


# Recipe of the month

## Citrus-Herb Pork Roast



- 1 boneless pork sirloin roast (3 to 4 pounds)
- 1 teaspoon dried oregano
- 1/2 teaspoon ground ginger
- 1/2 teaspoon pepper
- 2 medium onions, cut into thin wedges
- 1 cup plus 3 tablespoons orange juice, divided
- 1 tablespoon sugar
- 1 tablespoon white grapefruit juice
- 1 tablespoon steak sauce
- 1 tablespoon reduced-sodium soy sauce
- 1 teaspoon grated orange zest
- 1/2 teaspoon salt
- 3 tablespoons cornstarch
- Hot cooked egg noodles
- Minced fresh oregano, optional

Prep Time: 25 min. Cook: 4 hours Yield: 8 servings

- Cut roast in half. In a small bowl, combine the oregano, ginger and pepper; rub over pork. In a large nonstick skillet coated with cooking spray, brown roast on all sides. Transfer to a 4-qt. slow cooker; add onions.
- In a small bowl, combine 1 cup orange juice, sugar, grapefruit juice, steak sauce and soy sauce; pour over top. Cover and cook on low for 4-5 hours or until meat is tender. Remove meat and onions to a serving platter; keep warm.
- Skim fat from cooking juices; transfer to a small saucepan. Add orange zest and salt. Bring to a boil. Combine cornstarch and the remaining orange juice until smooth. Gradually stir into the pan. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve with pork and noodles; if desired, sprinkle with fresh oregano.

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

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Vol. 20 No. 5 January 30, 2023

## Everybody's Talking

**Big tater:** A couple from a farm near Hamilton, on New Zealand's North Island, unearthed a potato they named "Doug." While weeding their garden, Colin Craig-Brown and his wife Donna discovered the gigantic tater. All lumps and bumps, it weighed 7.9 kilograms (17.4 pounds). The pair had to use a pitchfork to excavate the enormous vegetable. At first, they didn't know what they'd uncovered. They only use ordinary fertilizers to help their garden, and so they were bewildered by the size of the potato. The couple is talking to the folks at Guinness World Record to see if their potato could beat the current 4.9-kilogram record holder

**All the same:** People all around the globe are familiar with the experience of attempting to cut a cake, pie, or pizza into equal portions so that all diners receive the same amount. Getting the slices to be the same size is hard. Students from Kundong High School in the Oita Prefecture of Japan have found a way to do it. They designed an award-winning device that figures out the angle the cut needs to be, based on the number of slices necessary to feed the party of eaters. The student group called their device, "Get Along Well With Everyone." It uses a laser beam to direct the server where to make the cuts to obtain equal-sized pieces.

**Underground swim:** If visitors know where to look, they can enjoy a soak, sauna, and swim in a charming but hidden public bathhouse in Stockholm, Sweden. Called Storkyrkobadet, the bathhouse is located in the basement of a building dating back to the 1700s. Once used as a convent, the building later became a primary school. The area that is now the bathhouse has been used in the past as a wine cellar and for coal storage, with a pool added later, along with sauna, showers, and lockers. The route to Storkyrkobadet involves a narrow, cobblestone street, but visitors are rewarded with the piece of history, along with a relaxing swim.

**Small quarters:** Travelers who need a place to stay while visiting Colorado (U.S.), and don't mind a spot without much floor space, could stop in the town of Lyons and check out the WeeCasa Tiny House Resorts. There, guests can choose to rent one of 23 reasonably priced "tiny houses," each with a different theme. For example, the Gnome Home, which was designed after a Hobbit home in Lord of the Rings, has a front door in the shape of a circle. The houses are not all the same size or shape. Some are really tiny at 170 square feet (15.8 square metres), while a larger one is 418 square feet (38.8 square metres). The company also has locations in Tennessee and South Dakota, and plans more tiny house resorts soon.

## Quoteable Quotes

"Experience is not what happens to you. It is what you do with what happens to you."  
—Aldous Huxley

"Everyone talks about age, but it's not about age. It's about work ethic. Winning never gets old."  
—Lisa Leslie

## What's Happening

**Feb 15 - A Dinosaur Tale** Bring the whole family out to watch dinosaurs come to life! This is a live-action fantasy adventure for the whole family. Keyano Theatre, 8115 Franklin Ave, visit tickets. [keyano.ca](http://keyano.ca) for more information and tickets

**Now-Feb 2023 - Strathma Saturdays** Join people of all ages for Strathma Saturdays from 10:30am-3:30pm for free activities and connection. Visit [www.strathma.ca](http://www.strathma.ca) for all info

**Mar 9-13 - Ladies Open Bonspiel** Come to this event hosted by Athabasca Curling Club, registration includes 3 events, appetizers Friday night and banquet Saturday night. For more info visit [athabascacurling.ca](http://athabascacurling.ca)

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## Trivia

1. What British Isles language is widely spoken in Chubut, Argentina?
2. Robert Peary is known for exploring the North or South Pole?
3. \_\_\_\_\_ is the science of human societies and culture.
4. What was Elvis Presley's first released single?
5. Who wrote the novel Anne of Green Gables?

