

The Brenda Strafford Foundation Manor Cambridge Manor

Opening **June 2020**

Introducing Cambridge Manor
The Brenda Strafford Foundation's newest seniors wellness community in University District, NW Calgary's newest urban neighbourhood.

- Assisted Living, Enhanced Care and Memory Care
- Respite Care short term stays available

403.536.8675 | cambridgemanor.ca

Is your business having trouble with computers?

Computer Repair | Website Hosting | Website Design | Digital Marketing

We can help combine your digital assets into one easy to manage solution.
Save Money - Get Found - Improve Website - Boost Efficiency - Eliminate Problems

MONOLITH SOLUTIONS Call Us Today
1-800-637-5090
www.monolithsolutions.ca

MEOW | charity thrift shop

SHOP DONATE VOLUNTEER
100% of proceeds to homeless cats

336 41 Avenue NE
403.735.1015
meowfoundation.com

Tuesday-Saturday 10am-5:30pm
Sunday 10am-4pm

BINGO BARN

The Place To Play Everyday!

2 Mornings - Sat & Sun • 7 Afternoons • 7 Evenings • 2 Late Nights - Fri & Sat

Bingo Info Line:
403-235-2118

#10, 1107 33rd St. N.E. • www.BingoBarn.ca

HELPING HOMEOWNERS START OR FINISH THEIR HOME PROJECTS

CALGARY HANDYMAN SERVICES

| | |
|------------|----------------|
| DRYWALL | INSTALLATION |
| PAINTING | BATHROOM RENOS |
| PLUMBING | FLOORING |
| ELECTRICAL | ...AND MORE! |

CALL/TEXT TODAY: **403.852.7505**
calgaryhandymanservices@telus.net

DHILLON LAW OFFICE
Kirin Dhillon, Barrister & Solicitor

- Family Law
- Criminal Law
- Real Estate
- Immigration Law
- Wills and Estates
- Civil Litigation

403.815.9944

104-200 Country Hills Landing NW • kirin@dhillonlawoffice.com

HIP/KNEE REPLACEMENT?

Other medical conditions causing TROUBLE WALKING or DRESSING?

The Disability Tax Credit allows for **\$3,000 YEARLY TAX CREDIT** and **\$30,000 LUMP SUM REFUND**

APPLY NOW TO MEET 2019 TAX DEAD-LINES!

For Expert Help: **1.844.453.5372**

SHOP ONLINE!
www.scubagearcanada.ca

- Snorkelling Gear • Reef-Safe Sunscreen
- Beach Water Shoes • Dry Bags & Wallets • UV Shirts

The Dive Outfitters
Scuba Diving & Snorkeling

Learn to SCUBA DIVE at our Edmonton location - call for details

11781-156 St., Edmonton 780.483.0044

SCUBAPRO | SHERWOOD | GARMIN | SHEARWATER | AKONA | HENDERSON | SEALIFE | TUSA

FREE! New Issue Every Week!

Coffee News[®]
"News To Be Enjoyed Over Coffee"

Kensington Calgary Edition
587-392-8086

www.coffee-news.ca

Vol. 10 No. 38 September 21, 2020

Everybody's Talking

Savory cakes When people eat cake, it's usually a sweet treat that incorporates such flavors as chocolate and vanilla. That's not the case with the creations at Tot Aw, a bakery in Jakarta, Indonesia. Short for "totally awesome," Tot Aw's bakers make cakes out of instant noodles. They press the cooked noodles into round forms and stack them into tiers. Each tier then gets "iced" with savory, rather than sweet, toppings, such as meatballs or curry chicken stew. These noodle cakes have become very popular, with people ordering them for birthdays and weddings.

Returned to owner When Kim Fauth-Newberry donated her late grandfather's footstool to charity, she had no idea she was also giving away over \$43,000 (USD). From Owosso, Michigan (U.S.), Fauth-Newberry wanted to give away her grandfather's furniture to people who might need it. Luckily for her, an honest man named Howard Kirby became the owner of the stool. When a family member unzipped the stool's cushion and found money inside, Kirby knew just what to do. He took it back to the second-hand store. The store found Fauth-Newberry, and he gave the money back to her.

