

**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.



**FREE!** *New Issue Every Week!*

# Coffee News®

"News To Be Enjoyed Over Coffee"

**North Central Calgary Edition**  
**587-392-8086**



www.coffee-news.ca

**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**

For Expert Help:  
**1.844.453.5372**

APPLY NOW TO MEET 2019 TAX DEAD-LINES!



**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



**THIS SPACE FOR RENT**  
**403-355-6316**

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**  
Sunset Scents 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



Vol. 11 No. 7 February 15, 2021

## Everybody's Talking

**Table for one:** During the COVID-19 pandemic, social distancing has been the norm. That's why restaurants have closed in countries around the world. However, a Swedish couple decided to try their hand at offering a safe dining experience. Linda Karlsson and Rasmus Persson, from the rural village of Ransäter, opened Bord för en (which is Swedish for "table for one"). They set up a table in a field for one person to dine, and sent the food to the guest in a basket, via a rope from the kitchen to the table. They carefully sterilized the dishes and table before serving a diner with a vegetarian meal of three courses.

**Cool cake:** When Zahirah Macwilson and Aiman Hakim Redza got married, they wowed their guests by presenting a unique wedding cake. The Malaysian actors hired bakers to create a wedding cake that hung upside down from the ceiling to resemble a chandelier. The newlyweds stepped up onto a small stage to make the first cut. The cake was made by Lily & Lola Cakes in Kuala Lumpur. Owner Lily Osman got the idea to make such a cake a few years ago, but this was her first opportunity to actually do it. It took a week to make, and she needed help to install it from the ceiling of the wedding venue.

**Fast food diet:** Dieticians don't recommend the food choices of a Belgian man named Rudy Gybels. He realized that he had a love for fried potatoes when he was 13 years old. His mother allowed him to eat the fried food for dinner if he would agree to eat a healthy lunch. Over three decades later, Gybels is still eating fries for dinner, along with a Dutch hot dog called a fricadelle. The fast food lover is not overweight, and he feels healthy, but admits that he hasn't had a check-up for a while. He realizes that his diet isn't great, but he likes fries too much to give them up.

**Moose rescue:** Travis Burke and Greg Miller went fishing, a favourite activity among folks who live near the Canadian city of Sudbury, Ontario. On this outing, however, the pair did more than catch fish. They came across a very young baby moose that was shivering and alone. It was in the water and couldn't seem to get up onto the rocky shore. So Burke and Miller came to the rescue, guiding their boat to the baby and helping it onto land. Upon hearing the story, a wildlife expert believed the men did the right thing by leaving it there, saying that it was likely the mother would come back to find it.

Become a Trained **Bartending Professional!**

BARTENDING CLASSES

DAYTIME, EVENING OR WEEKEND

**METROPOLITAN SCHOOL OF BARTENDING**  
MetropolitanSchoolofBartending.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!

Reclaim Your Freedom And Independence NOW!

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



**Personal Tax Returns Prepared Professionally**

Services offered also include:

- Corporate Tax Returns - T2
- Bookkeeping (monthly/quarterly/annually)
- Incorporation Services & Filing
- Financial Statement Preparation
- Payroll, T4 Summary and other Regulatory Filings
- Employee Benefits • GST Filings

STARTING AS LOW AS \$35 SINGLE RETURN \$60 COUPLE'S RETURN

Includes up to 5 each of T4, T5 and RRSP slips

**TAX MASTERS**  
PHONE OR TEXT FOR AN APPT. MON-SUN, 10 a.m.-7 p.m.: **587.287.1287**  
SUITE 6, 3600-21 ST. NE, CALGARY

FILE SERVICES PROVIDED AT NO CHARGE FOR PERSONAL & CORPORATE RETURNS


**SkipTheBongShop**

OPEN 7 DAYS A WEEK 10a - 10p

Calgary & Area 2HR DELIVERY

We Ship Canada Wide

SAVE 15% USING CODE: COFFEE15



**COLD SHOT**  
A DIVISION OF BALWARIA EMPIRE PVT. LTD.

**PASSENGER & PARCEL SERVICES**

SHIP BY BUS

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



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

Give Hope. Give Today.  
**TheSeed.ca/donate**

THE MUSTARD SEED



## Quoteable Quotes

"Forget the past and live in the present hour." —Sarah Knowles Bolton

"What delights us in the visible beauty is the invisible." —Marie von Ebner-Eschenbach

## 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.mev2book>

**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](http://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](mailto: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](http://www.coffee-news.ca/whats-happening)

**Hidden Coffee News Guy ADVENTURE**

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

**\$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

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!

