# **THIS SPACE FOR RENT** 780-220-6397

## **Dementia and**



Monthly newsletter Monthly meetings For more info, call or text Gary Preece at 780.940.6679 ...with guest speaker, free coffee & donuts.

#### **Trustworthy, Honest** and Reliable Tust House Cleaning...

For

You!

✓ Flat and Hourly Rates Available ✓ Over 15 Years Experience Thorough, Considerate, Friendly





Vol. 18 No. 7 February 15, 2021

"News To Be Enjoyed

Over Coffee"

South Central

Edmonton **Edition** 

780-220-6397

### 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 Rans ater, 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 Lilv 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.

## 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

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

Edmonton's indoor, year round farmers' market! Fridays 9-5. With over 100 local vendors, We're your one-stop-shop to keep you stocked for the week. Everything from fresh local vegetables and meat, local coffee roasters, to Albertan beer and wine. 3696 97 St, Edmonton Mill Woods Town Centre

**Sept 10-Bridge of Life** is a suicide awareness prevention candle light vigil walk across the high level bridge. There is light music, refreshments and guest speakers. www.yegmentalhealth.com. Constable Ezio Faraone Park 7-9 PM



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



Over 150 par

#### 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!

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

Affordable-Effective-Exclusive-CALL NOW!

Trivia

Prize Package

1. What is an abacus?

**\$400** 

ers (\$100 each) will be drawn on the 15th of each r

2. The distinct flavour in Earl Grey tea is bergamot, cinnamon, or sage?

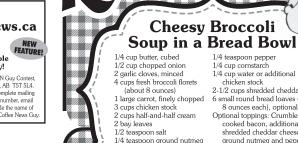
3. The largest part of the human brain is called the cerebrum or the cerebellum?

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 Capital Marketing Ltd (Over)



Source

**Cheesy Broccoli** 

of the 🛛

month

1/4 teaspoon pepper 1/4 cup cornstarch 1/4 cup water or additional chicken stock 2-1/2 cups shredded cheddar cheese 6 small round bread loaves (about 8 ounces each), optional Optional toppings: Crumbled cooked bacon additional

cooked bacon, additional shredded cheddar cheese ground nutmeg and pepper

Prep Time: 15 mins. Cook time: 30 mins. Yield: 6 servings

In a 6-qt. stockpot, heat butter over medium heat; sauté onion and garic until tender, 6-8 minutes. Stir in broccoli, carrot, stock, cream and seasonings; bring to a boil. Simmer, uncovered, until vegetables are tender, 10-12 minutes.
Ø Mix constarch and water until smooth; stir into soup. Bring to a boil, stirring occasionally; cook and stir until thickened, 1-2 minute Remove bay leaves. Stir in cheese until melted.
Ø It sions bread houlds cut a dire; of the torn of each Bring to a

If using bread bowls, cut a slice off the top of each bread loaf; hollow out bottoms, leaving 1/4-in. thick shells (save removed bread for another

toppings.

www.tasteofhome.com

alfsroofing.com

The World's #1 Restaurant Publication!





### Don't know what's wrong with your home?

We complete 100's of lists each year! www.HOHS.ca | 780.940.2127

Taps & Dishwashers | Baseboards & Trim | Much More







(Sept. 24 - Oct. 23)

12, 30, 37, 42, 44, 49.

**SAGITTARIUS** 

31, 33, 35, 37, 39.

CAPRICORN

now. Lucky

**AQUARIUS** 

43.47.

PISCES

(Dec. 22 - Jan. 20)

(Jan. 21 - Feb. 19)

(Nov. 23 - Dec. 21)

(Oct. 24 - Nov. 22)

**SCORPIO** 

You may not feel as practical or resourceful as your usual self. Your

ability to focus on the

present may help your

iudament about making

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.

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 role of host or hos-

tess may suit you very

well. Verbal agreements,

contracts, or other joint

efforts might work out to

your advantage right

Numbers: 7, 24, 32, 41,

You may have a strong

need to be loved and to

love others. You could

make big strides and

perhaps important dis-

coveries, especially if

Your strong relationships

within your family may

make this week a cooper-

ative one. Show them how much they really

mean to you. Count your

your work involves family research.

Lucky Numbers: 5, 6, 14, 15, 26, 27.

blessings. Lucky Numbers: 8, 15, 19, 38, 45, 49.

(Feb. 20 - March 20)

important decisions. Lucky Numbers:

Enjoy the limelight. Lucky Numbers: 3, 6, 12, 18, 24, 36.

the conversation. Lucky Numbers: 3,

#### 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

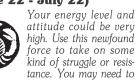
follow your own rhythm. Lucky Numbers: 8, 12, 17, 33, 37, 41. **GEMINI** 

#### (May 22 - June 21)

You may have decided on big changes in your domestic life. Communi-cation 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

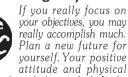
#### (June 22 - July 22)



attitude could be very high. Use this newfound force to take on some kind of struggle or resistance. You may need to

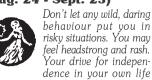
find a cause to engage in. Lucky Numbers: 13, 22, 31, 44, 46, 49. LEO

### (July 23 - Aug. 23)



energy levels might be very high. Lucky Numbers: 15, 16, 24, 25, 33, 34. VIRGO

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



dence in your own life might be strong. Lucky Numbers: 3, 10, 24, 27, 30, 40.

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</sup>/<sub>4</sub>. It honours the wildly popular Harry Potter book series, in which students of Hogwarts School went to this weirdly





### 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 lin

Please per-Please include: Ø Your name Ø Your phone number and Ø Your address so that we can send you some **cool prizes** storan to appear in the paper!

Reader of the Month Thomas Acheson • Calgary, AB

from your friends at

Coffee News

Coffee News<sup>®</sup> Fun Reading. Serious Advertising.



Visit us on Facebook-CoffeeNewsWeekly

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

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

For available franchise opportunities - visit coffeenewscanada.com © Published with Permission by Capital Marketing Ltd

15-South Central Edmonton