

Does your coffee make you happy?

The Happy Co.

Our coffee releases the four "happy hormones"

- Clearer Mind
- More Energy
- Weight Loss
- Over All Happier

www.thehappyco.com/HappyHilary

Happy Hilary

SPORTS CAMPS

Early Bird until June 1 \$335/week
Regular Price \$370/week (GST incl.)
Subsidies available

Whether you're a basketball fanatic, a soccer enthusiast, or simply love being active, our full-day multi-sport camps are designed to unleash your potential and make this summer truly iconic!

Register online:
<https://iconichoops.ca/summer-camps>

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!

<https://coffeenewscalgary.ca/editions>

THIS SPACE FOR RENT

587-318-7963

If this was your ad...

Your Business 7 Days A Week

it would have been seen now!

Calgary's eTransport Experts

STT ELECTRIX

eBike and eScooter Repair and Sales

Retail location open at 5190 - 324 58 Ave. SE

WE FIX ANY MAKE AND MODEL

www.sttelectrix.ca 587.888.4992 | info@sttelectrix.ca

Enjoy Retirement Living with us!

Join us for a lunch and tour!

AgeCare
MIDNAPORE ESTATE

Contact Lesley at (403) 873-2842

agecare.ca

Lock out your competition!

Coffee News® only allows one advertiser from each industry, so when you advertise your business, your competitors can't.

Call to lock out your competitors today!

AFFORDABLE-EFFECTIVE-EXCLUSIVE-CALL NOW!

FREE!

New Issue Every Week!

Coffee News®

"News To Be Enjoyed Over Coffee"

Chestermere Edition

587-318-7963

coffeenewscalgary.ca
info@coffeenewscalgary.ca

Vol. 14 No. 38 September 16, 2024

Everybody's Talking

Horn reform: In Cambodia, if you install a musical horn in your vehicle, you will be in trouble. The prime minister has ordered police across the country to enforce an order that car owners replace musical horns with normal horns. The leader had seen videos on social media of "inappropriate activity" associated with the musical horns, such as people, especially children and youth, dancing on the roads and roadsides as passing vehicles play tunes, creating a serious safety hazard. He has mandated that any musical horn should be ripped out and replaced with the standard honking kind. While this new law may take away some music from the streets, it aims to significantly improve road safety.

Camelids year: The year 2024 has been designated as the Year of the Camelids, a diverse group of animals including camels, guanacos, and vicunas, which are all part of the camel family, as well as llamas and alpacas. Recognizing their vital role in sustaining the livelihoods of millions of people across 90 countries in harsh environments, the United Nations has bestowed this honour upon them. These remarkable creatures provide essential resources such as food, milk, transportation, fibres, and fertilizer. Particularly notable is the camel's ability to thrive in arid regions with minimal water requirements, which makes them invaluable for transportation across deserts and drylands.

Learn to drive: A woman from Colorado (U.S.), who had been arrested in the past for car theft and spent time in jail, attempted to steal another vehicle shortly after her release. However, police weren't the ones who foiled her plan. The issue arose when she realized the vehicle she'd stolen was a pickup truck with a stick shift. Lacking the skill to operate a vehicle with a manual transmission, she abandoned it, leading to the truck rolling and hitting a fire hydrant. Subsequently, she was arrested again and faced new charges of motor vehicle theft, careless driving, driving without a licence, and failing to report a crash. The stolen truck was returned to its owner.

Rare birth: In the confines of Thomas Belt Zoo in Juigalpa, Nicaragua, a mother puma welcomed three adorable cubs into the world. Two of them boasted a striking golden hue adorned with dark brown spots, while the third stood out due to its pristine white fur. This rare white cub was born with albinism, a condition believed to be shared by only a handful of pumas worldwide. Dubbed Itzae, meaning "Gift from God" in the Mayan language, the cub has quickly become a star attraction since her introduction to the public. Visitors flock to catch a glimpse of this extraordinary feline, marveling at her uncommon beauty and significance in the animal kingdom.

Quoteable Quotes

"Friendship is serious affection; the most sublime of all affections, because it is founded on principle, and cemented by time."
—Mary Wollstonecraft Shelley

"You're only given a little spark of madness. You mustn't lose it."
—Robin Williams

What's Happening

Ongoing - Game Night with Rise Above Mental Health and Community Support Last Saturday of each month at The Tab, 1805 9th Ave N Lethbridge AB. 5:30-8:30pm. Join us for games and connections. No admission charge. Contact us at riseabovelethbridge@gmail.com or find us on Facebook.

