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Beading – First and third Tuesday each month, 5:30-8 p.m.

Cree Coffee Chat – every Wednesday, 5-6 p.m.

Elders' Tea – second Thursday each month, 11:30 a.m.

Recipe of the month


Zucchini Bites

2 cups shredded zucchini 1/2 teaspoon garlic powder
 1 cup Panko breadcrumbs 1/2 teaspoon paprika
 1/2 cup Parmesan cheese 1/2 teaspoon Italian seasoning
 1 large egg 1/2 teaspoon salt (or to taste)
 1 tablespoon vegetable oil 1/4 teaspoon ground black pepper (or to taste)

Total Time: 25 min. Yield: 20 pieces/4 servings

- Use a box grater or food processor to shred the zucchini.
- In a large mixing bowl, combine shredded zucchini, breadcrumbs, Parmesan, egg, oil, garlic powder, paprika, Italian seasoning, salt, and pepper. Mix well until evenly combined.
- Take 2 spoonfuls of the zucchini mixture at a time and shape into 1.5-inch balls. Set aside on a plate.
- Bake in a 375F preheated oven for 15 minutes until golden brown.
- Serve immediately with your favourite dipping sauce, if desired.

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



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Everybody's Talking

Stone carver: A fellow named Ganauri Paswan, who lives in the village of Jaru Banwariya in northern India, has a heart of gold, as well as unending patience to complete a task. He wanted everyone, regardless of their mobility issues, to be able to walk up a 457-metre (1,500-ft.) rocky mountainside to a temple at the top. Using only rudimentary tools like a chisel and hammer, he carved 400 steps. It took him eight years to complete the job, which he did on a volunteer basis. He often worked alone, but sometimes family members and friends would join him for a day of work. To carve the steps, he used stones he found on the mountain.

Hot water: Ever dream of sitting in a hot tub while in the middle of a lake? A Spacruzzi is a hot tub boat made in the United States by a company of the same name. Shaped like a teardrop, the watercraft has seats, just like a normal hot tub, and steamy water is regulated through a heating and filtration system. A small motor allows users to cruise around their chosen lake for a few hours. The expensive contraption, which starts at 48,900 (USD), also boasts a gas fireplace, and buyers can opt for extras, such as underwater lighting. The unit is small enough to be easily transported and launched. What an experience!

Barcode tattoo: A man from Taiwan was tired of pulling his cell phone from his pocket to make payments by showing the barcode on his transaction app. So he got a tattoo of the barcode. Now he presents his arm and lets the cashier scan the code to pay for goods. Luckily, he found a talented tattoo artist for the job; one small slip up, such as too much space between bars or one bar that was too thin or thick, would have made the code unusable. The tattoo works, at least for now. In time, it may fade and he may need to have touch-ups done.

Looking good: Fashion designers around the world are finding a new market for their designs: hospitals or, more precisely, the patients in hospitals. Who wants to be in a healthcare facility, already feeling unwell, and then look even worse in a traditional, baggy hospital gown that ties at the back? No one! So clothing makers have started crafting stylish and functional gowns using soft, comfortable fabric, nice colours, and utilitarian features, such as pockets. The idea is that people who are ill should not also have to think about how they are dressed. Plus, a nice-looking gown may serve to lift spirits and provide a small bit of dignity.

Quoteable Quotes

"How people treat you is their karma; how you react is yours."
—Wayne Dyer

"Never give in except to convictions of honour and good sense."
—Winston Churchill

What's Happening

May - Sep23 - Athabasca Farmers Market From May to September, the Athabasca Farmers Market is set up at the Athabasca Riverfront Park every Saturday. The market runs from 10 am to 2 pm. A variety of vendors and food trucks provide a diverse market experience that you won't want to miss!

Ongoing - Fresh Community Market Whitecourt District Chamber of Commerce Presents: The Fresh Community Market. Held each Saturday from 9:00 am to 1:00 pm until September 23, 2023. For more information, please visit the Whitecourt Chamber of Commerce's website.

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

Hidden Coffee News Guy ADVENTURE

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Trivia

1. Albacore and yellowfin are types of herring, tuna, or bass?
2. He wrote the original Story of Babar, the Little Elephant children's book.
3. Malagasy and _____ are the official languages of Madagascar.
4. This western lowland gorilla learned American Sign Language.
5. Easter Island is a special territory of Brazil, Chile, or Peru?