NEW FEATURE!

...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.

**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**



The **Brenda Strafford** Cambridge Foundation 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 terms stays available

403.536.8675 | [cambridgemanor.ca](http://cambridgemanor.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](mailto:dynovacplus@shaw.ca)



## Trivia

1. What is an abacus?
2. The distinct flavour in Earl Grey tea is bergamot, cinnamon, or sage?
3. The largest part of the human brain is called the cerebrum or the cerebellum?
4. What plant is known for its stinging ability?
5. Who was the first woman to win the Nobel Prize, in 1903?

(Flip bottom of page for answers)

© Published with Permission by Calgary Coffee News

(Over)

Happy **Family Day!**

from your friends at **Coffee News®**



Visit us on Facebook-CoffeeNewsWeekly

# 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](http://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](http://www.caprent.com)

\*Price subject to availability and change

## 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


## 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**

## 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](http://www.sracalgary.com) • [www.calgaryaphasia.com](http://www.calgaryaphasia.com)  
yssc@calgaryaphasia.com • [Calgary.Aphasia.Centre@gmail.com](mailto:Calgary.Aphasia.Centre@gmail.com)

## 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](mailto: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!

**Coffee News** Fun Reading. Serious Advertising.



Reader of the Month  
Thomas Acheson • Calgary, AB

# 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](http://www.BingoBarn.ca)

AFFORDABLE-EFFECTIVE-EXCLUSIVE-CALL NOW!

## Your Weekly Horoscope

### ARIES (March 21 - April 20)



Inspiring dialogue may help you see someone's natural talents. Your experience and nurturing instincts may help you encourage them to find their own niche. Lucky Numbers: 16, 19, 26, 29, 36, 39.

### TAURUS (April 21 - May 21)



Slowing down your pace, just to suit others, might not be best right now. Try not to be too abrupt, though. You probably know that you need to follow your own rhythm. Lucky Numbers: 8, 12, 17, 33, 37, 41.

### GEMINI (May 22 - June 21)



You may have decided on big changes in your domestic life. Communication with family or friends might be strained. Try your best to clear up the points of confusion. Lucky Numbers: 4, 9, 24, 27, 43, 48.

### CANCER (June 22 - July 22)



Your energy level and attitude could be very high. Use this newfound force to take on some kind of struggle or resistance. You may need to find a cause to engage in. Lucky Numbers: 13, 22, 31, 44, 46, 49.

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



If you really focus on your objectives, you may really accomplish much. Plan a new future for yourself. Your positive attitude and physical energy levels might be very high. Lucky Numbers: 15, 16, 24, 25, 33, 34.

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



Don't let any wild, daring behaviour put you in risky situations. You may feel headstrong and rash. Your drive for independence in your own life might be strong. Lucky Numbers: 3, 10, 24, 27, 30, 40.

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



You may not feel as practical or resourceful as your usual self. Your ability to focus on the present may help your judgment about making important decisions. Lucky Numbers: 12, 30, 37, 42, 44, 49.

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



Expect some opposition, but know that you have more people on your side. The continued team effort may put your ideas at the top of the heap. Enjoy the limelight. Lucky Numbers: 3, 6, 12, 18, 24, 36.

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



You may have to do work that interferes with your personal affairs. Take pride that others recognize your talents. New ideas may arise in the conversation. Lucky Numbers: 3, 31, 33, 35, 37, 39.

