


SkipTheBongShop

OPEN 7 DAYS A WEEK 10a - 10p

Calgary & Area 2HR DELIVERY

We Ship Canada Wide

SAVE 15% USING CODE: COFFEE15



Did you know Gold Canyon Candles went out of business in March 2020? Sunset Scents is a new candle company that was formed by two former Gold Canyon executives who have over 20 years in the candle industry.

PSC Prairie Scented Candles
A Ray of Fragrance

We are recreating your Gold Canyon favourites like Fall Leaves (aka Autumn Walk), Hot Apple Cider (aka Mulled Cider), Christmas Wreath (aka Holiday Wreath), Ginger Lime and many more!

prairiescentedcandles@gmail.com
www.prairiescentedcandles.com



THIS SPACE FOR RENT

587-392-8086

STEP AHEAD
REFER A SENIOR FOR THIS FREE PROGRAM TODAY

Do you know a Deaf or Hard of Hearing senior in your community needs help using technology to connect with friends, family or services?

Deaf & Hear Alberta's Step Ahead program connects isolated Deaf & Hard of Hearing seniors with trained and screened volunteers for friendly conversation and learning opportunities.

TO LEARN MORE: 403-284-6208
Deaf & Hear Alberta



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.ca • toesonthego.ca




Faulty Alarm or Security Emergency?

Is your current security company not helping? Are you thinking about a video doorbell? Maybe you'd like to know what's new in home security?

PROVIDING DEPENDABLE, COST-EFFECTIVE ALARM SERVICES TO THE CALGARY AREA SINCE 1983

CALL OUR EXPERTS TODAY!

DYNOVAC PLUS SECURITY
403-262-1980 | dynovacplus@shaw.ca



The Brenda Stafford Foundation Cambridge Manor

Opening June 2020

Introducing Cambridge Manor The Brenda Stafford 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 terms stays available

403.536.8675 | cambridgemanor.ca



HELP STOP THE SPREAD!

- Wear a mask
- Keep your distance – six feet!
- Wash your hands
- Take your copy of **Coffee News** home with you

Stay safe!
A message from your friends at **Coffee News**



FREE! New Issue Every Week!

Coffee News[®]

"News To Be Enjoyed Over Coffee"

North Central Calgary Edition
587-392-8086

www.coffee-news.ca



Vol. 11 No. 5 February 1, 2021

Everybody's Talking

Loyal pet: A Russian woman named Svetlana is not able to leave her pet husky at home. Svetlana goes to work in a mall, but when she leaves her dog in her apartment, the neighbours complain that he howls all day. So, she dresses him up in a blue sweater and takes him to work, leaving him on the sidewalk outside the mall. A homemade sign explains the situation to passersby. Svetlana spends lunch hours and breaks with her pet, but she won't give his real name, so the press has dubbed him "Russian Hachiko." The husky is happy waiting for Svetlana. He gets greetings from shoppers all day long!

Hard cheese: It may not appeal to everyone, but there is a type of cheese made in the Himalayas that provides a great source of protein for those who must survive in cold mountainous regions. Called Chhurpi or Durkha, this cheese is made from the milk of yaks or chauri, a yak-cow cross. The cheese can be cured to be soft or hard. It is the hard version that is the most unusual. It is so hard that, before biting into it, people must keep it in their mouths to soften it up, and chew on the outer layers as they soften. It can take a couple of hours to eat a piece of this cheese in this way, but there is no loss in flavour.

Chalk replica: "Along the River during the Qingming Festival" is a centuries old Chinese work of art on an approximately five-metre (16-ft.) long scroll. It is a favourite of art teacher Zhao Wenrui of Shanxi Province, China. Wanting to surprise his students after the isolation of the COVID-19 pandemic, he made a replica of the famous work using chalkboards and chalk. The finished product took him three months and covers eight chalkboards and, like the original, reveals the lives of the people of the time, from farmers to vendors to boatmen, along with an amazing array of landscapes.

