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Recipe of the month

Baked Ham with Honey-Chipotle Glaze

1 fully cooked bone-in ham (8 to 10 pounds)	4 chipotle peppers in adobo sauce, minced
1 cup packed brown sugar	3 garlic cloves, minced
3 tablespoons honey	1-1/2 teaspoons Dijon mustard
2 tablespoons cider vinegar	3/4 teaspoon ground cinnamon
2-1/4 cups ginger ale	3/4 teaspoon ground cumin

Prep Time: 10 min. Cook Time: 2 hours Yield: 16 servings

- Preheat oven to 325°. Place ham on a rack in a roasting pan. Using a sharp knife, score surface of ham with 1/2-in.-deep cuts in a diamond pattern. Bake, uncovered, 1-1/2 hours.
- Meanwhile, for glaze, in a small saucepan, mix brown sugar, honey, vinegar and ginger ale. Bring to a boil; cook until mixture is reduced by half, about 15 minutes. Stir in remaining ingredients. Reduce heat; simmer, uncovered, 5 minutes. Remove from heat. Reserve 1 cup mixture for sauce; keep warm.
- Brush ham with some of the remaining glaze. Bake, uncovered, until a thermometer reads 140°, about 30 minutes, brushing twice with additional glaze. Serve with reserved sauce.

An ideal Easter showstopper!

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



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Everybody's Talking

Tiny tail: One breed of cat has been loved by people in Japan for centuries. Called the Japanese bobtail, this feline's tail is much shorter than other breeds, looking a bit like a bunny's tail. They have strong hind legs and can jump to high perches. These cats once were prized for their ability to control the rodent population, especially in silkworm barns; in temples, they kept rats away from rice paper scrolls. They are known as lovable, intelligent animals who make good pets, and can even be taught to fetch! Owners can enjoy "conversations" with them as they like to verbally respond. Rarely found outside of Japan, the Japanese bobtail is expensive to purchase from a breeder.

Fast service: A restaurant in Guadalajara, Mexico, is known for having the fastest service available anywhere. In fact, Karnes Garibaldi holds a Guinness World Record for the feat of getting an order to the table in 13.5 seconds. The way it's done is through excellent training of their servers, and by having the slow-cooked specialties ready to go. One of the restaurant's specialties is carne en su jugo, which means "meat in its juice." Other favourites are refried beans and enfrijoladas (fried tortillas covered in beans). The fast and efficient process of getting the dishes plated and on the table has amazed many of the restaurant's patrons.

Caught again: An escaped criminal, who had been in hiding with a new name for 20 years, was finally caught with the help of Google Maps Street View. Gioacchino Gammino was discovered in the town of Galapagar, located not far from Madrid, Spain. Investigators suspected that the gangster was in the area, and they confirmed it through the photo on the map site. Gammino had been working in a local restaurant as a chef and had not even called his family for many years. The convict had somehow escaped from the Rebibbia jail in Rome. A scar on his face was an identifying feature that helped with his identification.

Peter Rabbit creator: Many people know and love the children's stories of author Beatrix Potter (1866-1943), whose numerous publications include The Tailor of Gloucester and The Tale of Peter Rabbit. Not only was Potter a writer, she was an artist, scientist, and conservationist, too. The Victoria and Albert Museum in London, England, has featured multiple exhibitions of her work. A recent one was called "Beatrix Potter: Drawn to Nature," and the show displayed her diaries written in code, illustrations she drew as a child, and clothes, letters, and other items from her family life in London. There was even a photograph of the author at age 15, with her dog.

Quoteable Quotes

"Optimism is the one quality more associated with success and happiness than any other."
 —Brian Tracy

"Happiness is not something ready-made. It comes from your own actions."
 —Dalai Lama

What's Happening

Mar 18 - SRFN First Memorial Round Dance Honouring and in commemoration of past residential school survivors. Includes a round dance, feast, and give away, 5050 and raffle. Cost is free, Ceremony starts at 5pm. For more info contact 780-805-1529 or 780-843-5034.

Mar 16-May 4 - Anxiety Workshop Anxiety to Calm is a free, in-person, 8-week workshop. Learning exercises to help manage anxiety, understand thoughts, behaviors, and emotions more deeply, and learn healthy lifestyle choices. To register visit <https://mrpcn.cagroups/anxiety-to-calm>

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Trivia

1. What does a chirogymnast device do?
2. The New Stone Age, beginning about 10,000 BCE, is also called what?
3. Where is Manning Strait—Solomon Islands, Bering Sea, Mediterranean Sea?
4. When did Western Samoa become independent from New Zealand?
5. In Roman mythology, he was the twin brother of Remus.