Stretchy outfit Clothing makers use a variety of materials to make fashionable outfits, such as wool, cotton, rayon, linen, and silk, but rubber bands? Those weren't a very common clothing material until Rie Sakamoto of Tokyo, Japan, tried them. An art student at Tama Art University, the creative clothing designer decided to see what she could make by knitting rubber bands together. Her endeavor was successful; she made dresses, jackets, and scarves. Intrigued by its qualities, including flexibility and texture, her goal was to find new uses for this ubiquitous office staple.

Fake kidnapping A man from a town called Pitalito, in south western Colombia, didn't really want to get married. A few days before the nuptials, he confessed to his close friends that he wished he could get out of the commitment. They suggested a fake kidnapping. The groom went into hiding, and his friends called police saying they had seen him being abducted by a group of men. The police took the news very seriously and brought in the army. The groom's friends realized their error and confessed what they had done. They are likely to be charged and given jail time for their prank.

Quoteable Quotes

"Television has proven that people will look at anything, rather than each other."
—Ann Landers

"...a garden dies quickly without a loving gardener to keep it alive."
—May Sarton

What's Happening

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

Hidden Coffee News Guy ADVENTURE

To enter, visit www.coffee-news.ca

Submit your birth date and we'll send you a birthday card with valuable offers on your special day!

\$400 Prize Package
Coffee News Bucks
Over 150 participating sponsors!

4 winners (\$100 each) will be drawn on the 15th of each month from all correct entries

Trivia

1. Is starboard on the right or left side of a ship?
2. What mineral is mined in sheets?
3. The primary ingredient in Arroz con pollo is beef, pork, or chicken?
4. What is El Nino?
5. Which artist painted the Mona Lisa?

(Flip bottom of page for answers)

Wear a mask. Stay Safe!

1 INJECTION (BEFORE BREAKFAST) BURN "BELLY FAT" LIKE CRAZY!

CALL (403) 233-4577 | SLIM-RESET.COM

Lock out your competition!

Coffee News[®] only allows one advertiser from each industry, so when you advertise your business, your competitors can't.

Call to lock out your competitors today!

THIS SPACE FOR RENT

587-392-8086

SkipTheBongShop

OPEN 7 DAYS A WEEK 10a - 10p

Calgary & Area 2HR DELIVERY

We Ship Canada Wide

SAVE 15% USING CODE: COFFEE15

One solution for oxygen at home, away, and for travel

Introducing the INOGEN ONE - It's oxygen therapy on your terms

No more tanks to refill. No more deliveries. No more hassles with travel. The INOGEN ONE portable oxygen concentrator is designed to provide unparalleled freedom for oxygen therapy users. It's small, lightweight, clinically proven for stationary and portable use, during the day and at night, and can go virtually anywhere — even on most airlines. Inogen accepts Medicare and many private insurances!

Reclaim Your Freedom And Independence NOW!

Call Inogen Today To Request Your FREE Info Kit
1-888-998-6714

Full New Patient Exam..... \$99 pp*
New Patient Emergency... \$75 pp*

*Includes all x-rays, photos and exam.

Northwest Dental Centre

We are a full service family and cosmetic general dental practice catering to adults and children. We direct bill insurance and we proudly support the new Alberta Fee Guide.

Suite 206
3604-52 Avenue NW, Calgary
403.282.7933 • www.northwestdental.ca

Unit 3, 401-33 Street NE

singlecup.ca[™]
Mon-Sat 9-5

500+

K-Cups • PODS • Davinci Syrups

FREE SHIPPING \$60+

Call or text and collect
403-837-4379

FREE SCRAP CAR REMOVAL

DJ'S TOWING

MENTION THIS AD AND RECEIVE UP TO \$200 FOR YOUR SCRAP VEHICLE

CALL 403-922-2412

AFFORDABLE-EFFECTIVE-EXCLUSIVE-CALL NOW!

Struggling To Take Care of Your Feet?