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!**
\$200 Prize Package from local sponsors!

4 winners (\$50 each) will be drawn on the 15th of each month from all correct entries

To enter, visit www.coffeenewscalgary.ca

Submit your birth date and we'll send you a birthday card ... or send your your entry by mail to CNC Coffee Guy Contest 361 Panora Way NW Calgary, AB T3K 0V2

Don't forget to include your full name, complete mailing address with postal code, phone number, email and date of birth. Also make sure you include the name of the ad in which you found the Coffee Guy!

Trivia

1. A snow crystal has how many sides?
2. Zone Improvement Plan is more commonly known as the ____ code.
3. The pig in Charlotte's Web was named Babe, Wilbur, or Major?
4. Those with sitomania have an abnormal craving for what?
5. "Pong" was among the first of this type of game.

(Flip bottom of page for answers)

© Published with Permission by Calgary Coffee News
(Over)

Happy First Day of **Autumn**

SEPTEMBER 22

...from your friends at **Coffee News®** Calgary

• Offices • Residential • AirBnB • +More

Maggie's Cleaning SERVICES

WHETHER YOUR CLEANING NEEDS ARE ONE TIME, WEEKLY OR MONTHLY ...
LET'S TALK! 403.861.1919

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

ALBERTA HEARING CENTER

Mark Ganden B.Sc., BC-HIS

Chestermere's ONLY locally owned and operated hearing clinic!

Please contact us for an appointment
403.668.7776
aud1ahc@gmail.com

Oasis Medical Centre
#201, 175 Chestermere Station Way

Hearing Tests (ages 4 to adult)
Hearing Aids
Batteries
Ear Plugs
AADL, WCB, DVA & "Private"

THOUGHTFUL. TIMELY. THOROUGH.

SG CHARTERED PROFESSIONAL ACCOUNTANTS

- Accounting Services
- Financial Statement Preparation
- Taxation Services
- Assurance Services
- Forensic Accounting and Litigation Support Services

1302-10 Ave. SE, Calgary
403.613.3078 | sgaccountants.ca

Feeling a little STReSSed?

Relax with... **Coffee News**

"NEWS TO BE ENJOYED OVER COFFEE!"

Get in the mood TO GO NUDE

...with our quality handmade bath treats

TAYCEE Delights

We are a small, Calgary local based business creating Bath Bombs, Scrubs and Soaks for all skin types (including sensitive)

CHECK US OUT AT
Taycee Delights
OR SHOP ONLINE AT
www.tayceedelights.etsy.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!

Proudly delivering **Smiles** since 1988

36 YEARS
Coffee News

Discover the **Coffee News** Advantage!



Thank You to all the distributors that display **Coffee News**®

We are proud to be partners with you in providing “News to enjoy over coffee”!

Interested in having us in your restaurant or coffee shop? Call us for availability in your area...

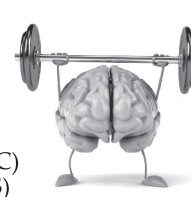


Have You Had A Stroke?

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
ysscalgary@gmail.com • Calgary.Aphasia.Centre@gmail.com



Game Ready Elite is a well established 7v7 football program – and we have the amazing opportunity to bring this to Calgary as an affiliate, **GAME READY ELITE CALGARY!**

For our inaugural season, we will be hosting tryouts for 3 age groups: U12, U15, U18.

Location: Viper Dome 2255 Crowchild Trail

Season Schedule (subject to change) 1. Nov. 11 – Tryouts
2. Nov. 18 – Teams selected 3. Weekly Practice (TBD)
4. Winter Showcase Tournament Feb 10,11,12
5. Game Ready Tournament March
6. Summer 7v7 weekend league play – June & July

Cost: \$20

Game Ready Elite

AE FULL DETAILS AT athleticedgecalgary.ca




Call today and receive a **FREE SHOWER PACKAGE PLUS \$1600 OFF**

SAFE STEP WALK-IN TUB
1-855-681-2245

With purchase of a new Safe Step Walk-In Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase. CSLB 1082165 NSCB 0082999 0083445



10% OFF WITH THIS AD!

