put it in a safe place immediately and not left it in their unlocked vehicle! But all's well that ends well. The pair plans to buy a new home for their young family.

Colourful Dane: Great Danes usually aren't multi-coloured, but one named Echo loves to show off his many metallic hues that include green, blue, pink, and purple. Of course, Echo is not brilliantly adorned in his natural state. His master, Sierra Schoon of Grand Junction, Colorado (U.S.), dyes him. She uses pet-safe, vegetable-based dye, and she has been doing it since Echo was a pup. The dog, a psychiatric service animal, loves the attention, and sits quietly and happily as the job gets done. When he's out in the world, Echo also attracts the attention of many passersby. Schoon believes this has helped her pet become less shy.

Moldy bun? Who would eat a bun that looks moldy? Probably not very many people, unless they know the bun simply looks moldy, but really isn't, and actually tastes good. That is the case with buns sold by a Chinese company called Nanjing Yican Foods. The buns are called matchsticks, and are a kind of puff pastry filled with cheese that has a green hue. When a bun is squeezed, the cheese oozes out, making the pastry seem even more unappetizing. However, those who have tried the buns give them rave reviews, with hundreds of taste testers saying they are quite a delicacy. So be careful not to judge a book by its cover, or in this case, a bun by its appearance.

Quoteable Quotes

"Let there be spaces in your togetherness." -Kahlil Gibran
"Do not seek evil gains; evil gains are the equivalent of a disaster." -Hesiod

What's Happening

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Trivia

1. A mackinaw is a type of apple or a wool coat?
2. The choral symphony "Ode to Joy" was written by Bach, Beethoven, or Brahms?
3. According to the proverb, "You can't shake hands with..." what?
4. As a chronic carrier of disease, Mary Mallon (1869-1938) was given what nickname?
5. If kudos are sent your way, what are you receiving?

(Flip bottom of page for answers)

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Your Weekly Horoscope

ARIES (March 21 - April 20)



You may receive information this week that can help you resolve an old issue. You may be tempted to make an impulsive change but perhaps should carefully consider and plan. Lucky numbers: 8, 9, 16, 25, 38, 43.

TAURUS (April 21 - May 21)



Taurus is known for being skeptical of anything that is not firmly grounded in reality. This week you may be surprised by your experience of something outside of the mundane. Lucky numbers: 6, 18, 22, 23, 42, 48.

GEMINI (May 22 - June 21)



This could be a period of confident action toward achieving your goals. You may have to contend with others who question or challenge, in an attempt to stymie your efforts. Lucky numbers: 11, 12, 21, 27, 33, 38.

CANCER (June 22 - July 22)



This week you may feel calm, with your emotions and ego well balanced. There is an opportunity for you to move through any chronic obstacles more easily right now. Lucky numbers: 4, 6, 7, 17, 18, 20.

LEO (July 23 - Aug. 23)



You are entering a period where you may feel unsettled about who you are or what you want. Consider an adjustment in how you view yourself and your goals. Lucky numbers: 10, 15, 16, 19, 27, 32.

VIRGO (Aug. 24 - Sept. 23)



This may be a good time to evaluate and wrap up your previous efforts, whether successful or not. This could free you to plan new endeavours for the next six months. Lucky numbers: 13, 20, 21, 36, 38, 45.

LIBRA (Sept. 24 - Oct. 23)



There is a potential to achieve your goals. Your hard work may be rewarded in this endeavour, but you should also seek information from others who can help you. Lucky numbers: 7, 22, 26, 27, 29, 44.

SCORPIO (Oct. 24 - Nov. 22)



Scorpios are good at reading the unspoken clues of others. The potential exists for these clues to allow you to see how the view of others affects how you view yourself. Lucky numbers: 12, 22, 29, 30, 35, 37.

SAGITTARIUS (Nov. 23 - Dec. 21)



You may find yourself focusing on your purpose in life and your legacy. Give yourself time to process how you feel about these matters before you make a plan of action. Lucky numbers: 14, 21, 29, 31, 40, 47.

CAPRICORN (Dec. 22 - Jan. 20)



At the end of the week, your feelings may be focused on a relationship, especially with a woman. Perhaps examining these emotions more deeply can help you improve that relationship. Lucky numbers: 1, 13, 14, 25, 40, 42.

AQUARIUS (Jan. 21 - Feb. 19)



If you pay attention now, you might find a balance between conflicting needs to maintain the status quo or to initiate change. This may allow you to make steady progress. Lucky numbers: 5, 15, 17, 23, 27, 29.

PISCES (Feb. 20 - March 20)



Pisces can readily access information from the invisible realm. Right now this information may focus on whether what you think you want is in alignment with your spiritual values. Lucky numbers: 2, 9, 16, 17, 33, 41.

Lucky numbers this week: This week's odds favour Gemini winners with the luckiest number being 11.

Did You Know...

Storm names: Cyclones, hurricanes, and typhoons are all the same thing. The difference is where they happen: hurricanes in the North Atlantic and Northeast Pacific, cyclones in the South Pacific and Indian Ocean, and typhoons over the Northwest Pacific Ocean.

Sweet to eat: A fruit that grows on trees in the tropics of the West Indies and South America is called the sweetsop. It has custard-like pulp that can be eaten as is, or made into juice or ice cream.

Early days: As a little girl, Australian actress Nicole Kidman was very shy and self-conscious about her height. She was 5'10" (1.8 metres) tall at age 13. She also stuttered, but slowly trained herself to overcome it.

Unusual snow: Everyone knows to avoid snow that is an odd colour. This includes "watermelon snow," which has been around for hundreds of years. It is caused by a species of green algae that makes the snow look and smell somewhat fruity.

Vegetarians: Giraffes enjoy eating flowers, fruit, herbs, leaves, and shoots, but they don't eat very much grass. They have long necks to forage up high, as well as long, agile tongues that they can easily move around to grab the good bits!

On the Lighter Side

What do you call a skunk who carves figures out of wood? A whittle stinker.

Knock! Knock! Who's there? Atlas. Atlas who? Atlas! You're home!

Why was the inchworm angry? His teacher was trying to convert him to the metric system.

Some famous persons were born on holidays.

Chris: "I'm going to give you a piece of my mind."
Pat: "Are you sure you can spare it?"

Answers

Trivia answers: 1. Wool coat 2. Beethoven 3. A clenched fist 4. Typhoid Mary 5. Praise

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