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ecfoundation.org/estate-administration-week

Session schedule and details are subject to change. See the ECF website for updates.

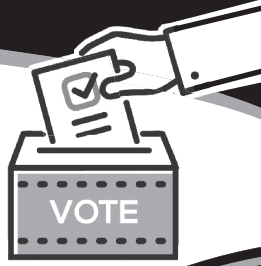
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Vol. 20 No. 14 April 3, 2023

North West Edmonton Edition

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Everybody's Talking

Food history: For someone who not only likes food but enjoys learning about its history, a museum called LA Plaza Cocina may be a place to visit. Part of a larger cultural centre called LA Plaza de Cultura y Artes and calling itself the first museum dedicated to Mexican food, LA Plaza Cocina's purpose is to reveal the long history of the cuisine. Visitors to the location in downtown Los Angeles, California (U.S.), can view tools and utensils used in the distant past and discover how maize and other ingredients became important parts of the country's dishes. The museum offers cooking classes and has a shop with cookbooks, gifts, and traditional kitchenware for preparing Mexico's classic foods.

Bats and bugs: Two libraries in Portugal, both caretakers of invaluable, centuries-old manuscripts, have an extraordinary way to keep bugs from damaging the pages of their books: colonies of bats live in the rafters, swooping down at night to eat flies and other pests. The bats are thought to have lived for centuries at the Joanina Library at the University of Coimbra, in central Portugal, and at the National Palace of Mafra library, near Lisbon. Their presence has always been welcome. The bats at both libraries exit through open windows to find water, then come back to the libraries to roost. These bat colonies provide the institutions with a natural way to preserve their precious, ancient holdings.

Big bucks: Boarding schools are usually fairly expensive, but few cost as much as Institut Le Rosey in Switzerland. It welcomes students from all over the world, provided their parents can pay tuition of between CHF 87,000 and 119,000. One of the school's two campuses is in the Chateau du Rosey estate in Rolle (for the spring, summer, and fall terms), while the other is located at the ski resort of Gstaad (for the winter term). Founded in 1880, the co-ed Institut Le Rosey has many famous alumni, including kings, princes, and other world leaders. Students at this exclusive school range in age from 8 to 18, and many of them go on to prestigious universities.

Cat-loving artist: There is no question that Louis Wain (1860-1939) loved cats; the artist from London, England, loved to draw and paint them. He would put an amusing, human touch on the felines, depicting them dancing on their hind feet, playing musical instruments, making speeches, and singing carols. The artist spent a few years of his life in the Bethlem Royal Hospital in southeast England. The hospital is showing an exhibition of his work. Recently, a film was made about the artist's life, entitled The Electrical Life of Louis Wain. It starred English actors Benedict Cumberbatch as Wain and Claire Foy as Emily, his wife.

Quoteable Quotes

"The greatest mistake you can make in life is to be continually fearing that you'll make one."
—Elbert Hubbard

"We must be willing to get rid of the life we've planned, so as to have the life that is waiting for us."
—Joseph Campbell

What's Happening

Apr 29-30 - Melodies at the Manor Join the South East Edmonton Seniors Association as they present Melodies at the Manor on the 29th 7pm and the 30th 1pm. Visit seesa.ca for more information

Ongoing - Abbotsfield Rec Centre The Youth Gym is for kids 12-17 years old to play their favorite sports, get physically active, and make friends! This event takes place every Tuesday, Thursday and Friday from 4-7pm. For more info please contact 780-239-8523 or visit beverlytown.com

NON profit organizations may submit events for FREE at www.coffee-news.ca

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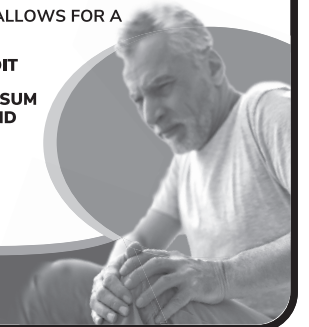
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Recipe of the month

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.

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

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Trivia

1. When was Guinness Book of World Records first published?
2. In which ocean is the island nation of Tuvalu?
3. Athlete Sonja Henie competed in gymnastics, figure skating, or archery?
4. What is bauxite?
5. John Montagu claimed to have invented what?

(Flip bottom of page for answers)

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Your Weekly Horoscope

ARIES
(March 21 - April 20)
Aries are usually confident about their strengths and abilities. But you may be feeling discouraged right now. This might not last long, so try not to let it get you down. Lucky numbers: 9, 16, 21, 28, 29, 34.

