


FREE! *New Issue Every Week!*
Coffee News[®]
"News To Be Enjoyed Over Coffee"
West Edition
587-392-8086



www.coffee-news.ca Est. 1988

THIS SPACE FOR RENT
403-355-6316

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

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

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.ca • toesonthego.ca

Please recycle your copy of



Coffee News[®]

Pass it on to a friend... or return it to the rack for someone else to enjoy!

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

Hey, Calgary!
FRESH SLICES FOR \$2.39



Two Calgary locations, in DT EastVillage and CrossIron Mills

FRESHSLICE.COM

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



Give Hope. Give Today.
TheSeed.ca/donate

THE MUSTARD SEED

April 29
Happy International Dance Day



from your friends at **Coffee News**

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** **i** **o** **u** **t** **y** **e**

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.



Vol. 11 No. 16 April 19, 2021

Everybody's Talking

Lottery luck: It's not much fun to discover that a car tire is low on air, necessitating a stop at a gas station with an air pump. But for a man from Michigan (U.S.), it led to winning a whopping \$2 million. The fellow was driving his wife's truck when he realized one of the tires was going soft. He pulled into the nearest gas station, but didn't have coins for the air pump. That led him to enter the adjoining store to get some change, and he decided to pick up a lottery ticket while he was at it. The winner and his wife will invest their winnings in a new home, and maybe they'll even get a new, airtight tire for the truck.

Bear country: When Sean Atkinson looked at the security camera to see who had broken into his home near Orillia, Ontario (Canada), he was surprised to find that the burglar was not a person, but a bear! The animal seemed to have opened the door like a human, and then it walked in nonchalantly, as though it owned the place. It rummaged around quite a bit, but didn't find much to eat in the empty pizza boxes that were lying around. Getting out of the house was a little bit trickier because the door slammed back in the poor creature's face. However, the bear made it out, with not much damage to Atkinson's home.

Subway splendour: When one thinks of subway stations in big cities, visions of concrete, graffiti, and dimly lit underground corridors may come to mind. Not so in Moscow, where the metro stations look more like ornately decorated dance halls. Rather than being dirty and unpleasant, these stations are beautiful and opulent. Each station in the city has its own unique design, with some featuring stained glass and chandeliers, while others display plaster mosaics and marble seating. They are unexpected sights to see while waiting to catch the train to a destination.

Lacy cookies: Judit Czinkné Poór of Ajka, Hungary, probably never expected that her skill at painting porcelain would transfer to cookie decorating. That is just what happened, and today the artist is a well-known pastry chef with her own shop. She is able to turn a gingerbread cookie into a creative edible that appears to be covered in traditional Hungarian lace and delicate flowers. She has expanded her decorating to include cartoon characters and animal figures. As can be imagined, completing a batch of cookies takes Poór a long time, so she is unable to keep up with the demand. However, she shares her talent through teaching.

Quoteable Quotes

"There is only one proof of ability: action." —Marie von Ebner-Eschenbach
 "We are such stuff as dreams are made on; and our little life is rounded with a sleep." —William Shakespeare

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. Which American filmmaker created Jaws and Jurassic Park?
2. Tonsils are part of the lymphatic system—T/F?
3. A simoleon is a slang term for what?
4. How often does the International Space Station orbit Earth?
5. The Nehru jacket was a product of the 1940s, '50s, or '60s?

(Flip bottom of page for answers)
 © Published with Permission by Calgary Coffee News

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

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**

FREE ASSESSMENT CALL TODAY!



BBB Accredited

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!

Reader of the Month
 Thomas Acheson • Calgary, AB

Coffee News Fun Reading. Serious Advertising.



TOWNSEND UPHOLSTERY

COMMERCIAL and RESIDENTIAL

EMAIL US A PHOTO OF YOUR PROJECT FOR A FREE QUOTE!

- ✓ Automotive ✓ Boats
- ✓ Sunbrella Fabrics
- ✓ Indoor and Outdoor Furniture

403.686.3186
 3540-41 Street SW
 2towns2@telus.net • www.townsendupholstery.net



The Brenda Stafford Cambridge Foundation Manor



Opening June 2020

Introducing Cambridge Manor
 The Brenda Stafford 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

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



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

Supported by the Government of Canada's Homelessness for Seniors Program



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**

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

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



FREE
SCRAP CAR REMOVAL

DJ'S
TOWING

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

DHILLON LAW OFFICE

Kirin Dhillon, Barrister & Solicitor



- Family Law
- Criminal Law
- Real Estate
- Immigration Law
- Wills and Estates
- Civil Litigation

403.815.9944

104-200 Country Hills Landing NW • kirin@dhillonlawoffice.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



*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.

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!



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

Visit us on Facebook-CoffeeNewsWeekly

Your Weekly Horoscope

ARIES (March 21 - April 20)



Something that may have been lost or hidden may now come to light. Secrets, mysteries, or long-buried feelings and desires could be revealed. Lucky Numbers: 3, 16, 18, 22, 29, 32.

TAURUS (April 21 - May 21)



You may be more impressionable and open, and your intuition may be heightened. The world of imagination or entertainment could hold some attraction for you. Lucky Numbers: 5, 6, 9, 33, 36, 39.

GEMINI (May 22 - June 21)



It may be a good time to come to an agreement, negotiate, or exchange your views with others. Ideas flow and you could present your case very well. Lucky Numbers: 12, 15, 23, 33, 38, 49.

