

**2021 REGISTRATION IS OPEN!**  
**Edmonton 45/50 Plus Slopitch**

- ✓ Sociable, Competitive and Fun!
- ✓ Premium Fenced Diamonds
- ✓ Washrooms

— 45+ Competitive, Set Teams  
 — 45+ Women's/50+ Men's Competitive  
 — 45+ Women's/50+ Men's Competitive/Recreational  
 — 45+ Women's/50+ Men's Recreational

LEAGUE WILL BE PLAYED UNDER COHORT RULES IF NECESSARY

**www.esspa.ca**  
 info@esspa.ca Mailing address: PO Box 34039  
 Kingsway Mall, Edmonton, AB T5G 3B4

*Because everyone deserves to feel beautiful*

**TOUCH OF CLASS BEAUTY SERVICES**  
 EYELASH TECHNICIAN

**780-660-7539**  
 touchofclassbeautyservices@gmail.com  
 www.facebook.com/touchofclassbeautyservices

**COMPOST FUNDRAISER Sale**  
**Organic Soil**

**JUST IN TIME FOR SPRING PLANTING!**  
 Sat. May 8 • 9 am-3 pm

- 169th Glen Allan Scouts Canadian Tire & Lowes, Sherwood Park
- Champlain Heights Park 9820-104 St., Morinville
- Crestwood Elementary 9735-144 St.
- Kirk Scouts Canadian Tire, 3650-158 Ave. NW
- Zoe's Animal Rescue North Glenora Community League, 13535-109A Ave.

40 lb bag for \$10  
 Three for \$25 or Five for \$40

9 LOCATIONS For locations: [www.cleanitgreenit.net](http://www.cleanitgreenit.net) or **780.488.7926**

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

**FIND Hope WITH US**  
 PASS IT FORWARD

**CancXcancerhelp.com**  
 Use Order Code 6902

BREAKTHROUGH IN CANCER NUTRITIONAL SUPPORT

**STOP STREAMING! IT'S FUNNIER LIVE AT THE COMIC STRIP**  
 BOURBON STREET, WEST EDMONTON MALL

PURCHASE TICKETS ONLINE AT **thecomicstrip.ca**

*Rick Bronson's*  
**THE COMIC STRIP**  
 DRINK • DINE • LAUGH

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**

**CLEANING CORNERS... NOT CUTTING THEM**  
**KLEANCHEM**

CLEANING AND MAINTENANCE  
**CLEANERS FOR HIRE**

- Weekly/BiWeekly/Monthly Cleaning
- Move In/Move Out Cleaning
- Residential/Apartment Buildings Cleaning Services
- Laundry Services and Personalized Cleaning Services
- Sanitizing and Cleaning for Small Business
- Post-Construction Cleaning Services

CARPET CLEANING SERVICES  
 10% DISCOUNT FOR SENIORS!  
 COST EFFICIENT RATES TO SUIT ALL BUDGETS

**780-695-2436 | www.kleanchem.ca**

**FREE!** *New Issue Every Week!*  
**Coffee News**  
*"News To Be Enjoyed Over Coffee"*

**South East Edmonton Edition**  
**780-220-6397**

www.coffee-news.ca Est. 1988

Vol. 18 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](http://www.coffee-news.ca) to submit your event.

**Jun 3 to Sep 26-Century Park Market** Southside open air public farmers market. Open Thursdays from 3:30pm to 7:30pm. Phone 780-913-2586 for more information or visit [www.centuryparkmarket.com](http://www.centuryparkmarket.com)

**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](http://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](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](http://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)

**ESTATE POWER**  
 EDMONTON COMMUNITY FOUNDATION ESTATE WEEK SPRING 2021

Edmonton Community Foundation is pleased to present free seminars on estate administration.

**April 12 - 16, 2021**

Find out how to be an executor, how to choose an executor, and many important topics.

