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If you are interested, please contact The Opioid Dependency Program at 403-297-4001 and ask for the **Gambling Study**, or speak with Drs. Lim, Colohan, or Ayas at the Claresholm facility.

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**MARCH & APRIL EVENTS**

- Worship - 10 a.m. every Sunday. Lenten Worship Theme: "Journey Into Lent" - self-reflection, risk taking, and seeing ourselves walking with Jesus as he entered Jerusalem
- Coffee and Muffin Ministry - March 19 & April 16, 7 a.m.-2 p.m.
- Chameleon Drama Group Rehearsals - every Saturday, 6 p.m.
- ACTS Silent Lenten Retreat at Mt. St. Francis - March 15, 11:30 a.m.-4 p.m. The Way of St. Francis (Green Creation Theme), Spiritual Guide Susan Campbell

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**Everybody's Talking**

**Walking backwards** Medi Bastoni, an Indonesian man from Dono, a small village in East Java, was so passionate about a cause that he walked backwards for over 700 kilometres (430 mi.). Bastoni was raising awareness about rainforest preservation. His backwards walk took him to his country's capital of Jakarta, where he planned to meet with President Joko Widodo. What he wanted from the President was simple: a symbolic seed for a tree, which he would then plant near his village. Bastoni outfitted himself with a backpack full of supplies and a frame that held a rear-view mirror so he could see where he was going.

**Petal power** A building in Venezuela can open and close like a flower. The Flor de Venezuela is also known as the Flor de Hanover because it was built for Expo 2000 in Hanover, Germany. The architect, Fruto Vivas, wanted the building to reflect flowers, so he designed a building that has 16 enormous petals attached to a central stem. Using a hydraulic system, the petals can open and close, which is not only visually appealing, but also convenient if it rains. Once the Expo was over, the building was moved, piece-by-piece, to Barquisimeto in the western part of the country.

**Quiet park** Vancouver, British Columbia, on Canada's west coast, is home to Stanley Park, which covers an area of about 400 hectares (1,000 acres). Cyclists and walkers love pedalling on 27 kilometres (16.7 mi.) of trails that wind through and around the park. Stanley Park includes a variety of vegetation, including centuries-old red cedars, towering Douglas firs, and Pacific dogwoods, making it a quiet forest retreat in the middle of a big city. Walkers and cyclists who stick to the peripheral trail can watch float planes come and go on Vancouver Harbour and enjoy views of the surrounding mountains.

**Iconic sculpture** The red phone booth is an iconic sight in London, England, and there is a sculpture to recognize this symbol of English heritage. Called "Out of Order," it was made by Scottish sculptor David Mach and installed in 1989 on Old London Road. "Out of Order" consists of 12 red phone booths that look like they have fallen into each other. Some viewers think that it symbolizes the death of the phone booth in this age of mobile phones, but the sculpture was installed before the use of those devices were as common as they are today. The sculpture is a great backdrop for tourists snapping selfies!

**Quoteable Quotes**

"The real problem is not whether machines think, but whether men do."  
 —B.F. Skinner

"I wish that every human life might be pure transparent freedom."  
 —Simone de Beauvoir

**What's Happening**

Events listed here are submitted by Event Organizers. Due to COVID 19, please ensure you contact the organizer to see if the event is still going ahead as planned.

**Apr 25 - End of Life Information You Need to Know** Saturday April 25, 2020 1 pm to 4 pm. Kerby Centre Lecture Room. 1133 7th Ave SW, Calgary. Topics: Goals of Care and Green Sleeves. Emergency End of Life Care

**July 31 to Aug 3 - Rotary Rib Fest YYC 2020. Family Food Fun Festival** The Rotary Rib Fest is a Fun family Festival, at McMann stadium with food from the BBQ trucks, and many other drink and food treats. Live bands and entertainment all weekend. The event is FREE! with donations for charity requested.

NON profit organizations may submit events for FREE at [www.coffee-news.ca/whats-happening](http://www.coffee-news.ca/whats-happening)

**Hidden Coffee News Guy ADVENTURE**

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**Trivia**

1. Who said, "Genius is 1% inspiration and 99% perspiration"?
2. If you are a narcissist, are you egocentric or absent-minded?
3. What is the longest bony fish on Earth?
4. Name the daughters of former U.S. President and Mrs. Barack Obama.
5. How many hours does it take for a chicken to produce an egg?

