

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

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

THIS SPACE FOR RENT

403-355-6316

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

Give Hope. Give Today. TheSeed.ca/donate



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

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

The Brenda Stafford 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

FREE!

New Issue Every Week!

Coffee News®

"News To Be Enjoyed Over Coffee"

Northwest Calgary Edition
403-355-6316



www.coffee-news.ca

Vol. 11 No. 23 June 7, 2021

Everybody's Talking

Well-dressed: James Maina Mwangi of Nairobi, Kenya, came from a poor family and didn't have very many clothes as a child. Eventually, he was able to earn money as a handyman, and he started to buy interesting clothes to match his flamboyant style. Today, he can be seen on the city's streets in suits of different colours, all with matching accessories. For example, if he decides to wear a bright blue suit, he wears a tie, hat, watchband, eyeglasses, and shoes that all match. On other days, he may be dressed in pink, yellow, red plaid, or black and white. During the pandemic, he even finds facemasks to match!

Bird sport: A sport in Belgium involves birds, but very little activity. It's called vinkenspot, which translates as "finch sitting" in English. In vinkenspot, competitors sit in front of cages that contain one male chaffinch (a member of the finch family). These birds sing, and their owners keep track of the number of times their bird makes a complete bird call. A distinctive "susk-e-wiet" marks the end of each call. The competitor whose chaffinch makes the most calls in an hour is the winner. The sport is known to have cheaters; once, a competitor put a CD player in the box instead of a bird.

Pie queen: A baker from Seattle, Washington (U.S.), has become a pie-baking celebrity. Lauren Ko once worked as an executive assistant in education, but now she bakes pies with such intricate geometric designs that people flock to see her creations. Grandma's pies may have tasted delicious, but Ko's work also appeals to the eye. One blueberry pie, dubbed "flour power," uses dozens of six-sided dough bits to hold blue petals. Others feature swirls of food-coloured dough strands or shapes that are formed into unbelievable patterns. The resulting pies are almost too incredible to eat!

Much ado about nothing: Some people may wonder what the social media world is coming to after they hear about a video posted by Muhammad Didi of Indonesia. The young man decided to post a video of himself doing absolutely nothing. He shows himself sitting on a couch and staring into the camera for over two hours! He meant to record himself doing nothing for only five or 10 minutes, but after he started, he kept going. The weird thing is that the video has garnered hundreds of thousands of views and has motivated other people to do the same thing for even longer periods of time.

Quoteable Quotes

"In a time of turbulence and change, it is more true than ever that knowledge is power."

—John Fitzgerald Kennedy

"Statues and pictures and verse may be grand, but they are not the Life for which they stand."

—James Thomson

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!

...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. French fries originated in France—T/F?
2. What glands are responsible for producing tears?
3. What is a loge?
4. Who wrote the popular novel Beloved?
5. Guinness World Records states that the first speeding ticket was written in 1896, 1920, or 1929?

(Flip bottom of page for answers)

© Published with Permission by Calgary Coffee News

(Over)

This is Your Story

Stories of redemption, discovery and faith
WEEKNIGHTS AT 11PM



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
www.prairiescentedcandles.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!



Call Inogen Today To Request Your FREE Info Kit
1-888-998-6714

Reclaim Your Freedom And Independence NOW!
inogen
USA
© 2020 Inogen, Inc. All rights reserved. MKT-P0108



FREE SCRAP CAR REMOVAL

DJ'S TOWING

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

SHOP ONLINE!

www.scubagearcanada.ca

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

SNORKELLING AND SCUBA DIVING LESSONS

The Dive Outfitters
Scuba Diving & Snorkeling
11781-156 St., Edmonton 780.483.0044

Learn to SCUBA DIVE at our Edmonton location - call for details



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

Happy World Emoji Day

from your friends at Coffee News®

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 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

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.tasteofhome.com



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
ysscaldary@gmail.com • Calgary.Aphasia.Centre@gmail.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**



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:
• Your name • Your phone number and 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.

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

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

Served in

15794

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

10% OFF WITH THIS AD!

Does your Pet Deserve A

Spaw Day?