Registration is required. For session descriptions and to register, go to [ecfoundation.org](http://ecfoundation.org)

**HELP STOP THE SPREAD!**

1. Wear a mask
2. Keep your distance – six feet!
3. Wash your hands
4. Take a copy of Coffee News home with you

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

Clogged Drain? Broken Furnace? Leaking Pipes?

**24/7 SERVICE** **PLUMBER FOR HIRE**  
 Specializing in plumbing and heating service work

Jay Smulski  
 Journeyman and Red Seal Plumber and Gasfitter

**780-884-2372**

**ESTATE POWER**  
 EDMONTON COMMUNITY FOUNDATION ESTATE WEEK SPRING 2021

Edmonton Community Foundation is pleased to present free seminars on estate administration.

**April 12 - 16, 2021**

Find out how to be an executor, how to choose an executor, and many important topics.

Registration is required. For session descriptions and to register, go to [ecfoundation.org](http://ecfoundation.org)

**Come and enjoy rural Alberta!**

Tired of waiting for high cost accommodation in the big city?  
 We have vacancies to offer residents living outside of town!  
 Studio suites, all inclusive \$1981.00 (maximum) and one bedroom couples' suites \$3004.00 (maximum), all inclusive.  
 Experience fresh air and country living.

**780.853.5706**  
 Contact Tabitha at [tabitha.dykstra@vdhf.ca](mailto:tabitha.dykstra@vdhf.ca)  
[www.vdhf.ca](http://www.vdhf.ca)  
 5401-46 St., Vermilion

Vermilion & District Housing Foundation

**Calling all Fishermen**  
 50 YEARS & OVER

Come find fishing buddies at **THE EDMONTON Old Timers' FISHING CLUB**

Monthly meetings Monthly newsletter

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

**For the first time ever...**

**Advertise Your Restaurant Here!\***

For complete details, call Sam at 780-264-2552

Qualifying distributors of **Coffee News** receive **FIRST MONTH FREE!\*\*\***

**Coffee News** #supportlocal Initiative

**EMPLOY Abilities FOR NEWCOMERS**

**LOOKING FOR HELP? NEW TO ALBERTA?**  
 We provide services for newcomers with permanent barriers with a fast, pre-employment program, to help you get ahead!

This program offers the following **FREE** services:  
 • Private one-on-one job search advice  
 • Training to get you ahead with your job search  
 • Strategies to help you succeed at work  
 • Networking to help you with your goals

**CONTACT EMPLOYABILITIES TODAY!**  
 Contact us by phone at 780.945.4643 or email [michael@employabilities.ab.ca](mailto:michael@employabilities.ab.ca)

Funded by: Immigration, Refugees and Citizenship Canada  
 Financed by: Immigration, Refugees and Citizenship Canada

**200+ Delicious Meals Made for SENIORS!**

PLEASE ASK US FOR STARTER PACK

NOW SERVING THIS COMMUNITY!

- ✓ Free Delivery\*
- ✓ No Obligations
- ✓ No Minimum Orders\*

\*Some conditions apply

Request your **FREE MENU Catalogue** today!  
**780-666-2336**  
 TF: 1-800-704-4779

**HEART TO HOME MEALS**  
 DELICIOUS MEALS MADE FOR SENIORS™  
[www.hearttohomemeals.ca](http://www.hearttohomemeals.ca)

**FRASIER** WEEKNIGHTS 6:00(EST) / 6:30(MT)  
**yesTV**

**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**

**Without our advertisers, Coffee News® would not exist**

Please support them!

