



# COLD SHOT

A DIVISION OF BALWARIA EMPIRE PVT. LTD.

## PASSENGER & PARCEL SERVICES

GET YOUR REWARD CARD TO GET A FREE TICKET!

Parcel Website: [www.coldshotca.com](http://www.coldshotca.com)  
Passenger Website: [www.coldshot.ca](http://www.coldshot.ca)

TICKETS: 587-557-7719 | PARCEL: 587-557-7718

SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005



### If you liked Gold Canyon Candles, you are gonna love Sunset Scents!

They are creating candles that have a strong scent throw and the cleanest burning scented candles out there!

*They are the next Finest candles you will EVER find!*



[prairiescentedcandles@gmail.com](mailto:prairiescentedcandles@gmail.com)  
[www.prairiescentedcandles.com](http://www.prairiescentedcandles.com)



# World Oceans Day

June 8



A reminder from your friends at

## Coffee News®

## STEP AHEAD

REFER A SENIOR FOR THIS FREE PROGRAM TODAY

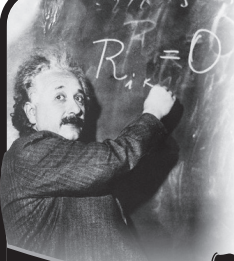


Do you know a Deaf or Hard of Hearing senior in your community needs help using technology to connect with friends, family or services?

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**

Funded by the Government of Canada's New Horizons for Seniors Program  
  
Capitol Hill House  
HOUSING COMMUNITIES



## DO THE MATH!

If you advertise in a monthly publication, your ad is seen 12 times a year.  
If you advertise in a bimonthly publication, your ad is seen 6 times a year.

**If you advertise in Coffee News®, your ad is seen 52 times a year!**

It takes the average person 8 - 10 times to see a message and retain it.

*So, where would you want YOUR ad to be?*

### Coffee News® = Repetition

# 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

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

❶ 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.

❷ 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.

❸ 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.

❹ If desired, serve soup with toppings.

1/4 teaspoon pepper  
1/4 cup cornstarch  
1/4 cup water or additional chicken stock  
2-1/2 cups shredded cheddar cheese (8 ounces each), optional  
Optional toppings: Crumbled cooked bacon, additional shredded cheddar cheese, ground nutmeg and pepper



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

## Support Your Community

by visiting local businesses that advertise in Coffee News®.



After all, they are making this publication possible for your enjoyment!

Tell them you saw their ad in Coffee News!

# FREE!

## New Issue Every Week!

# Coffee News®

"News To Be Enjoyed Over Coffee"

### Shawnessy - Fish Creek

### Calgary Edition

## 403-355-6316

[www.coffee-news.ca](http://www.coffee-news.ca)

Est. 1988



Vol. 11 No. 22 May 31, 2021

## Everybody's Talking

**Paring pumpkins:** When people think of carving pumpkins, scary or funny faces that frighten or amuse Halloween celebrants are what usually comes to mind. Angel Boraliev of Varna, Bulgaria, has different ideas. This pumpkin carver is an artist who sculpts amazingly realistic images and designs out of the lowly fruit. A pumpkin might be turned into a regal owl, a majestic eagle, a slithering snake, or a placid pelican. Along with pumpkins, Boraliev also enjoys using watermelons and soap as a medium.

**White deer:** The northern part of the state of New York (U.S.) is home to a rare white-tailed deer called the Seneca white deer. The animals of this type carry a recessive gene that makes their coats white instead of the usual brown. The herd was protected for many years by the Seneca Army Depot. When it closed in the 1990s, volunteers took over the care of the animals. No hunting is allowed in what is now a sanctuary for the deer, but their stark white fur makes the animals an easy target for predators. Today, the private owner of the property plans to continue to protect the herd.

**Chalky art:** Chalk is something very familiar to teachers and students. That was true for Sachin Sanghe, who came from the village of Mudugere in Karnataka, India. He took a liking to the material and started to carve things in it, starting with simple letters. Later, he carved intricate creations, such as hands, deities, and buildings. He took a break from his art to attend engineering school, but after graduating, he started carving again. His tiny sculptures can take many hours to complete, depending on the complexity. The artist admits that getting the job done requires a lot of concentration.

**Dish decorations:** Collectors of porcelain might have a cabinet or two filled with interesting finds, but a couple of cabinets would not nearly be enough to hold the collection of Nguen Van Truong of Kieu Son, Vietnam. He started collecting porcelain dishes back in the 1980s, and he became so obsessed that he soon had nowhere to put all of his acquisitions. He took some mortar, applied it to the walls of his home, and began the process of embedding the dishes into his house. Now, the inside and outside of his house are covered in about 10,000 pieces of colourful dishware.