(Flip bottom of page for answers)

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Your Weekly Horoscope

ARIES
(March 20 - April 19)
You are nearing the halfway point of the solar return that happened at your birthday. You may want to begin to evaluate progress against your goals and correct the course if needed. Lucky numbers: 2, 5, 17, 18, 27, 34.

TAURUS
(April 20 - May 20)
A monthly emotional reset is in play for you now. Until December 31st, you may find yourself reviewing the outcome of past opportunities to see which to continue or end. Lucky numbers: 5, 7, 9, 15, 40, 44.

GEMINI
(May 21 - June 20)
Geminis sometimes find that their minds run in many different directions at the same time. If you experience this at mid-week, consider waiting a few days to make decisions. Lucky numbers: 3, 6, 16, 26, 35, 45.

CANCER
(June 21 - July 21)
At the end of the week, you may find that your responses to people and situations are more emotional than normal. Be conscious of your demeanour toward others for a few days. Lucky numbers: 6, 11, 16, 17, 32, 34.

LEO
(July 22 - Aug. 22)
Are you trying to manifest something that aligns with your values and identity? If you have difficulty communicating your thoughts about this, consider postponing your efforts for a couple of weeks. Lucky numbers: 4, 16, 24, 30, 31, 44.

VIRGO
(Aug. 23 - Sept. 22)
Virgos often have the ability to communicate their thoughts to others in a clear and precise manner. This skill may be hampered for the next two weeks, so be aware of it. Lucky numbers: 7, 11, 22, 27, 28, 36.

LIBRA
(Sept. 23 - Oct. 22)
From now until the end of the year, an opportunity may be presented to you that involves something from your past. If so, explore it carefully before taking action. Lucky numbers: 10, 20, 25, 26, 32, 48.

SCORPIO
(Oct. 23 - Nov. 21)
Have you been having difficulty communicating who you are and what you want? This may continue for another two weeks. You may want to wait to proceed with your efforts. Lucky numbers: 1, 4, 6, 21, 24, 42.

SAGITTARIUS
(Nov. 22 - Dec. 20)
At midweek, your thoughts and emotions may be out of sync. Can you find a creative solution that is a win-win? If not, consider postponing decisions for a few days. Lucky numbers: 17, 18, 29, 34, 37, 39.

CAPRICORN
(Dec. 21 - Jan. 19)
Are you focusing on an issue, but someone else is focusing on their feelings about it? You may have an opportunity to resolve this stalemate by incorporating a more empathetic response. Lucky numbers: 8, 16, 20, 34, 39, 47.

AQUARIUS
(Jan. 20 - Feb. 18)
Are you feeling restless about whether you are making a contribution to the world? This may be a good time to adjust your endeavours to include service to others. Lucky numbers: 15, 16, 17, 21, 30, 38.

PISCES
(Feb. 19 - March 19)
Do others see you as intuitive and empathetic, or as impractical and not grounded? If the latter, what change would have them view you in a more positive manner? Lucky numbers: 12, 14, 23, 24, 34, 40.

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

Did You Know...

Lighting the way: New York City's famous Statue of Liberty arrived in America in 1885 as a gift from France. For the first 16 years after it was set up in the United States, the statue was a working lighthouse.

Tall tree: Kapok trees, native to South America but also found in West Africa and Southeast Asia, tower over rainforests at 150 feet (45.7 m) or more. Seeds contain silky fibres used to stuff bedding and life vests.

Place to remember: Don't forget to visit the village of Forget (pronounced "for-jay") when traveling through the province of Saskatchewan, Canada. This tiny place was named for Amédée E. Forget.

Big bill: In 1934, the U.S. government printed a \$100,000 bill, the highest denomination ever issued. However, the bill was never used for general purposes. Imagine what would happen if someone lost it!

Striking gold: The very popular, yellow-fleshed Yukon Gold potato is a product of agricultural researchers in Canada. They spent years obtaining the desired result through cross-breeding other types of potatoes.

On the Lighter Side

If you don't take the time to do it right, you'll find the time to do it twice.

Knock! Knock! Who's there? Zagat. Zagat who? Zagat says, "Meow."

How do you make an octopus laugh? With ten-tickles.

Science teacher: "If you call your name in a vacuum, what will you hear?"
Student: "That depends on whether it is on or off."

I went to a fancy English hotel, or rather, a great Brit inn.

Answers
Trivia answers: 1. Tuna 2. Jean de Brunhoff 3. French 4. Koko 5. Chile

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August 1 Draw Winners: Fiona L. from Edmonton, Paige H. from Red Deer, Ellery T. from Calgary

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