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Coffee News®

"News To Be Enjoyed Over Coffee"

Cochrane Bragg Creek Edition

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Lenny Roseler
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Recipe of the month

Roasted Chicken and Brie Holly Mini Bites

1 French bread baguette (10-1/2 ounces)	1/4 cup fig preserves
1/4 cup mayonnaise	24 fresh baby spinach leaves
1-1/2 teaspoons garlic paste	4 ounces mini Brie cheese wheel
12 slices deli chicken, halved	1/3 cup sweetened dried cranberries
1/4 cup apple jelly	

Prep Time: 20 min. Broil: 5 min. + cooling Yield: 2 dozen

1 Preheat broiler. Cut baguette into 24 slices; place on foil-lined baking sheets. Combine mayonnaise and garlic; spread evenly over baguette slices. Add a half slice of chicken to each. Combine apple jelly and fig preserves; spread evenly over chicken.

2 Add one baby spinach leaf to each slice. Standing the Brie wheel on end, cut crosswise into six narrow slices. Lay slices flat; cut each into four wedges. Add one cheese wedge to each baguette. Top with 3 cranberries. Broil 3-4 in. from heat until cheese is melted, 1-2 minutes. Cool 5 minutes before serving.

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

Everybody's Talking

Good driver: A little boy from Turkey is proving to be quite a good driver. Zayn Sofuoglu is under five years of age and isn't even tall enough to see out of the windshield, but that doesn't stop him from driving better than most adults with licences. Zayn comes by his talent honestly: his father is Kenan Sofuoglu, a famous motorcycle racer. Watching and getting lessons from his dad has allowed little Zayn to develop great expertise in manoeuvring vehicles. He uses a special in-car camera that shows him where he's going. The kid is so good that his dad lets him take his Ferrari out for a whirl in the driveway without a worry.

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Different dish: A restaurant in Osaka, Japan, has an item on its menu that is raising eyebrows, but gaining fans. The restaurant is called Franken, and it is now serving bowls of spicy miso ramen with a slab of strawberry shortcake on top. A senior chef at Franken is sure that this is a winning combination because the spongy cake soaks up the soup to make its spiciness perfect. Called Ramen x Shortcake, the concoction was not created overnight. Rather, there were many attempts to get it right. And this bowl of soup has a unique look: white shortcake topped with a juicy strawberry, floating in a bowl of delicious red broth.

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Strong man: A nonagenarian from Venice, California (U.S.) is thought to be the oldest man who is actively bodybuilding. Jim Arrington started to lift weights when he was a teenager, after spotting a bodybuilding magazine in a drug store. Using three-pound steel balls that his dad owned, he was able to begin building muscle and has been doing it ever since. Of course, he graduated to proper weights as he got stronger. At one time, he hoped to compete in the Mr. America contest, but soon realized that genetics prevented him from being in that category of bodybuilders. However, he kept it up and has remained healthy and strong well into his later years.

Feeling a little STReSSed?

Relax with... **Coffee News**

"NEWS TO BE ENJOYED OVER COFFEE!"

Strange song: Rainforest jungles in South America may sound like relaxing destinations. However, in some spots, they are also quite noisy, especially if capuchinbirds (Perissocephalus tricolour) live there. These unique birds, with their bald little heads and orange plumage, make quite a racket during mating season. The males are the ones who sing the loudest, and they do so by inflating air sacs on their throats, which help to amplify the sounds. That racket has been compared to a buzzing chain saw or even to a mooing cow. The male with the best song attracts the females, who flock around him like rock star fans.

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Quoteable Quotes

"The Sun will rise and set regardless. What we choose to do with the light while it's here is up to us." —Alexandra Elle

"No one is too small to make a difference." —Greta Thunberg

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What's Happening

Dec 1 - 3. Bragg Creek Centre. The annual Bragg Creek Xmas market is back. Visit us the first weekend of Dec and find that special gift for your whole list. Friday 5-9pm, Sat and Sun 10am-5pm. 23 White Ave.

THE Pop Up Holiday Market. Drop by Frank Wills Memorial Hall in Cochrane for the holiday goods. Open Nov 18 and 25, Dec 2 and 16. 11am-4pm. 405 1 St E.

A European Christmas Village Market. 80 Vendors, nightly fireworks, Santa, food, and kids activities and entertainment. Worth the drive out of Bears paw! Dec 1,2,3 and Dec 8,9,10. www.bearspawlc.org

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Dec 9-10. Farmers Market. Cochrane Christmas Farmers Market will be held Dec 9 and 10, from 10am-4pm at the Spray Lake Sawmills Centre. Great gifts for all.

Dec 16. Stories with Santa. Cochrane Public Library. 1-3 pm. Santa is coming to town! Join us for stories and fun Christmas activities with the big man himself! Free to attend. No registration is required. www.cochranepubliclibrary.ca/events

GET IN WHAT'S HAPPENING - Submit your event to www.bvcoffeeneews.ca and be seen here by thousands of readers each week. Please give 6 weeks notice

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WIPE OUT INFLATION. GET THE CREDIT!

Trivia

1. Do a plant's leaves or roots absorb sunlight during photosynthesis?
2. An ancient warship with three banks of oars was the bark, skiff, or trireme?
3. The Tasman Sea is located between Australia and ____?
4. Hesiod or Pan was the Greek god of woods, fields, shepherds, and flocks?
5. Vinegar is an acid (acidic) or a base (alkaline)?

(Flip bottom of page for answers)

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