Weird name: A young Mexican man who grew up in the United States had always been called "Bambino" by his parents and friends. However, when his family of four went back to Mexico, the parents decided to let their son know his real name. It is "Zero Zero Three," or "Cero Cero Tres" in Spanish. The parents gave him the name because he is the third of four children. His complete name is "Cero Cero Tres Miller Santos Chablé." Zero Zero Three was able to use his name to his advantage. He won a prize offered by a pizzeria in Merida, Yucatan, Mexico, for having the weirdest name. He received two large pizzas as the prize.

Quoteable Quotes

"Always do what you are afraid to do." —Ralph Waldo Emerson
"Looking forward to things is half the pleasure of them." —L.M. Montgomery

What's Happening

Jan 4 to Feb 20-Skate the Boulevard Grab your skates and join us for outdoor skating on The Boulevard at Deerfoot City's new synthetic skating rink! Drop-ins are welcome, but as the rink has limited capacity, booking a time slot is a good idea! <https://deerfootcity.simplybook.me/v2/book>

Feb 1 to 28-Hypothermic Half Marathon 10K Virtual event - participate from any location you choose! Run in support of Justsocks.ca - a volunteer operated charity providing new socks to those in need across Canada. www.hypothermichalf.com

Mar 10-Literacy for Life: Neighbours Helping Neighbours. An online workshop via ZOOM Learn simple ways you can help build English skills for your new neighbours through everyday conversations and interactions. Contact info@litforlife.ca or call 403-650-5090 for more info

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!

Find the Coffee News Guy hidden in one of the ads, then enter to win!

\$400* Prize Package

Over 150 participating sponsors!

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

...or send your entry by snail mail to: CN Guy Contest, 9768 170 Street, Suite 303, Edmonton, AB T5T 5L4. Be certain to include your full name, complete mailing address (including postal code), phone number, email address and your birth date. Also include the name of the ad in which you found the hidden Coffee News Guy.



Trivia

1. Haiku is Japanese poetry—T/F?
2. What is the term used for one who unloads ships?
3. In which U.S. state will you find the rock formation El Capitan?
4. An ocarina is newly discovered gemstone or a small wind instrument?
5. What is the dog's name in the Garfield comics?

(Flip bottom of page for answers)

(Over)

Wear a mask. Stay Safe!

Winter's On The Way...

Time to take care of your furnace and hot water tanks!

- Furnace Repair • Duct Cleaning
- Air Conditioning • Hot Water Tanks
- Air Filtration • Humidifiers

WE offer INSTALLATION and SERVICE

Call for your appointment: **403-764-3104**

www.hogghomeservices.ca www.ecotechcalgary.com

Local Alberta companies helping Albertans



ENJOY A **FREE SLICE ON US!**

Present this coupon to the cashier to redeem any Classic XL Slice from the warmer

FRESH SLICE PIZZA

Two Calgary locations, in CrossIron Mills and DT East Village

Limit of one coupon per customer. | Cannot be combined with other offers. | Offer expires 02/28/21.



COLD SHOT
A DIVISION OF BALWARIA EMPIRE PVT. LTD.

PASSENGER & PARCEL SERVICES

GET YOUR REWARD CARD TO GET A FREE TICKET!

Parcel Website: www.coldshotca.com
Passenger Website: www.coldshot.ca

TICKETS: 587-557-7719 | PARCEL: 587-557-7718

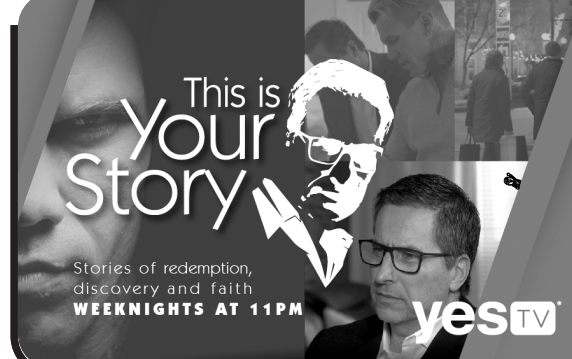
SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005



This is **Your Story**

Stories of redemption, discovery and faith
WEEKNIGHTS AT 11PM

yesTV



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



DHILLON LAW OFFICE

Kirin Dhillon, Barrister & Solicitor

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

403.815.9944

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



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!

