

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

Create a variety pack of 24 and get **24 for FREE!**

Limit 1 per customer per day, in store offer only. Expires June 30th, 2021.

50+ Keto Syrups

LOCALLY OWNED AND OPERATED



500+ K-Cups PODS Davinci Syrups

singlecup.ca

Mon-Sat, 9-5

Calgary: 403-354-4962 #3, 401-33 St. NE

Edmonton: 587-357-0955 9754-45 Ave. NW

FREE SHIPPING \$60+

SHOP ONLINE!

www.scubagearcanada.ca

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

The Dive Outfitters

Scuba Diving & Snorkelling

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

Spring Blind SPECIALS!

For every Barato Honeycomb Blind you buy, get 1 of equal or lesser value FREE!

Who ya gonna call? Top/Down Bottom/Up

Factory Pricing! **Huge Deals!**

Room Darkening Available - Sleep Well

Sunbusters

403.690.3024 sun-busters.com

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

HELP STOP THE SPREAD!

1. Wear a mask

2. Keep your distance - six feet!

3. Wash your hands

4. Take your copy of **Coffee News** home with you

Stay safe!

A message from your friends at **Coffee News**

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

FREE! New Issue Every Week!

Coffee News®

"News To Be Enjoyed Over Coffee"

Southbend Edition

587-392-8086



www.coffee-news.ca

Vol. 11 No. 15 April 12, 2021

Everybody's Talking

New from old: An American mother of three knows how to save money on clothing. Caitlin Trantham taught herself how to sew, and she now uses her skill to transform second-hand clothing into modern pieces. She tries not to spend more than about \$10 USD on any one item, but does allow herself a few dollars for things like buttons and zippers. Her creations include turning a 1980s prom gown into a cocktail dress, a huge printed shirt into a snazzy, belted outfit, and a plaid, collared get-up into a spaghetti-strapped sundress. Trantham, who plans to donate some of her creations, shares her work on social media.

Sandy beach: Homeowners who would like to have their own backyard beach can call a Spanish company called Piscinas de Arena, which translates to "Sand Pools." This company builds pools that look like a beach oasis. They use a special sand/concrete mixture that looks like sand, but is actually a smooth surface. This "sand" slopes into a turquoise pool of calm, clear water, so sunbathers can seem to be wading into the sea. The builders then complete the mirage by rimming the area with rocks, shrubs, or any other natural items that suit the owner's fancy.

Movie lovers: A couple from Germany like to go on vacations, and their unique hobby takes them to different locales. Robin Lachhein and Judith Schneider enjoy re-creating scenes from movies. They research the location of a scene, find facsimiles of the actors' clothing in thrift stores, and then pose for the shot. They've done scenes from La La Land in California (U.S.), Game of Thrones in Spain, Lord of the Rings in New Zealand, P.S. I Love You in Ireland, and many more! Of course, they pick scenes with a male and a female character, and they limit touch-ups of the photos to colour correction only.

Just can't win: Daredevil dirt bike enthusiasts love a competition, and there is none more challenging than the annual Andler Hillclimb in Belgium. In fact, it is such an impossible climb that no one has ever reached the top, although many have tried. The conditions on the trail include changes of surface and steep inclines that have proven to be unconquerable. To be named as a successful competitor, a rider and bike must reach the top. The closest to do so was a daredevil whose front wheel crossed the finish line, but he fell back before the whole bike crossed over. Try, try again!

Quoteable Quotes

"All grand thoughts come from the heart."—Luc de Clapiers

"The butterfly counts not months but moments, and has time enough." —Rabindranath Tagore

What's Happening

Online event posting During the Pandemic, we are happy to post your online event in the What's Happening section of Coffee News. Please visit our website at www.coffee-news.ca to submit your event.

NON profit organizations may submit events for FREE at 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.

Trivia

1. Of the seven dwarfs in the story of Snow White, which dwarf was a wallflower?
2. In height and wingspan, are bald eagles smaller or larger than golden eagles?
3. If you are described as magnanimous, are you generous or egocentric?
4. The constellation known as Orion is named after what character in Greek mythology?
5. Who is an author of many popular fables?