## Quoteable Quotes

"Our deeds still travel with us from afar, and what we have been makes us who we are."  
—George Eliot

"Not everything that is faced can be changed, but nothing can be changed until it is faced."  
—James Baldwin

## 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.

**June 8-3rd 2021 Marda Loop Justice Film Festival justREEL film screening** MLJFF invites you to our FREE social justice themed double feature, followed by a prerecorded QA segment with a subject matter expert. Available across Alberta from 5:30 pm to 11:59 pm. Learn more and register today at: <https://justicefilmfestival.ca>

**July 30 to Aug 2- The Annual Rotary RIBFEST YYC** Rotary RIBFEST YYC is a fun event to bring our community together and to raise money for local charities. Join us July 30 to Aug 2 from 11-9 at McMahon Stadium for the Stampede Famous RIB trucks. <https://www.chinookrotary.org/pagerotary-ribfest-yyc>

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.

### Can't get to your Coffee News® each week?

[www.coffee-news.ca/editions](http://www.coffee-news.ca/editions)

### 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!





## SHOP ONLINE!

### [www.scubagearcanada.ca](http://www.scubagearcanada.ca)

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

**The Dive Outfitters**  
Scuba Diving & Snorkeling  
11781-156 St., Edmonton  
Learn to SCUBA DIVE at our Edmonton location – call for details  
780.483.0044

SCUBAPRO | SHERWOOD | GARMIN | SHEARWATER | AKONA | HENDERSON | SEALIFE | TUSA



## THIS SPACE FOR RENT

## 403-355-6316

## ALBERTA HEARING CENTER

Mark Ganden B.Sc., BC-HIS

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

Hearing Tests (ages 4 to adult)

Hearing Aids

Batteries

Ear Plugs

AADL, WCB, DVA & "Private"

### 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:**  
❶ Your name  
❷ Your phone number  
❸ 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

## 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](http://www.smallmiraclesadoption.com)



## BLUE BLOODS

MON - THURS 9:00

yesTV

## Trivia

1. Baby swans are called cygnets, ducklings, or goslings?
2. Bluefin tuna is the largest of the tuna species—T/F?
3. In what women's sport does Megan Rapinoe excel?
4. What type of fastener did icon "Rosie" of the WWII era use?
5. The California condor has a wingspan of how many feet?

(Flip bottom of page for answers)

© Published with Permission by Calgary Coffee News

(Over)



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

Give Hope. Give Today.  
**TheSeed.ca/donate**



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!



## 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

HELPING HOMEOWNERS START OR FINISH  
THEIR HOME PROJECTS

CALGARY  
**HANDYMAN  
SERVICES**

DRYWALL	INSTALLATION
PAINTING	BATHROOM RENOS
PLUMBING	FLOORING
ELECTRICAL	...AND MORE!

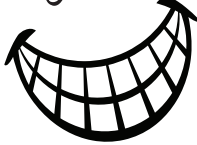


CALL/  
TEXT TODAY:  
**403.852.7505**  
calgaryhandymanservices@telus.net

Proudly Delivering...



**32 YEARS**  
**Coffee News®**



SMILES Since  
**1988**



**FREE**  
**SCRAP CAR REMOVAL**

**DJ'S  
TOWING**

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

## 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**

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.

# Your Weekly Horoscope

## ARIES

(March 21 - April 20)



Joining your efforts with  
others may work out  
very much to your advantage. You could reap  
rewards later for the  
generosity you extend at  
this time. Lucky Numbers: 5, 9, 12,  
31, 39, 49.

## TAURUS

(April 21 - May 21)



Communicating with  
neighbours, friends, and  
family may be accentuated. This might be a  
good time to establish  
friendly, professional  
relationships, as well. Lucky Numbers:  
16, 24, 31, 39, 44, 48.

## GEMINI

(May 22 - June 21)



Your intuition or gut  
feelings may be right on  
the mark. Positive feelings  
and inner harmony  
could engender smooth  
and comfortable relations  
with others. Lucky Numbers: 6,  
7, 14, 22, 26, 42.

## CANCER

(June 22 - July 22)



Light, pleasant interactions  
may be emphasized. You  
could gain what you want  
through diplomacy. You  
might be willing to make  
concessions to maintain  
harmony. Lucky Numbers: 4,  
18, 25, 37, 41, 48.

## LEO

(July 23 - Aug. 23)



You may care passionately  
and respond instinctively  
to current events. You  
might be energized and  
eager to be involved in  
projects that benefit  
your family life. Lucky Numbers: 1, 7,  
17, 27, 37, 47.

## VIRGO

(Aug. 24 - Sept. 23)



An interest in people  
and psychology may  
come to the fore. You  
might be fascinated by  
the mysterious and  
could delve and probe  
until you discover the truth. Lucky  
Numbers: 2, 12, 14, 16, 18, 20.