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

Reclaim Your Freedom And Independence NOW!

inogen

© 2020 Inogen, Inc. All rights reserved. MKT-P0108



Visit us on Facebook-CoffeeNewsWeekly

We Keep Good Company

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



Driving Miss Daisy Seniors' Services
Accompanying you to a fuller life

1.877.613.2479
www.drivingmissdaisy.ca

Become a Trained Bartending Professional!

BARTENDING CLASSES



DAYTIME, EVENING OR WEEKEND

METROPOLITAN SCHOOL OF BARTENDING
MetropolitanSchoolOfBartending.com

SHOP ONLINE!

www.scubagearcanada.ca

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

The Dive Outfitters
Scuba Diving & Snorkeling
11781-156 St., Edmonton 780.483.0044

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

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

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

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



Reader of the Month
Thomas Acheson • Calgary, AB

Coffee News Fun Reading. Serious Advertising.


SkipTheBongShop

OPEN 7 DAYS A WEEK 10a - 10p

Calgary & Area 2HR DELIVERY

We Ship Canada Wide

SAVE 15% USING CODE: COFFEE15



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

Give Hope. Give Today.
TheSeed.ca/donate



THE MUSTARD SEED

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



AFFORDABLE-EFFECTIVE-EXCLUSIVE-CALL NOW!

Your Weekly Horoscope

ARIES (March 21 - April 20)
Changing bad habits may enable you to find some new inspiration. Be more flexible and adaptable, but try not to become disorganized or lose sight of your goals. Lucky Numbers: 3, 16, 18, 29, 35, 40.

TAURUS (April 21 - May 21)
You may be genuine and quick to lend a helping hand and support the ideas of others. Be sure you are comfortable with how much extra responsibility you are taking on. Lucky Numbers: 7, 8, 15, 17, 18, 25.

GEMINI (May 22 - June 21)
You could receive thanks from those who value your ideas and your work ethic. An inviting atmosphere at work and appreciation for a job well done may be indicated. Lucky Numbers: 5, 14, 21, 24, 31, 34.

CANCER (June 22 - July 22)
Your personal relationship may feel loving, secure, and balanced. You might see an increase in your joint finances. One partner may benefit in some other financial manner. Lucky Numbers: 2, 18, 19, 35, 36, 48.

LEO (July 23 - Aug. 23)
You may be forced to confront processes that are no longer valid. You might need to look past the present in order to find better ways to deal with problematic situations. Lucky Numbers: 1, 6, 16, 26, 36, 46.

VIRGO (Aug. 24 - Sept. 23)
Past experiences may greatly influence your interaction with others and your perceptions. Deepen your research in a specific subject, rather than studying new areas. Lucky Numbers: 4, 18, 24, 28, 34, 38.

Lucky numbers this week: This week's odds favour Taurus winners with the luckiest number being 7.

LIBRA (Sept. 24 - Oct. 23)
Your rational judgments or decisions may give you an upsurge of energy. Your sensitivity might help you establish some good emotional bonds with your family members. Lucky Numbers: 4, 18, 22, 24, 26, 46.

SCORPIO (Oct. 24 - Nov. 22)
The differences of others may affect your ability to communicate more effectively. Try not to allow anyone's comments to ruin your plans. Look past the immediate. Lucky Numbers: 4, 17, 23, 25, 38, 41.

SAGITTARIUS (Nov. 23 - Dec. 21)
If you seek out the familiar, you may find ways to establish more emotional support. You might be able to earn points by assisting others through new ventures or expansions. Lucky Numbers: 12, 28, 30, 32, 42, 48.

CAPRICORN (Dec. 22 - Jan. 20)
You may feel you are in a sad situation. Use your emotional energy to become a vital part of your social group. This may motivate you to feel much more confident. Lucky Numbers: 20, 25, 30, 35, 40, 45.

AQUARIUS (Jan. 21 - Feb. 19)
You may enjoy spy and mystery stories. An unsolved mystery behind the scenes of a situation might fascinate you. You may be able to probe until you discover the truth. Lucky Numbers: 11, 19, 27, 37, 39, 44.

PISCES (Feb. 20 - March 20)
An interest in psychology may be evident. You might be able to spend time with people, and could really enjoy giving something of yourself and your talents to them. Lucky Numbers: 9, 16, 21, 33, 45, 46.