Does Your Pet Deserve A Spaw Day?

Cats Welcome

We offer Full Service Pet Grooming
Call or visit us online to book
403.475.6484
www.nvh.ca

NOLAN HILL Pet Spaw Located inside Nolan Hill Veterinary Hospital




Franchise Areas Available!

Love Reading Coffee News®?

- Be a publisher!
- Work from home!
- Excellent income!

Opportunities now available in this area.

Coffee News “News to enjoy over coffee”

Call today: **587.318.7963**



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 info@coffeenewscalgary.ca
if your photo is chosen to appear in the subject line.

Please put “Readers” in the subject line.

Please include:
 1 Your name
 2 Your phone number
 3 Your address
 4 Your email
 5 Your favourite coffee shop
 6 Your favourite coffee drink
 7 Your favourite coffee time of day
 8 Your favourite coffee place
 9 Your favourite coffee person
 10 Your favourite coffee animal
 11 Your favourite coffee plant
 12 Your favourite coffee flower
 13 Your favourite coffee fruit
 14 Your favourite coffee vegetable
 15 Your favourite coffee spice
 16 Your favourite coffee herb
 17 Your favourite coffee seed
 18 Your favourite coffee root
 19 Your favourite coffee bark
 20 Your favourite coffee leaf
 21 Your favourite coffee stem
 22 Your favourite coffee branch
 23 Your favourite coffee twig
 24 Your favourite coffee branch
 25 Your favourite coffee branch

Readers of the Month
Ruhaan & Yuvaan from Calgary

Coffee News Fun Reading. Serious Advertising.



Your Weekly Horoscope

ARIES
(March 20 – April 19)

This week you may be more focused than usual on your emotional reactions. What adjustment in attitude might help you act in more alignment with your highest values? Lucky numbers: 7, 9, 14, 24, 47, 48.

TAURUS
(April 20 – May 20)

An unexpected opportunity may surface mid-week that helps you achieve something close to your heart. However, you might need to adjust your viewpoint in order to see it. Lucky numbers: 2, 16, 18, 23, 27, 35.

GEMINI
(May 21 – June 20)

Information overload can easily happen to Geminis, and you may find yourself in this situation at midweek. Take a deep breath, step back, then focus on your highest priority. Lucky numbers: 3, 9, 10, 11, 15, 26.

CANCER
(June 21 – July 22)

Since 2008, you may have had intense periods of transformation. Pluto was in your opposite sign but this transit ends soon. What have you learned? What still needs completion? Lucky numbers: 11, 12, 23, 29, 43, 45.

LEO
(July 23 – Aug. 22)

Over the next 20 years, Pluto will reside in Aquarius. At times, there may be a stalemate between your needs and those of others. Cultivating maturity could ease this dynamic. Lucky numbers: 4, 6, 9, 17, 34, 36.

VIRGO
(Aug. 23 – Sept. 22)

Like your opposite sign, Pisces, you may be at a turning point over the next year, with major beginnings and endings. These changes may encourage you to be of service. Lucky numbers: 8, 10, 19, 24, 35, 43.

LIBRA
(Sept. 23 – Oct. 22)

What has worked well or poorly for you since your last birthday? Now is a good time to set new goals. But you may wish to wait a bit before starting to implement them. Lucky numbers: 6, 14, 15, 17, 24, 34.

SCORPIO
(Oct. 23 – Nov. 21)

This month you may find yourself drawn into universal mysteries. Following where they lead may give you powerful insights. Be careful of being pulled under too deeply. Lucky numbers: 1, 8, 26, 27, 35, 45.

SAGITTARIUS
(Nov. 22 – Dec. 21)

Your mind may be racing in many directions at week’s end, which could make decisions difficult. You might want to wait a few days for this energy to pass. Lucky numbers: 10, 14, 16, 17, 29, 39.

CAPRICORN
(Dec. 22 – Jan. 19)

As Pluto makes its last pass through Capricorn, you may be asked to shed the vestiges of an old pattern. Let what you love most be your compass in this transformation. Lucky numbers: 8, 12, 14, 18, 23, 30.