## LIBRA

(Sept. 24 - Oct. 23)



This may be a good time  
to begin a new business  
enterprise or a new venture.  
You could have the drive  
and courage to make your  
vision a reality. Lucky Numbers: 8, 10, 17, 28,  
30, 44.

## SCORPIO

(Oct. 24 - Nov. 22)



You may make your  
influence felt, and your  
efforts to advance your  
career could be very effective.  
Taking on a leadership  
position might be  
favoured now. Lucky Numbers: 21,  
24, 29, 31, 44, 49.

## SAGITTARIUS

(Nov. 23 - Dec. 21)



Music or art may move  
you very much now. Your  
imagination might be  
activated, and you could  
be inclined to feel rather  
passive and dreamy, or  
creatively inspired. Lucky Numbers: 2,  
12, 13, 22, 23, 33.

## CAPRICORN

(Dec. 22 - Jan. 20)



This may be a perfect  
time to socialize, as the  
positive feelings that you  
generate may be to your  
advantage. Your willingness  
to meet people halfway  
could benefit you, as well. Lucky  
Numbers: 3, 5, 16, 22, 26, 40.

## AQUARIUS

(Jan. 21 - Feb. 19)



A desire to share your  
good fortune and joy  
with others may be your  
theme. Beautifying your  
home or changing your  
physical appearance  
might appeal to you. Lucky Numbers:  
1, 15, 21, 35, 41, 42.

## PISCES

(Feb. 20 - March 20)



You may be craving  
emotional excitement,  
and your inhibitions  
might be loosened. It  
could be a time for music,  
dancing, and being joyfully  
spontaneous. Lucky Numbers:  
12, 16, 32, 36, 42, 46.

Lucky numbers this week: This week's odds favour Libra  
winners with the luckiest number being 8.

# Did You Know...

**Hearing feet:** African elephants have the unique ability to "hear"  
with their feet. Far-off rumbles in the ground create vibrations that  
travel from their feet to their middle ear. The timing of the signals  
can indicate the direction of the sound's origin.

**Chef's trick:** When we sprinkle salt on our food, we usually  
do it close to the target. Chefs sprinkle seasonings from a height  
of as much as 12 inches (30 cm). This results in much more  
even distribution.

**No rabbits:** In the state of Queensland, Australia, owning a  
rabbit is illegal. That's because the critters have become a  
severe ecological threat. The government erected a rabbit-proof  
fence and has taken other measures to keep the population under control.

**Alarm system:** Royals in ancient Japan were ahead of their  
time. They purposely built squeaky floors as an anti-theft  
alarm system. These "nightingale floors" or *uguisu-bari*, are  
named after the Japanese nightingale, also known as the  
Japanese bush warbler.

**Unique banking:** When visiting Vatican City in Rome,  
people can practice Latin while doing their banking. An ATM  
in Vatican City has an option to do transactions in Latin,  
possibly the only machine in the world to offer such a service.

# On the Lighter Side

What has two hands, a big round face, always runs but stays  
in place? A clock.

Carry a feather duster with you wherever you go. If you can't  
find someone to tickle, at least you'll be able to do their dusting.

Don't resent growing old—many are denied the privilege.

Fred: "How do you know that peanuts are fattening?"  
Ed: "Have you ever seen a skinny elephant?"

Improvising is a great adventure—a class act needs no cue cards.

## Answers

Trivia answers: 1. Cygnets 2. True 3. Soccer 4. The river  
5. 9-10 ft.

For available franchise opportunities – visit [coffeenewscanada.com](http://coffeenewscanada.com)  
© Published with Permission by Calgary Coffee News

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!



**RIVERVIEW VILLAGE**  
Right Home. Right Time.  
Right Place.

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

**2933 26 Ave SE Calgary**  
Call for details

**bethany**  
CREATING CARING COMMUNITIES

**403.272.8615/403.441.0673**



## 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®**

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

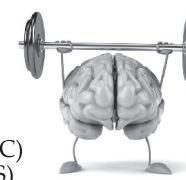
Please  
support them!



## 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](http://www.sracalgary.com) • [www.calgaryaphasia.com](http://www.calgaryaphasia.com)  
[ysscalgary@gmail.com](mailto:ysscalgary@gmail.com) • [Calgary.Aphasia.Centre@gmail.com](mailto:Calgary.Aphasia.Centre@gmail.com)

## 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](mailto:marion@toesonthego.care) • [toesonthego.care](http://toesonthego.care)

Say "Thank You" to  
our advertisers

by visiting them and doing  
business with them.

They make this  
publication  
possible.

(And be sure to  
tell them you  
saw their ad in  
**Coffee News®**!)



65-Calgary-Shawnessy