CANCER (June 22 - July 22)



Conversations and sharing plans may be very productive now. You might better understand what others are telling you and also make yourself clearly understood. Lucky Numbers: 2, 17, 22, 27, 34, 40.

LEO (July 23 - Aug. 23)



Times may call for flexibility and your ability to think on your feet while accepting the unexpected. You might come up with fresh insight, which could be quite useful. Lucky Numbers: 11, 19, 21, 29, 31, 39.

VIRGO (Aug. 24 - Sept. 23)



This may be a favourable time to socialize with people with whom you have professional ties. The positive feelings you generate now could help you with your goals for the future. Lucky Numbers: 7, 13, 18, 19, 22, 48.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 11.

LIBRA (Sept. 24 - Oct. 23)



There may be major opportunities to make connections and to learn something through a chance encounter. This might be a good time to be out and about. Lucky Numbers: 17, 27, 33, 37, 40, 48.

SCORPIO (Oct. 24 - Nov. 22)



This may be a good time to make decisions about your financial affairs, with judgment that is sound and reliable. Spending time with old friends could bring you happiness. Lucky Numbers: 5, 10, 17, 22, 37, 43.

SAGITTARIUS (Nov. 23 - Dec. 21)



Confidence and inner harmony may prevail. You might move forward with creative projects and express yourself more easily and comfortably now. Lucky Numbers: 1, 2, 3, 11, 22, 33.

CAPRICORN (Dec. 22 - Jan. 20)



Thoughts of the past and the choices you've made may be prominent. Making a decision regarding your home or your family life could be favoured at this time. Lucky Numbers: 21, 26, 29, 31, 36, 39.

AQUARIUS (Jan. 21 - Feb. 19)



You may see connections and possibilities that you had overlooked before. Now might be a good time to communicate your enthusiasm and share your plans. Lucky Numbers: 5, 10, 15, 25, 35, 45.

PISCES (Feb. 20 - March 20)



You may receive appreciation and a positive response for your generosity. Being with people and giving something of yourself and your talents might be your path. Lucky Numbers: 1, 4, 14, 24, 34, 44.

Did You Know...

Multilingual: Swedish actress Ingrid Bergman (1915-1982) had many talents. As well as starring in famous movies of her day, such as *Casablanca* and *For Whom the Bell Tolls*, she could speak five languages.

Yummy soup: People in New Orleans, Louisiana (U.S.), are quite familiar with a traditional soup called yakamein. The tangy beef broth is chock full of spaghetti, beef, green onions, and hard-boiled eggs, and topped with Creole seasoning.

Silence is golden: Surprisingly, wind doesn't make a sound. That is, until it comes into contact with objects. So when whistling, rattling, rolling, or squeaking sounds are heard on windy days, it's not really the wind!

Long borders: The longest international border in the world, between the United States and Canada, is 8,890 kilometres (5,524 mi.) long. Next longest is the border between Russia and Kazakhstan, which is 6,846 km (4,254 mi.) long.

Unique tree: Baobab, also known as the bottle tree, is a genus of tree that has several species. They grow in Madagascar, Africa, and Australia. Their thick trunks store water, and they can live to be hundreds of years old.

On the Lighter Side

Why did the traffic light turn red? You would, too, if you had to change in the middle of the street.

First pupil: "Great news! Teacher said we're going to have a test today, come rain or shine."

Second pupil: "Why is that good news?"

First pupil: "It's snowing!"

0 and 8 are taking a walk in the desert. The 0 turns to the 8 and says, "You must be hot with that belt on."

A candle loses nothing by lighting another candle.

What a fine thing experience is! It enables us to recognize a mistake every time we make it.

Answers

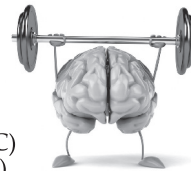
4. Every 90 minutes 5. 1960s
Trivia answers: 1. Steven Spielberg 2. True 3. A dollar

For available franchise opportunities – visit coffeenewscanada.com
© Published with Permission by Calgary 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 • www.calgaryaphasia.com
yssc Calgary@gmail.com • Calgary.Aphasia.Centre@gmail.com

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

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

Please support them!

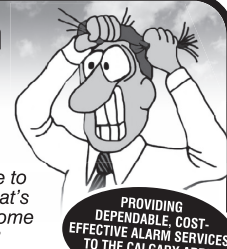


Faulty Alarm or Security Emergency?

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

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 (8 ounces each), optional |
| 1 large carrot, finely chopped | 6 small round bread loaves (about 3 ounces each), optional |
| 3 cups chicken stock | Optional toppings: Crumbled cooked bacon, additional shredded cheddar cheese |
| 2 cups half-and-half cream | 1/4 teaspoon ground nutmeg |
| 2 bay leaves | |
| 1/2 teaspoon salt | |
| 1/4 teaspoon ground nutmeg | |

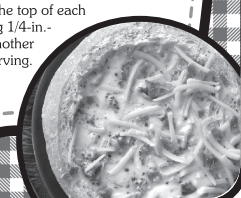
Prep Time: 15 mins. Cook time: 30 mins. Yield: 6 servings

1 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.

2 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.

3 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.

4 If desired, serve soup with toppings.



Source: www.fastcofhome.com

57-Calgary-West