We offer Full Service Pet Grooming

Call or visit us online to book

403.475.6484

NOLAN HILL

Pet Spaw

www.nhvh.ca

Located inside Nolan Hill Veterinary Hospital



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

Your Weekly Horoscope

ARIES
(March 21 - April 20)



You may feel very clear, articulate, and communicative. Public speaking or any endeavour that involves giving information to others might be favoured now. Lucky Numbers: 4, 28, 34, 42, 46, 48.

TAURUS
(April 21 - May 21)



Strong support from close friends and family may give you great confidence. It might be a good time to mend fences and improve relations in your home life. Lucky Numbers: 9, 13, 19, 23, 29, 33.

GEMINI
(May 22 - June 21)



You may feel great physically, and your confidence and optimism could be very high. You might feel that whatever you attempt now may likely succeed. Lucky Numbers: 6, 16, 26, 35, 36, 46.

CANCER
(June 22 - July 22)



Your artistic efforts may flourish. You could be moved to express your affections more openly. You also might want to be surrounded by beauty and harmonious people. Lucky Numbers: 10, 13, 18, 40, 43, 48.

LEO
(July 23 - Aug. 23)



You may benefit greatly from opportunities that occur. You might feel expansive and optimistic now. Very influential people could come into your life. Lucky Numbers: 4, 7, 16, 21, 28, 30.

VIRGO
(Aug. 24 - Sept. 23)



You may enjoy spy or mystery stories. Unsolved or puzzling problems of a situation might interest you. You may need to probe for answers in order to discover the truth. Lucky Numbers: 2, 6, 21, 25, 30, 34.

Lucky numbers this week: This week's odds favour Pisces winners with the luckiest number being 5.

Did You Know...

Long history: The Volkswagen Beetle, still on the roads today, is an iconic vehicle that dates back to 1938. Designed by Ferdinand Porsche, the Beetle was first built in Germany and came to North America in the 1950s.

Fun partnership: People from hometowns with dreary names can either laugh or cry. The folks in Boring, Oregon (U.S.), Dull, Perthshire (Scotland), and Bland, New South Wales (Australia), are choosing to jointly promote tourism as "The League of Extraordinary Communities."

Easy access: Japan has the highest number of vending machines in the world, with one for every 23 to 25 residents. They can be found in urban and rural areas, and play an integral role in the country's culture.

Pizzly bear: Most people know about grizzly bears and polar bears, but there is also a pizzly bear, the offspring of a polar bear and grizzly bear. They also are known as grolar bears and the *nanulak*, after the Inuit *nanuk* (polar bear) and *aklak* (grizzly bear).

More words: It's no wonder an English dictionary is so thick: the English language is believed to have the largest lexicon, or number of words, of any European language. That's due in part to accommodating so many foreign words.

On the Lighter Side

Many directors of today's comedies must be inspired by the old, silent movies. A scene is supposed to be funny, but the audience doesn't make a sound.

What's black and white and eats like a horse? A zebra.

If you had one match to light a kerosene lamp, fireplace, and wood-burning stove, which do you light first? The match.

What goes up but never comes down? Your age.

One worm to another: "Follow me. I know a restaurant where we can eat dirt cheap."

Answers

Trivia answers: 1. False 2. Lactrinal glands 3. Theatre box 4. Toni Morrison 5. 1896

For available franchise opportunities – visit coffeenewscanada.com
© Published with Permission by Calgary Coffee News

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®

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 Alberta
Canada

HELPING HOMEOWNERS START OR FINISH THEIR HOME PROJECTS

CALGARY **HANDYMAN SERVICES**



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

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

Without our advertisers, Coffee News® would not exist

Please support them!

BEST RATES

Your partner in **success**

Bookkeeping
Accounting Services
Taxes | CRA Inquiries



M&N Accounting Services

403-618-9984

BBB CONSTRUCTION CALGARY

SAVE BY HIRING DIRECTLY!

No hidden fees. No extra charges. No worry!

Call Duc today: **587-917-1686**

www.BBBConstructionCalgary.com



TOWNSEND UPHOLSTERY

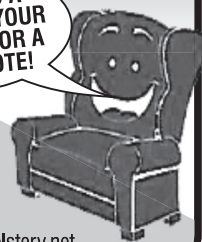
COMMERCIAL and RESIDENTIAL

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

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

403.686.3186

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



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.

51-Calgary-Northwest