(Flip bottom of page for answers)

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Your Weekly Horoscope


ARIES
(March 21 – April 20)

 During the next month, the Sun will return to the same position as at your birth. This is an annual reset moment. What do you want to accomplish this solar year? Lucky numbers: 9, 18, 24, 36, 44, 48.


TAURUS
(April 21 – May 21)

 Early in the week is conducive to getting out and socializing with others. A few days later, you may want to nest at home, so take advantage of the opportunity. Lucky numbers: 8, 14, 18, 20, 23, 26.


GEMINI
(May 22 – June 21)

 Geminis often approach their interactions with others from a mental perspective. If you work at it, you may now have an opportunity to expand your persona to be more nurturing. Lucky numbers: 5, 7, 9, 12, 13, 43.


CANCER
(June 22 – July 22)

 Are you angry about an unresolved situation? Try to be careful about it blowing up over the next two months. How might you proactively work with others to find a resolution? Lucky numbers: 6, 9, 17, 18, 33, 45.


LEO
(July 23 – Aug. 23)

 Leos are known for their confidence. You are entering an era that might test that and reshape your sense of self. The more self-aware you are, the easier this may be. Lucky numbers: 12, 18, 19, 26, 33, 42.


VIRGO
(Aug. 24 – Sept. 23)

 You may find your emotions focused on the idea of mothering. Your role could be as a mother or as a child. You might be going back over old territory. Lucky numbers: 4, 9, 13, 15, 24, 42.


LIBRA
(Sept. 24 – Oct. 23)

 At the beginning of the week, you may feel a high level of ambition to make a change. Now might be a good time to develop a plan of action for that. Lucky numbers: 7, 8, 11, 22, 36, 46.


SCORPIO
(Oct. 24 – Nov. 22)

 At midweek, you may experience a situation where your mind denies the impressions of your intuition. If you allow this conflict to simmer, it might pass in a few days. Lucky numbers: 3, 6, 8, 26, 38, 43.


SAGITTARIUS
(Nov. 23 – Dec. 21)

 Spirituality is an important focus for many Sagittarians. Now you may find multiple opportunities in this regard, both for your soul growth and that of humanity in general. Lucky numbers: 2, 16, 18, 22, 37, 41.


CAPRICORN
(Dec. 22 – Jan. 20)

 You may want to review how your life and your sense of self have changed since 2008. What do you want to keep and what do you want to let go? Lucky numbers: 10, 18, 24, 38, 44, 46.

AQUARIUS
(Jan. 21 – Feb. 19)

 A major theme for Aquarius is humanity's evolution. For the next two months, you may get a sense of how this could play out for you over the next decade. Lucky numbers: 8, 13, 18, 21, 30, 32.

PISCES
(Feb. 20 – March 20)

 The challenge for Pisces at this time may be to increase the discipline and structure in your life. The universe is providing energy now for you to begin to do so. Lucky numbers: 1, 13, 27, 35, 39, 47.

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

Did You Know...

Mushroom madness: "Burn morels" are mushrooms that grow exclusively in burned conifer forest areas in the western United States. Many mushroom foragers scour burned areas to find the delicacy.

Fabric fight: During World War II, wool, silk, and other materials were rationed or unavailable. Clothing made of alternate fabrics became common, such as viscose, rayon, or fabric found in the home, like curtains.

Bothersome thumb: A common spot for osteoarthritis is the thumb joint. The associated pain can make opening jars or turning doorknobs difficult. Treatments include medications and the use of a splint to stabilize the thumb.

Race horse: Seabiscuit was a famous racehorse during the Great Depression in the 1930s. He won 33 of the 89 races in which he participated. He was the father of 108 foals.

Colourful place: At Pigment, an art store in Tokyo, artists can find thousands of colours in the form of pigment, a concentrated dust that is used to give colour to such things as paint, fabric, and ink.

On the Lighter Side

Gardeners hate weeds because if you give them an inch, they'll take a yard.

Knock! Knock! Who's there? Myth. Myth who? I myth you when you're gone.

Did you hear about the restaurant on the moon? The food is good but it has no atmosphere.

Juliet: "Romeo, oh Romeo, wherefore art thou?"
Romeo: "Down here in the flowers. The trellis broke!"

How does Big Foot tell time? With a Sasquatch.

Answers

Trivia answers: Exercises pianists' fingers 2. Neolithic 3. Solomon Islands 4. 1962 5. Romulus

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