(Flip bottom of page for answers)

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- Stroke Recovery Association of Calgary (SRAC)
- Calgary Aphasia Centre (CAC)
- Young Survivors Group (YSS)

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**Recipe of the month**

**Bird's Nests III**

4 cups chow mein noodles    3 tablespoons butter  
 3 cups miniature marshmallows    30 small jellybeans

Level: Easy    Yield: 6 nests

- 1 Line a cookie sheet with foil and grease with spray-on cooking oil.
- 2 Pour noodles into a large bowl. Melt the butter and marshmallows over medium heat, stirring until smooth. Pour marshmallow mixture over noodles, stirring until well coated.
- 3 Rub some butter on hands and form noodle mixture into six round balls. Place balls on prepared cookie sheet. With the back of a teaspoon, press the centre of each ball to make a hollow indentation.
- 4 Let nests set until they are firm. Fill each with small jelly beans. (Other small candies of your choice may be substituted, such as M&Ms, small gumdrops, chocolate covered raisins, chocolate covered peanuts, etc.)

Source: [www.allrecipes.com](http://www.allrecipes.com)

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# Your Weekly Horoscope

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

You may truly respect the rights and liberties of others. You might want to encourage others to explore their own original ideals and privileges as individuals. Lucky Numbers: 33, 37, 40, 43, 46, 48.

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

Your personal compassion may help you relate to others. You might find that you desire companionship and romance and could be looking for ways to enhance your relationships. Lucky Numbers: 6, 9, 11, 13, 15, 17.

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

Your relationships may deepen and grow on a very personal level. Your actions might lead you to a deeper understanding and bonding to a group of special friends. Lucky Numbers: 4, 5, 7, 8, 14, 18.

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

Your mood may be very easygoing and agreeable. Lounging around at home and relaxing, or perhaps unwinding with friends, might appeal to you right now. Lucky Numbers: 12, 13, 23, 36, 41, 48.

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

Your trust and commitment to your personal relationships may reign high. You might learn how to be very tolerant of the "ups and downs" that happen in your life. Lucky Numbers: 1, 21, 25, 31, 33, 41.

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

You may need to give a strong voice to your fantasies and tell others about your imaginative dreams. Try to effectively describe them with your warmth and originality. Lucky Numbers: 15, 17, 23, 26, 40, 46.

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

Your deep interests and concerns may bring out feelings that you normally keep hidden away. Events that occur might cause you to reveal deep secrets about yourself. Lucky Numbers: 19, 21, 27, 28, 30, 45.

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

This may be a good time to attend to details and to try to make your life more stable and secure. Eliminating waste and inefficiency might be important to you. Lucky Numbers: 1, 3, 5, 13, 15, 28.

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

You may have optimism on your side, which might give you a positive assessment. You may be able to enjoy yourself while receiving some very favourable reviews. Lucky Numbers: 4, 17, 23, 32, 42, 47.

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

You may be more cooperative and receptive to the strategies of others. Your attitude might promote some harmonious relationships with everyone who is involved in a situation. Lucky Numbers: 12, 19, 20, 24, 26, 36.

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

Try to take the time that you need to evaluate your relationships. You may want to work toward creating something deeper, more meaningful, and less superficial. Lucky Numbers: 3, 4, 8, 24, 41, 49.

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

You may be smart, quick thinking, and inventive. You might be able to look at old situations in new ways and break out of your old patterns of communication. Lucky Numbers: 1, 4, 11, 13, 20, 40.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 1.

## Did You Know...

**Turtle tracks:** Raine Island, located in the Great Barrier Reef, is a nesting ground for green sea turtles. More than 15,000 female turtles at one time may attempt to lay their eggs on the short stretch of beach during nesting season.

**Peanut butter:** A small fruit that grows in South America is called peanut butter fruit. This orange or red fruit looks a bit like a grape tomato but smells like its name. When ripe, even its consistency is like that of peanut butter.

**Prolific writer:** Canadian author Margaret Atwood wrote *The Handmaid's Tale* that has been made into a successful TV series. The novel was originally published in 1985. A sequel called *The Testaments* was published in 2019.

**Name calling:** In South Korea, a common family name is "Kim," which means "gold." In fact, about 10 million people have that name - about 20 percent of the country. Other extremely common Korean family names are "Lee" and "Park."

**Footprints on the Moon:** In 1969, American astronauts Neil Armstrong and Buzz Aldrin were the first humans to set foot on the Moon. Since then, 12 more astronauts have had the privilege of walking on this satellite of Earth.

## On the Lighter Side

Don't you hate it when someone answers their own questions? I do.

Knock! Knock!  
Who's there?  
Control freak. OK, now you say, "Control freak who?"

What belongs to you, but everyone else uses it? Your name.

Yesterday I got my tie stuck in the fax machine. Next thing I knew, I was in Los Angeles.

Nature abhors a vacuum, but not as much as a cat does.

### Answers

Trivia answers: 1. Thomas Edison 2. Egocentric 3. Giant oarfish 4. Malia and Sasha 5. 24-36 hrs.

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