Did You Know...

No jumping: Elephants may be able to run, but they can't jump. This may be because they have weak leg muscles, despite being large animals. Also, their ankles are not very flexible.

Sweet berries: Hackberries grow on the *Celtis occidentalis* tree in North America. These tiny berries are full of protein and sugars. They are sweet, and some say they taste like candy or dates.

Playing games: Moscow is home to the Museum of Soviet Arcade Games. It has about 60 different games, which are in Russian. For example, one is called *Morskoi Boi*, meaning Sea Battle.

Cheese cousins: A darker, crumblier cousin of the common soft white brie is called brie noir. Made in Seine-et-Marne, not far from Paris, brie noir is made by aging it for as long as two years.

Old fort: An ancient fort on an Arabian Sea island, off the west coast of India, is Murud-Janjira Fort. Locals call it Ajinkya, or "invincible." With its own fresh water source and fish to catch, the self-sufficient residents were difficult to conquer.

On the Lighter Side

First snail: "I have to cross the road."
Second snail: "Be careful, there's a bus coming in an hour."

What belongs to you but is used much more often by your friends? Your name.

A patient asked a doctor to look at his laptop. He thought it had caught a virus.

What can answer in any language, speak without a mouth, and sing without an ear? An echo.

Life is what happens to you while you're busy planning more important things.

Answers
1. True 2. Stevedore 3. California 4. Small wind instrument 5. Odie

For available franchise opportunities - visit coffeenewscanada.com

© Published with Permission by Calgary Coffee News

FREE SCRAP CAR REMOVAL




DJ'S TOWING

MENTION THIS AD AND RECEIVE UP TO \$300 FOR YOUR SCRAP VEHICLE
CALL 403-922-2412

Recipe of the month

Valentine's Day Brownies




3/4 c. unsalted butter
4 oz. unsweetened chocolate
4 oz. semisweet chocolate
1/2 c. all-purpose flour
1/2 c. unsweetened cocoa powder
3/4 tsp. salt

6 large eggs
1 c. granulated sugar
1 c. packed brown sugar
2 tsp. vanilla extract
vanilla frosting, for decorating

Total time: 40 mins. Yield: 16 servings

- Heat oven to 350°F. Line 13-inch by 9-inch pan with foil; grease foil.
- In 3-quart saucepan, melt butter and chocolates on low, stirring. Remove from heat.
- In bowl, whisk flour, cocoa and salt. In large bowl, with electric mixer on high speed, beat eggs until blended. Gradually add sugars; beat until tripled in volume, about 10 minutes.
- Fold in chocolate mixture and vanilla, then flour mixture. Pour into pan. Bake until toothpick inserted near centre comes out almost clean, 28 to 32 minutes.
- Once cool, cut brownies into hearts freehand or using a heart-shaped cookie cutter. (Tip: Don't let the trimmings go to waste - you can even crumble them onto a sundae!)
- Pipe on store-bought frosting to create cute chocolate "conversation hearts."



Source: www.goodhousekeeping.com

APARTMENTS FOR RENT

Cedar Ridge

It's easy to imagine Calgary city life at Cedar Ridge Apartments! These spacious living spaces nestled in nature along the Bow River allow you to get lost in mountain and river views. Enjoy all of downtown Calgary's offerings or take pause in one of the neighbourhood's many green spaces.

1 bdrm from \$1,025/month* | 2 bdrm from \$1,095/month* | 3 bdrm from \$1,345/month*



Call 403.279.8681 or visit www.caprent.com

*Price subject to availability and change

Prepare for unexpected power outages with a Generac home standby generator

REQUEST A FREE QUOTE!
888-688-0973

FREE 7-Year Extended Warranty*
An \$895 Value!

Offer valid December 15, 2020 - March 1, 2021



*To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.

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

February 2

HAPPY GROUNDHOG DAY

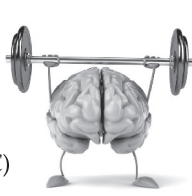


from your friends at **Coffee News**

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
ysscalgary@gmail.com • Calgary.Aphasia.Centre@gmail.com

58-Calgary-North Central