AQUARIUS
(Jan. 20 – Feb. 18)

Pluto will soon reenter Aquarius and reside in your sign for the next 20 years. This heralds a period of transformation that could bring significant changes in your life. Lucky numbers: 7, 8, 9, 18, 30, 36.

PISCES
(Feb. 19 – March 20)

Like your opposite sign, Virgo, you may find yourself at a turning point over the next year, with major beginnings and endings. Let your highest vision be your North Star. Lucky numbers: 5, 9, 12, 18, 23, 25.

Lucky numbers this week: This week’s odds favour Taurus winners with the luckiest number being 23.

Did You Know...

Java reborn: In Berlin, Germany, bicycle couriers collect used coffee grounds from coffee shops and roasters, and deliver them to a social enterprise called Kaffeeform. The grounds are dried, preserved, and used to craft unique coffee cups.

Round safety: Have you ever pondered why manhole covers are round? It’s because they require no rotation to fit properly. Additionally, circular covers are inherently the strongest shape.

Extreme means: If you are serious about dieting, you might be interested in U.S. Patent 4344424, issued in 1982. It is an anti-eating mouth cage! You can breathe and speak, but can’t enjoy your favourite meal, an extreme form of self-control!

Morning ritual: Did you know that making your bed each morning may have mental health benefits? Scientists suggest that this simple act can enhance productivity, induce calmness, contribute to improved sleep quality, and reduce stress.

Beloved beverage: In Canada, a popular drink is called the Caesar, a blend of clam juice, tomato juice, vodka, and Worcestershire sauce. It originated in Calgary, Alberta, in 1969. About 400 million of these drinks are consumed each year.

On the Lighter Side

Some mornings I wake up grouchy. Other mornings I leave him alone.

Diner: “Waiter, there’s a footprint on my omelet.”
Waiter: “Well, when you ordered you told me to step on it.”

Knock! Knock! Who’s there? Dragon. Dragon who? These jokes dragon and on and on.

What goes up and down but doesn’t move? A staircase.

What did the email say to the document? All good things come to a send.

Answers
5. Video game
4. Food
3. Willbur
2. Six
1. Slix

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

Be prepared before the next power outage.

It’s not just a generator. It’s a power move.

Receive a free 5-year warranty with qualifying purchase* – valued at \$715.

Call 1-866-930-1690 to schedule your free quote!

GENERAC

*Terms and Conditions apply.



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



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



inogen

PORTABLE OXYGEN FOR YOUR ON-THE-GO LIFESTYLE

Call us toll-free at **1-866-950-1036**

CLAIM YOUR 14-DAY RISK-FREE TRIAL!

*14-day risk free trial. Return within 30 days of purchase for a full refund of purchase price.
PAC2000EN EN, USA | Rx Only © 2023 Inogen, Inc.
301 Corporate Drive, Galtso, CA 94317
Inogen® is a trademark of Inogen, Inc. The usage of any Inogen, Inc. trademark is strictly forbidden without the prior consent of Inogen, Inc. All other trademarks are trademarks of their respective owners or holders.




Baked Salmon Fillets Dijon

Ingredients

- 4 - (4 ounce) fillets salmon
- 3 tbsp. - prepared Dijon-style mustard
- salt and pepper to taste
- 1/4 cup - Italian-style dry bread crumbs
- 1/4 cup - butter, melted

RECIPE PREPARATION

- Preheat oven to 400 degrees F (200 degrees C)
- Line a shallow baking pan with aluminum foil.
- Place salmon skin-side down on foil. Spread a thin layer of mustard on the top of each fillet, and season with salt and pepper.
- Top with bread crumbs, then drizzle with melted butter.
- Bake in a preheated oven for 15 minutes, or until salmon flakes easily with a fork



HIP OR KNEE REPLACEMENT?

THE DISABILITY TAX CREDIT ALLOWS FOR A


\$2,500 YEARLY TAX CREDIT

\$30,000 LUMP SUM REFUND

COPD, arthritis, and many other disabling conditions that cause **Restrictions in Walking or Dressing** may qualify.

FOR EXPERT HELP:
1-844-453-5372

85% SUCCESS RATE!



Support Coffee News!

The paper you have grown to love can't do it without readers like you...

Visit our advertisers
Browse our website
Like us on Facebook

Coffee News “News to Enjoy Over Coffee”

The World’s #1 Restaurant Publication!