(Flip bottom of page for answers)

THIS SPACE FOR RENT

403-355-6316

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



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

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
• 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.



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) [YouTube](https://www.youtube.com/donovancoates)

Call 403.607.7693 or visit www.donovancoates.com to schedule a 30 minute complimentary consultation.

Donovan Coates
FINANCIAL CONSULTING

TAKE CONTROL OF YOUR FINANCIAL WORLD

Learn more about the Infinite Banking concept:




INVEST IN FRESH!

Freshslice Alberta is looking for great franchisees for Calgary.

0% royalty, 0% advertising.

To learn more, email albertafranchising@freshslice.com or call 1-855-930-2218



Without our advertisers, Coffee News would not exist

Please support them!



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

Give Hope. Give Today.
TheSeed.ca/donate

THE MUSTARD SEED

ALBERTA HEARING CENTER
Mark Ganden B.Sc., BC-HIS

Hearing Tests (ages 4 to adult)
Hearing Aids
Batteries
Ear Plugs
AADL, WCB, DVA & "Private"

Please call for an appointment
403.668.7776
Chestermere's ONLY locally owned and operated hearing clinic!

Oasis Medical Centre
#201, 175 Chestermere Station Way

Easthills Family Medical
#531, 409 East Hills Blvd SE, Calgary

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

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**

FREE ASSESSMENT CALL TODAY!

For Expert Help:
1.844.453.5372

BBB A+ Rating

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

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

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

Recipe of the month

Cheesy Broccoli Soup in a Bread Bowl

1/4 cup butter, cubed
1/2 cup chopped onion
2 garlic cloves, minced
4 cups fresh broccoli florets (about 8 ounces)
1 large carrot, finely chopped
3 cups chicken stock
2 cups half-and-half cream
2 bay leaves
1/2 teaspoon salt
1/4 teaspoon ground nutmeg

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 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 garlic 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.
- Mix cornstarch and water until smooth; stir into soup. Bring to a boil, stirring occasionally; cook and stir until thickened, 1-2 minutes. Remove bay leaves. Stir in cheese until melted.
- 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 use). Fill with soup just before serving.
- If desired, serve soup with toppings.

Source: www.tasteofhome.com

Your Weekly Horoscope

ARIES (March 21 - April 20)
Highs and lows may be the emotional flow for this week. You might need to keep your keen perspective and allow yourself to rest and relax on the weekend. Lucky numbers: 3, 23, 38, 39, 41, 43.

TAURUS (April 21 - May 21)
You may need to allow your inner voice to vocalize what you have within your heart. Embrace changes. You might be surprised by how much others enjoy the sound of it. Lucky numbers: 7, 9, 11, 27, 29, 31.

GEMINI (May 22 - June 21)
Your intuitive ideas could become a good source of income for you. Your keen interest in real estate, antiques, or collectibles may become a big part of your life. Lucky numbers: 8, 18, 25, 31, 37, 42.

CANCER (June 22 - July 22)
Reading books or articles of an inspirational nature may be very productive for you. This also might be a favourable time for business functions, negotiations, and communications. Lucky numbers: 10, 14, 20, 24, 30, 34.

LEO (July 23 - Aug. 23)
Your intuitive sense of style and art may help you transform the opinions of others. Your keen eye and dramatic flair could result in an amazing visual presentation. Lucky numbers: 4, 17, 24, 27, 34, 44.

VIRGO (Aug. 24 - Sept. 23)
You may need to bring family and friends together to discuss recent changes in your lives. Someone close to you might require more of your time than you imagined. Lucky numbers: 2, 4, 7, 12, 14, 17.

LIBRA (Sept. 24 - Oct. 23)
This may be a time to experiment and investigate things that are totally new to you. You could be exposed to situations that are different. Be willing to loosen up. Lucky numbers: 5, 14, 16, 25, 29, 39.

SCORPIO (Oct. 24 - Nov. 22)
Your positive energy may flow more freely. New beginnings might start blooming before your very eyes. You certainly could hold everyone's thoughts and attention. Lucky numbers: 24, 34, 38, 39, 42, 46.

