

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

Happy Earth Day

April 22

from your friends at **Coffee News**

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!

priariescentedcandles@gmail.com
www.priariescentedcandles.com

"A Royal Flush Always Beats A Full House!"

HIGH RIVER SEPTIC TANK CLEANING

We offer: SEPTIC TANK CLEANING • VAC TRUCK • & BACKHOE SERVICES

403.651.3958

PROUDLY SERVING HIGH RIVER, OKOTOKS & SURROUNDING AREA

If this was your ad...

Your Business 7 Days A Week

it would have been seen now!

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.

Reader of the Month
Thomas Acheson • Calgary, AB

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

JEOPARDY!

WEEKNIGHTS 7:30

yesTV

World's Largest Restaurant Publication!

FREE! New Issue Every Week!

Coffee News

"News To Be Enjoyed Over Coffee"

Okotoks Edition

587-392-8086

www.coffee-news.ca

Est. 1988

Wear a mask. Stay Safe!

Can't get to your **Coffee News** each week?

Check out our PDF editions online!

New editions are posted every Monday

Sign up here to receive email notifications of new editions.

Now you never have to miss your weekly dose of good news!

www.coffee-news.ca/editions

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.

May 21 to May 23-48 Hour Filmmaking Challenge Once again we are gearing up to watch filmmakers RACE AGAINST THE CLOCK!!! Are you up for the challenge? Join us online May long weekend May 21-23, 2021 and show off your filmmaking chops! Get all the details here: <https://fb.mee3voFnx7gQ>

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

*Coffee News Bucks
Over 150 participating sponsors!

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

MOBILE DETAILING CRAZE

CARING ABOUT YOUR MOBILE INVESTMENTS

403-519-6199

www.CrazeMobileDetail.com
CrazeMobileDetail@gmail.com

Proudly serving the Foothills communities including:

- Aldersyde
- Black Diamond
- Calgary
- High River
- Longview
- Okotoks
- Turner Valley

SAVE BIG

TIRE BLOWOUT SALE

...on all tire makes and models. Brands you know and trust!

High River's **COUNTRY CHRYSLER**

403-652-4949

1103, 14 STREET SE • HIGH RIVER

PLUS: Windshields starting at \$199.95

THIS SPACE FOR RENT

403-355-6316

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**

INVEST IN FRESH!

FRESH SLICE PIZZA

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

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

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)

© Published with Permission by Calgary Coffee News

(Over)

TEST YOUR MEMORY

After reading **Coffee News**, put it aside for a moment. Then challenge yourself or a friend to remember as many ads as you can.

Your Score:

- Less than 6 – Keep trying
- 7-10 – Getting better
- 11-15 – Excellent
- 16 or more – Genius!

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

Give Hope. Give Today.
TheSeed.ca/donate

THE MUSTARD SEED

Coffee News
is so popular...
even our competitors read it!

Recipe of the month

Cheesy Broccoli Soup in a Bread Bowl

1/4 cup butter, cubed	1/4 teaspoon pepper
1/2 cup chopped onion	1/4 cup cornstarch
2 garlic cloves, minced	1/4 cup water or additional chicken stock
4 cups fresh broccoli florets (about 8 ounces)	2-1/2 cups shredded cheddar cheese
1 large carrot, finely chopped	6 small round bread loaves (about 8 ounces each), optional
3 cups chicken stock	Optional toppings: Crumbled cooked bacon, additional shredded cheddar cheese, ground nutmeg and pepper
2 cups half-and-half cream	
2 bay leaves	
1/2 teaspoon salt	
1/4 teaspoon ground nutmeg	

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

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**

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 term stays available

403.536.8675 | cambridgemanor.ca

1-134 Macleod Trail High River

HIGHWOOD DENTAL

DR. DARCY W. BENNETT

403.652.2274
www.highwooddental.com

NEW PATIENTS WELCOME!

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

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.

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

Caring for your dogs as if they were our own!

- On leash and off leash walks in appropriate areas
- Private in-home training
- Group classes
- Special programs for private training

Visit us on Facebook to find out what we're all about!

Daisy's Doggie Walks and Training

daisysdoggiewalksandtraining@gmail.com 403.970.9800

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

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

From Port Alberni, B.C. to St. John's, Newfoundland

Served in **1579** restaurants and coffee shops

Read by over 1.25 million Canadians per week

Coffee News is Canada's choice for positive news from around the world!

E CAUGHT YOUR EYE?

Comprehensive Eye Care:

- Health
- Emergencies
- Optics
- Rehabilitation

PRICE MATCH GUARANTEE! TALK TO US FIRST

Diamond Valley Vision Care
IN BLACK DIAMOND 403-933-5552

STERLING ADVISORY INC.

UK Pension Transfers

Personal or Company pension left behind in the UK? ...Contact us to discuss your options

Tel: 1-250-863-7766 | mark@sterlingadvisory.com
www.sterlingadvisory.com

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

*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.