Whether you suffer from ingrown nails, athlete's foot, corns, skin and nail fungus infections, or other common foot ailments... help is just a call away with Certified Podologist, Marion.



Toes On The Go Footcare

Call today for more information: 403-620-7851
marion@toesonthego.care • toesonthego.care

WE HAVE OVER 932 BUYERS IN OUR DATABASE! FOR A FREE MATCH OF YOUR HOME TO OUR BUYERS, VISIT

www.ShaneHasTheBuyers.com

Call Shane at 587.602.0204 and Start Packing!



Your Home Sold GUARANTEED Or We'll Buy It!™



Have You Had A Stroke?

For support and education:

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



Phone 403.827.7520

www.sracalgary.com • www.calgaryaphasia.com
yssc Calgary@gmail.com • Calgary.Aphasia.Centre@gmail.com

Just hatching a new business?

CHECK OUT **Coffee News**® ADVERTISING!

- People need to know about you!
- Reach thousands of local readers every single week
- Exclusive, affordable advertising

It's a crackin' good deal!



Did You Know...?

Coffee News® offers printing services!

- ✓ Same day printing*
- ✓ Competitive rates

Call 780-220-6397



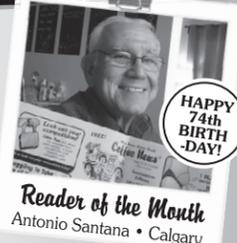
Love Coffee News?

Send a selfie of yourself with your weekly edition of the paper, and your picture may appear here!

Send your selfie to contests@coffee-news.ca
Please put "Readers" in the subject line.

Please include:
① Your name ② Your phone number and ③ Your address so that we can send you some cool prizes if your photo is chosen to appear in the paper!

Coffee News® Fun Reading. Serious Advertising.



Recipe of the month

Summer Fruit and Mascarpone Tart

2 x 320g ready-rolled all-butter puff pastry
100g icing sugar
750g tub mascarpone
600ml double cream
2 tsp vanilla extract
200g raspberries, a few halved
200g blackberries, a few halved
1 large mango, peeled and thinly sliced
6 nectarines or peaches, a mixture, sliced
4 passion fruits (look for ones with crinkly skins - they're ripe), halved, seeds and pulp scooped out
handful small mint leaves

Prep: 30 mins. Cook: 30 mins Level: Easy Serves: 15-18

- Heat oven to 200C/180C fan/gas 6. Unroll 1 pastry sheet, but leave it on the parchment. Place it on a baking tray, dust with 2 tbsp icing sugar, then cover with another sheet of parchment and another baking tray. Pour baking beans into the tray to weigh it down, or use empty cans. Bake for 30 mins, then check if the pastry is golden all over. If not, return for another 5 mins or so. Repeat with the other pastry sheet (or cook both together if you have enough trays). Once out of the oven, trim the edges with a large, sharp knife. Leave to cool.
- Softly whip the mascarpone, cream, vanilla and remaining icing sugar, then transfer half to a disposable piping bag fitted with a 1.5cm round nozzle (or just snip off the corner). Pipe blobs of the mascarpone cream over the surface of one piece of pastry, right up to the edges. Top with half the fruit and dust with a little icing sugar.
- Top with the second piece of pastry, more mascarpone cream (refilling the bag when you need to), the remaining fruit, a dusting of icing sugar and, finally, some mint leaves. Use a serrated knife to cut through the layers.

Source: www.bbcgoodfood.com



Your Weekly Horoscope

ARIES
(March 21 - April 20)



Your tendency to try to control things may not impress others. In order to prove yourself as a team player, try to offer the leadership role to others. Lucky numbers: 15, 19, 20, 25, 28, 31.

TAURUS
(April 21 - May 21)



Your positive flow and optimism may greatly affect the attitudes of others. A difficult predicament may be solved if you continue to follow up on your instincts. Lucky numbers: 2, 5, 12, 25, 37, 46.

GEMINI
(May 22 - June 21)



You may need to express yourself by communicating your fascination with a new project. Your spiritual connection to a newcomer in your life might become clearer. Lucky numbers: 12, 19, 21, 23, 25, 38.