SAGITTARIUS (Nov. 23 - Dec. 21)
Your creative flow may motivate your spirit to keep shining brightly. Your culinary interests could spark some yummy conversations and some positive action. Lucky numbers: 3, 13, 31, 33, 41, 43.

CAPRICORN (Dec. 22 - Jan. 20)
Some difficult area of your life may open up at this time. Opportunities could be presented to help you, but you must be willing to give up your old attitude. Lucky numbers: 6, 11, 20, 26, 33, 41.

AQUARIUS (Jan. 21 - Feb. 19)
Be sure to put your own spin into everything you touch. You may be able to find new ways to influence important people. Take charge when making arrangements. Lucky numbers: 1, 8, 12, 15, 17, 19.

PISCES (Feb. 20 - March 20)
Many new beginnings could come to light. You may need to take a closer look at something you can do that might become a new source of revenue for you. Lucky numbers: 12, 14, 22, 24, 32, 34.

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

Did You Know...

International stars: People around the world have seen Walt Disney cartoons and movies, from Mickey Mouse to Mary Poppins. Walt Disney (1901-1966) was the co-founder of the Walt Disney Company, which still exists today.

Spiral pasta: Andarinos di Usini are pasta spirals made in only one place in the world – the town of Usini on the island of Sardinia, Italy. The pasta pieces are spiral in shape. They are handmade and are often dried in the sun.

Cloud formations: Clouds form in different ways depending on conditions. Cumulus clouds are tall mounds of white puffiness with darker, flat undersides. Cirrus clouds are streaky white filaments that look almost like white hair.

Pacific island: The largest island in the Pacific Ocean is New Guinea. Located north of the continent of Australia, its Indonesian western half is called Western New Guinea, while its eastern half is the independent state of Papua New Guinea.

Play ball! A plant that is native to the Great Karoo area of South Africa is the weird-looking *Euphorbia obesa*, commonly called the baseball plant. A succulent, it looks like a baseball with lines of spikes. It is endangered in the wild, but also is cultivated.

On the Lighter Side

What is dirty after washing? Bath water.

Happiness held is the seed; happiness shared is the flower.

What did the ice cream scoop say to the news reporter? "What's the scoop?"

If a vegetarian eats vegetables, what does the humanitarian eat?

Age: Something to brag about in your wine cellar and forget in a birthday reminder book.

Answers

4. Orion the Hunter 5. Aesop
Trivia answers: 1. Bashful 2. Larger 3. Generous

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

Are you a business owner/office manager?
Have 3-20 employees in your office?
Paying too much for your current phone system?
We can save you up to 50% off your current phone rates!

How? We offer:
✓ VOIP Solutions at a fraction of the traditional carrier cost
✓ Long distance rates that outcompete the competition

587.760.2800
<https://zettatelecom.com>

DEDICATED TO FINDING OUR CLIENTS THE BEST SOLUTIONS WITHIN THEIR BUDGETS

RIVERVIEW VILLAGE
Right Home. Right Time. Right Place.

55+ Senior Affordable Housing Family Units • Meal Delivery Plan Available

2933 26 Ave SE Calgary **bethany**
Call for details
CREATING CARING COMMUNITIES

403.272.8615/403.441.0673

JEOPARDY!
WEEKNIGHTS 7:30
yesTV

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 February 15 - June 6, 2021

GENERAC

FREE SCRAP CAR REMOVAL

DJ'S TOWING

MENTION THIS AD AND RECEIVE UP TO \$200 FOR YOUR SCRAP VEHICLE
CALL 403-922-2412

Happy Earth Day
April 22

from your friends at **Coffee News**

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

Canada

HELPING HOMEOWNERS START OR FINISH THEIR HOME PROJECTS

CALGARY HANDYMAN SERVICES

DRYWALL
PAINTING
PLUMBING
ELECTRICAL

INSTALLATION
BATHROOM RENOS
FLOORING
...AND MORE!

CALL/TEXT TODAY:
403.852.7505
calgaryhandymanservices@telus.net

Wear a mask. Stay Safe!

63-Calgary-Southbend