

THIS SPACE
FOR RENT
587-318-7963

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>



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

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

SPORTS CAMPS

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



Monday to Thursday
9:00 a.m. - 3:00 p.m.

Start dates:

Week 1 July 8 - 11
Week 2 July 15 - 18
Week 3 July 22 - 25
Week 4 July 29 - August 1
Week 5 August 12 - 15
Week 6 August 19 - 22

Calgary Rotary Challenger
Park (3688-48 Ave. NE)

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>

Enjoy Retirement Living
with us!

Join us for
a lunch and
tour!

AgeCare
MIDNAPORE
ESTATE

Contact Lesley at (403) 873-2842

agecare.ca

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!

*Terms and Conditions apply.

GENERAC



FREE!

New Issue Every Week!

Coffee News®

"News To Be Enjoyed
Over Coffee"

17 Avenue -
Marda Loop
Calgary 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

Reconnect: Discover Square Dancing Square dancing is just walking to music. Come to free Introductory Dance Party. 7:30 pm McDougall United Church 8516 Athabasca Street SE Free admission.

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!

AFFORDABLE-EFFECTIVE-EXCLUSIVE-CALL NOW!

Happy
First
Day of
Autumn

SEPTEMBER
22

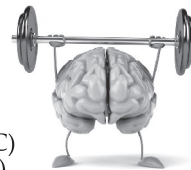


...from your friends at **Coffee News®** Calgary

**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

**We Keep Good
Company**

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



1.877.613.2479
www.drivingmissdaisy.ca

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"

Guttermedik+

Call: 403-903-8601

- ✓ Gutter Repair
- ✓ Seamless Gutter
- ✓ Fix Leaks
- ✓ Leaf Guards
- ✓ Downspouts
- ✓ Fascia | Soffit

on the web: guttermedik.com

OUTSTANDING CUSTOMER SERVICE.
QUALITY WORK.

CJTile
www.CJTile.com



ACCESSIBILITY ASSESSMENTS
BATHROOM RENOS
ACCESSIBLE RENOS
RAMPS
LANDINGS
LIFTS
GRAB BARS

CALL/
TEXT TODAY:
403.888.3182
CJTile@gmail.com

10% OFF WITH THIS AD!

Does **Your** Pet
Deserve A

Cats
Welcome

Spaw Day?



We offer Full
Service Pet Grooming

Call or visit us online to book

403.475.6484

www.nhvh.ca

**NOLAN HILL
Pet Spaw**

Located inside Nolan Hill Veterinary Hospital



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

In every
cup you'll find
hundreds of
smiles...



**Happy
Hilary**

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)



Feeling a little
STReSSed?

Relax with...
Coffee News

"NEWS TO BE ENJOYED OVER COFFEE!"

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

1. Preheat oven to 400 degrees F (200 degrees C)
2. Line a shallow baking pan with aluminum foil.
3. 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.
4. Top with bread crumbs, then drizzle with melted butter.
5. Bake in a preheated oven for 15 minutes, or until salmon flakes easily with a fork

Franchise Areas Available!

Love Reading Coffee News®?

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

Opportunities now available in this area.



Call today:
587.318.7963

READY TO SELL YOUR HOME?

CONTACT JAKE MCINTYRE
403-680-8592
INFO@JAKEYYC.CA
MAXWELL CAPITAL

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
Trivia answers: 1. Six 2. ZIP 3. Wilbur 4. Food

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

• Offices • Residential • AirBnB • +More



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

Because No One Wants to See Your Crack

WINDSHIELDS | TIRES | MUCH MORE



403-652-4949
1103, 14 STREET SE • HIGH RIVER



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

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!**



If this was your ad...



it would have been seen now!

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!**

Deaf & Hear Alberta Social Support for Seniors

A free, volunteer-led program that
supports isolated Deaf and hard-of-hearing
seniors (55+) through workshops, meet up groups,
peer mentoring, technology coaching,
and more!

Email: leslieb@deafandhearalberta.ca

NICKLE FAMILY
FOUNDATION

Funded by the Government of
Canada's New Horizons for
Seniors Program

Canada



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
f i o p

OR SHOP ONLINE AT
www.tayceedelights.etsy.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 • toesonthego.care