

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

THIS SPACE FOR RENT

403-355-6316

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

MARLBOROUGH DENTURE CLINIC

SENIORS RATES APPLY

AFFORDABLE DENTURES

Please Call Us!

403-272-2500

Mention this ad when you call us.

#250 - 433 Marlborough Way NE.
2nd floor Marlborough Mall
Near entrance #5 - East side of mall

Without our advertisers, Coffee News® would not exist

Please support them!

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!

BLUE BLOODS

MON - THURS 9:00

yesTV

Visit us on Facebook-CoffeeNewsWeekly

FREE!

New Issue Every Week!

Coffee News®

"News To Be Enjoyed Over Coffee"

West Central Calgary Edition

403-355-6316

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 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

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

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

(Flip bottom of page for answers)

© Published with Permission by Calgary Coffee News

(Over)

We Keep Good Company

Improving the quality of life for seniors and those with disabilities through accompaniment and companionship, including transportation services

Driving Miss Daisy Seniors' Services

Accompanying you to a fuller life

1.877.613.2479

www.drivingmissdaisy.ca

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!

PSC Prairie Scented Candles

Sunset Scents a RAY of Fragrance

prairiescentedcandles@gmail.com
www.prairiescentedcandles.com

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

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

World Oceans Day

June 8

A reminder from your friends at Coffee News®

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 terms stays available

403.536.8675 | cambridgemanor.ca

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
Passenger Website: www.coldshot.ca

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

SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005

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!

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

Give Hope. Give Today.
TheSeed.ca/donate

THE MUSTARD SEED

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

DHILLON LAW OFFICE
Kirin Dhillon, Barrister & Solicitor

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

403.815.9944
104-200 Country Hills Landing NW • kirin@dhillonlawoffice.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:
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

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

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

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
ysscargary@gmail.com • Calgary.Aphasia.Centre@gmail.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®**

World's Largest Restaurant Publication!

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.

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

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

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

FREE SCRAP CAR REMOVAL

DJ'S TOWING

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

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

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

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.