**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.

**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

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

**ETTA TELECOM**

**587.760.2800**  
<https://zettatelecom.com>

DEDICATED TO FINDING OUR CLIENTS THE BEST SOLUTIONS WITHIN THEIR BUDGETS

**I HAVE BEEN DOING TAX RETURNS SINCE 1985**

Personal Tax Returns • Corporate Tax Returns  
 GST Returns • Preparation of T4s/T5s

**DBA** Donald B. Verbeke, CPA, CA, CFP  
 PROFESSIONAL CORPORATION

CPA CHARTERED PROFESSIONAL ACCOUNTANT  
 CFP CHARTERED FINANCIAL PLANNER

1169 Tory Road NW Edmonton • don@verbeke.ca  
**Cell: 780.945.6190 • www.verbeke.ca**

# 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

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

**Recipe of the month**

**Baked Ham with Cherry Sauce**

1 fully cooked bone-in ham (6 to 8 pounds) ½ cup sugar  
 1 cup packed brown sugar 1 cup cold water  
 3 tablespoons maple syrup 1 can (15 ounces) pitted dark sweet cherries, undrained  
 1 teaspoon ground mustard 2 tablespoons lemon juice  
 3 tablespoons cornstarch 1 teaspoon almond extract

Prep Time: 10 mins. Bake time: 1 hour 45 mins.  
 Yield: 12 servings

1 Preheat oven to 325°. Place ham on a rack in a roasting pan. Using a sharp knife, score surface of ham with 1/4-in.-deep cuts in a diamond pattern. Mix brown sugar, syrup and mustard; rub over ham and press into cuts. Bake, covered, until a thermometer reads 140°, 1-3/4 to 2 hours.  
 2 In a small saucepan, mix cornstarch, sugar and water until smooth. Add cherries; bring to a boil. Cook and stir until thickened, 1-2 minutes. Remove from heat; stir in lemon juice and almond extract. Serve warm with ham.  
 An ideal Easter meal shoustopper!

Source: [www.fastefhome.com](http://www.fastefhome.com)

FAST, ACCURATE, CLEAN & FRIENDLY SERVICE

**MILLWOODS Bottle Depot**

2830 Parsons Road  
 (south extension of 99th St. above South Edmonton Common)

mybottledepot.ca

14 receiving stations to serve you REALLY FAST!

Mon - Sat 8:30 am - 7 pm  
 Sunday 10 am - 6 pm

BEST IN THE CITY!

Bring in your bottles for a chance to win in our regular Customer Appreciation Draws!

**WINTER SPECIAL**

Complimentary Hair Treatment with any colour service, customized to your hair's needs OR Complimentary Paraffin, Scrub or Massage to your Manicure or Pedicure

**Clarity**  
 SALON & SPA

780.761.5959  
 965 James Mowatt Tr. SW  
[www.claritysalonandspa.ca](http://www.claritysalonandspa.ca)

FROM **\$50** A MONTH

**ONKAR INSURANCE BROKERS**

**DRUG AND DENTAL PLANS**

LIFE | SUPERVISA | DISABILITY TRAVEL INSURANCE  
 RESP PLANS (up to \$9200 grants + 15% bonus)

**Vikram Saggi**  
 780-999-3000

**Need ONE More Reason to Join?**

1 You need child support enforced  
 2 Your landlord raises rent in violation of your verbal agreement  
 3 You adopt a child  
 4 A friend owes you money and files for bankruptcy  
 5 You need help with credit card liability resolution  
 6 Your car is vandalized in a parking lot

Call **LOYD KENNEY**, Independent Associate, to find out how LegalShield can help you!

**LegalShield 1-877-579-9449**

**Affordable seniors accommodation**

- Apartment units
- Lodges with meals and housekeeping
- Clean, well maintained, secure buildings
- Friendly, professional staff
- Recreation activities

Call **780.482.6561** or visit us online at [gef.org](http://gef.org)

**Seniors Housing**

**EMPLOY Abilities FOR NEWCOMERS**

**LOOKING FOR HELP? NEW TO ALBERTA?**

We provide services for newcomers with permanent barriers with a fast, pre-employment program, to help you get ahead!

This program offers the following FREE services:  
 • Private one-on-one job search advice  
 • Training to get you ahead with your job search  
 • Strategies to help you succeed at work  
 • Networking to help you with your goals

**CONTACT EMPLOYABILITIES TODAY!**

Contact us by phone at 780.945.4643 or email [michael@employabilities.ab.ca](mailto:michael@employabilities.ab.ca)

Immigration, Refugees and Citizenship Canada