TAURUS
(April 21 - May 21)
Are you suddenly feeling eager to go on a journey? Consider planning a local trip that you can do quickly, during the short period that this energy may be in play. Lucky numbers: 11, 14, 15, 17, 35, 45.

GEMINI
(May 22 - June 21)
Geminis usually are capable of quickly plucking a lot of information out of the ether. This week, though, you might want to slowly sift through that data before making any decisions. Lucky numbers: 5, 13, 27, 28, 43, 44.

CANCER
(June 22 - July 22)
Are you feeling that the concerns you have expressed about a situation are not being heard? Consider trying again at week's end, and your argument may finally break through to others. Lucky numbers: 3, 4, 6, 11, 14, 15.

LEO
(July 23 - Aug. 23)
Try to be sure that your interactions with others reflect your integrity, especially early in the week. If you don't, you may risk damaging your reputation and relationship with those involved. Lucky numbers: 12, 18, 33, 39, 41, 44.

VIRGO
(Aug. 24 - Sept. 23)
Virgos usually can work patiently at difficult projects. Early in the week, the energy may support you in doing so. Try not to let any insecurities get in the way. Lucky numbers: 6, 14, 17, 22, 24, 40.

LIBRA
(Sept. 24 - Oct. 23)
Look back over the last six months. What projects are ready to be brought to completion? This can free you up to begin to plan your next phase of activities. Lucky numbers: 7, 9, 10, 13, 33, 48.

SCORPIO
(Oct. 24 - Nov. 22)
Your intuitive antenna may ping wildly toward the end of the week. If you can, try retreating from the world for a few days. This might be beneficial for your emotions. Lucky numbers: 2, 5, 7, 37, 45, 47.

SAGITTARIUS
(Nov. 23 - Dec. 21)
Does your enthusiasm lead you to impulsive conversations with others? For the next few months, you may want to make an adjustment, and slow down when talking with them. Lucky numbers: 17, 23, 33, 36, 39, 47.

CAPRICORN
(Dec. 22 - Jan. 20)
Capricorns generally project a stable persona to others. The energy late this week enhances this image and might reassure others in your orbit that you can be relied upon. Lucky numbers: 5, 6, 15, 17, 19, 40.

AQUARIUS
(Jan. 21 - Feb. 19)
Aquarius can often address situations with many theoretical ideas. Early in the week, you may have an opportunity to take a more grounded approach, which others might be likely to appreciate. Lucky numbers: 15, 25, 26, 29, 34, 43.

PISCES
(Feb. 20 - March 20)
Pisces sometimes look at people and events through rose-coloured glasses. At week's end, you may be faced with a more realistic view regarding someone or something that you love. Lucky numbers: 10, 23, 29, 30, 31, 36.

Lucky numbers this week: This week's odds favour Taurus winners with the luckiest number being 17.

Did You Know...

Long career: British actress Angela Lansbury (1925-2022) was well known for her various Broadway and movie roles. However, she'll be remembered as crime novelist Jessica Fletcher in the television series, *Murder, She Wrote*.

Good horse: Horse lovers say the Appaloosa breed is wonderful to own because of its gentle, friendly disposition. These horses have spotted coats of colourful patterns, and are intelligent and loyal.

Eye to behold: The Richat Structure is in western Mauritania. From the air, concentric rings of rock in this Sahara Desert landform look like a blue bull's-eye. The diameter of the "Eye of the Sahara" is about 40 kilometres (25 mi.).

Orange tint: Like ginger, turmeric is a root plant. With only a teaspoon or two, the dried or powdered form flavours many dishes in Southeast Asia and India with its peppery, bitter, and earthy taste.

Healthy skin: As people age, their skin may become drier because oil glands become less active. Therefore, dermatologists recommend giving the skin a boost by using moisturizer, which helps with hydration.

On the Lighter Side

What do you call an alligator in a vest? An investigator.

Customer: "Waiter, this soup tastes funny."
Waiter: "Then why aren't you laughing?"

What do you call a tiny onion? A minion.

Take it from a scientist: never believe atoms. They make up everything.

Knock! Knock! *Who's there?* Tick. Tick *who?* Is tock there? It's time we got back together!

Answers

Trivia answers: 1. 1955 2. Pacific 3. Figure skating 4. Aluminium ore 5. Sandwich

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