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



The role of host or hostess may suit you very well. Verbal agreements, contracts, or other joint efforts might work out to your advantage right now. Lucky Numbers: 7, 24, 32, 41, 43, 47.

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



You may have a strong need to be loved and to love others. You could make big strides and perhaps important discoveries, especially if your work involves family research. Lucky Numbers: 5, 6, 14, 15, 26, 27.

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



Your strong relationships within your family may make this week a cooperative one. Show them how much they really mean to you. Count your blessings. Lucky Numbers: 8, 15, 19, 38, 45, 49.

Lucky numbers this week: This week's odds favour Libra winners with the luckiest number being 12.

## Did You Know...

**Bead work:** The Museo de Arte Popular in Mexico City is home to El Vochol. This Volkswagen Beetle has been decorated with beadwork, the traditional handicraft of the country's Huichol people. Portrayed in the beadwork are many colourful symbols of Mexico.

**Queen of the colony:** Naked mole rats live in colonies with a dominant female rat (the queen) leading them. The worker rats dig burrows using their big front teeth. As their name indicates, these mammals are hairless.

**Many steps:** Tianmen Shan near Zhangjiajie, Hunan Province, China, is an opening in a mountain face that seems to be the door to heaven. Visitors can reach it in several ways, including a 999-step staircase or a tour bus on a winding road.

**Magic station:** London's King Cross Station has a Platform 9<sup>3/4</sup>. It honours the wildly popular *Harry Potter* book series, in which students of Hogwarts School went to this weirdly numbered, magical platform to catch to their train.

**Beautiful beast:** The Bengal tiger, which lives in and around India, is the most common subspecies of tiger and is designated as India's national animal. These cats are carnivores and can live to be 8 to 10 years old.

## On the Lighter Side

"Does your dog bite?"  
"Nope."  
"Oh, so how do you feed him?"

What can you hold without ever touching it? A conversation.

The best thing about the good old days is that we were neither good nor old.

When do you stop at green and go full speed at red? When you're eating a watermelon!

The more you take from it, the greater it becomes. What is it? A hole.

### Answers

Trivia answers: 1. Ancient counting tool 2. Bergamot 3. Cerebrum 4. Nettle 5. Marie Curie (Physics)

For available franchise opportunities – visit [coffeenewscanada.com](http://coffeenewscanada.com)  
© Published with Permission by Calgary Coffee News

## 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](mailto:marion@toesonthego.care) • [toesonthego.care](http://toesonthego.care)

## 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](mailto:kirin@dhillonlawoffice.com)

## 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

Published by the Government of Canada  
Canada



## FREE SCRAP CAR REMOVAL

# DJ'S TOWING

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

## 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](http://www.hogghomeservices.ca) • [www.ecotechcalgary.com](http://www.ecotechcalgary.com)  
Local Alberta companies helping Albertans

## Become Your Own Banker

You work hard for your money. Isn't it time your money started working harder for you?

Visit Donovan Coates on [f](https://www.facebook.com/donovancoates) [i](https://www.instagram.com/donovancoates) [y](https://www.youtube.com/donovancoates)

Call 403.607.7963 or visit [www.donovancoates.com](http://www.donovancoates.com) to schedule a 30 minute complimentary consultation.

Learn more about the Infinite Banking concept:

# Donovon Coates

FINANCIAL CONSULTING

TAKE CONTROL OF YOUR FINANCIAL WORLD




## SkipTheBongShop

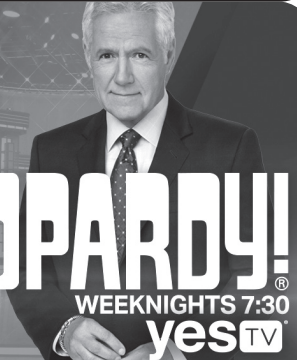
OPEN 7 DAYS A WEEK 10a - 10p  
Calgary & Area 2HR DELIVERY  
We Ship Canada Wide

SAVE 15% USING CODE: COFFEE15



# JEOPARDY!

WEEKNIGHTS 7:30  
yesTV



58-Calgary-North Central