(Flip bottom of page for answers)

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# Your Weekly Horoscope

**ARIES**  
(March 21 - April 20)

If you look deeply, you may uncover a hidden opportunity to manifest something you are passionate about. Doing so might require that you forgive yourself for a past issue. Lucky numbers: 1, 13, 16, 18, 19, 20.

**TAURUS**  
(April 21 - May 21)

Taurus is known to be a hard working, no-nonsense personality. Do you want to expand beyond that image? It's a good instinct, but you may need to wait to implement it. Lucky numbers: 10, 11, 12, 32, 33, 40.

**GEMINI**  
(May 22 - June 21)

Are you experiencing a disconnect or conflict between what you think you should want in life, and what you actually want? This may be a good time to resolve the dilemma. Lucky numbers: 8, 10, 15, 24, 30, 45.

**CANCER**  
(June 22 - July 22)

Cancers have a deeply emotional nature that can drive their decisions in a positive or negative way. This week, you might try to be aware of this dynamic and adjust accordingly. Lucky numbers: 5, 15, 18, 20, 28, 43.

**LEO**  
(July 23 - Aug. 23)

Completion of a project may be in process now. It would be good to look back and evaluate how things went. Then you can begin to plan the next six months. Lucky numbers: 7, 19, 27, 38, 40, 44.

**VIRGO**  
(Aug. 24 - Sept. 23)

Right now you may not be feeling satisfied with how your life is going. It is important to understand whether the issue is something within yourself or in your environment. Lucky numbers: 3, 13, 16, 22, 27, 42.

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

You may find yourself in an ongoing examination of how well you nurture yourself and others. If so, making progress now might require you to let go of some old experiences. Lucky numbers: 9, 22, 23, 32, 37, 39.

**SCORPIO**  
(Oct. 24 - Nov. 22)

Does a past karmic issue keep resurfacing in your life in different forms? Perhaps facing it head on would be best, along with doing the work necessary to heal it. Lucky numbers: 6, 8, 12, 13, 26, 38.

**SAGITTARIUS**  
(Nov. 23 - Dec. 21)

Are you feeling blocked from achieving something, whether a project or just communicating a change within yourself? You may have to stand up to a person acting as an obstacle. Lucky numbers: 14, 16, 18, 41, 43, 46.

**CAPRICORN**  
(Dec. 22 - Jan. 20)

The past few weeks you may have experienced problems with cars and technology, as well as in your communications with others. You now could have a green light to proceed normally. Lucky numbers: 13, 15, 20, 42, 44, 47.

**AQUARIUS**  
(Jan. 21 - Feb. 19)

The humanitarianism of Aquarius sometimes can have an overly detached quality in the endeavours. Seek a hidden opportunity to incorporate more warmth and passionate drive into your efforts. Lucky numbers: 2, 17, 26, 30, 42, 48.

**PISCES**  
(Feb. 20 - March 20)

You soon may reach the end of a period where your intuitive and empathetic skills have been focused on others rather than yourself. What might you have learned during this period? Lucky numbers: 4, 10, 17, 36, 38, 40.

Lucky numbers this week: This week's odds favour Capricorn winners with the luckiest number being 20.

## Did You Know...

**Great player:** Born in 2000, Bianca Andreescu of Canada learned to play tennis when she was only 7 years old. In 2019, she became the first Canadian to win a grand slam singles title.

**Tooth exchange:** When children in North America lose a baby tooth, they put it under their pillows and the Tooth Fairy exchanges it for money. In France, children hope La Petite Souris (The Little Mouse) will leave money or treats.

**Nocturnal attraction:** Barnyard pests such as mice can be kept at bay if owls are present. To attract owls, property owners could consider keeping their property dark at night by using motion-activated outdoor lighting.

**Green space:** A five-floor condominium building in Turin, Italy, brings nature to its residents. Designed by architect Luciano Pia, the extra-wide terraces of "25 Green" hold trees and shrubs planted in large pots, turning the building into an urban jungle.

**Different coffee:** It's possible to make dandelion coffee out of dandelion roots. First, the roots have to be roasted in the oven, boiled in water, then strained. The beverage tastes similar to coffee without the acidic flavour.

## On the Lighter Side

Knock! Knock! Who's there? Oscar and Greta. Oscar and Greta who? Oscar silly question, Greta silly answer.

Why did the mail arrive wet? There was postage dew.

Jack: "Just one big factory makes all the perfume in the world."  
Jill: "Yes, it makes sense."

How do bees communicate? They use buzz words!

How did the road feel when twin chickens crossed it? Double-crossed.

## Answers

**Trivia answers:** 1. Welsh 2. North 3. Anthropology 4. "That's All Right" 5. L.M. Montgomery

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