CANCER
(June 22 - July 22)



Open your mind to new ways to live your life. Once you have a plan, you may be able to accomplish much. Be sure to document your research and plans quite well. Lucky numbers: 16, 18, 22, 24, 31, 46.

LEO
(July 23 - Aug. 23)



Former employers or colleagues may be able to help you open new career doors. Your creativity might flourish as a result and could give you some newfound energy. Lucky numbers: 11, 18, 22, 35, 47, 49.

VIRGO
(Aug. 24 - Sept. 23)



If you are involved in an artistic area, you may find some exciting ideas. Creative inspirations might result from meshing your intuitive talents with your partner's creativity. Lucky numbers: 5, 8, 10, 11, 27, 30.

Lucky numbers this week: This week's odds favour Virgo winners with the luckiest number being 5.

Did You Know...

Big bone: A bunion is a bony bump on the joint of the big toe where it meets the foot. Sometimes bunions run in families, and other times they could be caused by ill-fitting footwear.

Capturing the moment: Edgar Degas was a painter and sculptor who was born in Paris, France, in 1834. A realist, he liked to paint real life scenes, such as ballerinas rehearsing.

Eastern European country: Georgia, which is on the east coast of the Black Sea, borders Russia, Armenia, Azerbaijan, and Turkey. A mountainous country, it is known for its steel industry and agricultural products, such as tea and grapes.

Chickpea power: Chickpeas are also referred to as garbanzo beans. Rich in protein, fibre, and iron, they can be used in many recipes, including soups, stews, salads, and spreads, such as hummus.

Prestigious prizes: The Pulitzer Prizes are American awards given to those who excel in journalism, writing, drama, and musical composition. They are named after Joseph Pulitzer, a powerful journalist of the late 1800s.

On the Lighter Side

Teacher: "If you had 16 jellybeans and Pat asked you for 10, how many would you have left?"

Lou: "Sixteen."

What did the left eye say to the right eye? Between you and me, something smells.

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

Hear about the new restaurant called Karma? There's no menu—you get what you deserve.

How many gorillas can fit into a car? Eight.
How many chickens can fit into the car? None, the car is already full of gorillas.

Answers

Trivia answers: 1. Right 2. Mica 3. Chicken 4. Pacific weather event 5. Leonardo da Vinci

For available franchise opportunities – visit coffeenewscanada.com
© Published with Permission by Calgary Coffee News

Every \$3.51 You Give =
1 MEAL FOR A HOMELESS NEIGHBOUR



Give Hope. Give Today.
TheSeed.ca/donate



We Keep Good Company

Improving the quality of life for seniors and those with disabilities through accompaniment and companionship, including transportation services



1.877.613.2479
www.drivingmissdaisy.ca

SkipTheBongShop

OPEN 7 DAYS A WEEK 10a - 10p

Calgary & Area 2HR DELIVERY

We Ship Canada Wide

SAVE 15% USING CODE: COFFEE15



Feeling a little stressed?

Relax with...

Coffee News®

Pregnant? Facing Difficult Decisions?

We can help.
Call 780.421.1177 or text 587.596.5380



- Confidential Pregnancy Counselling
- Support and Connection to Resources
- Adoption Information and Advice



Small Miracles Adoption

www.smallmiraclesadoption.com

HAS COVID MADE YOU REALIZE HOW MUCH CLUTTER YOU HAVE?

Do you want to make your space more inviting? I can help!

SPECIALIZING IN RESIDENTIAL AND OFFICE ORGANIZING

Ideal for... • Active Families • Busy Professionals • Home Business Owners • Empty Nesters Wanting to Downsize • Seniors • Students



ORGANIZE, SIMPLIFY AND ENJOY YOUR HOME!
Stream Organizing

Call for your free consult: 403.680.4229
www.streamorganizing.com

JILL WINTERTSON - TRAINED PROFESSIONAL ORGANIZER

Coffee News® is back on the menu!

Help us stop the spread of Covid-19 by taking this copy of **Coffee News**® with you!

Please do not return to the stand.

Let's work together to STOP THE SPREAD

