

# Recipe of the month

## Favourite Barbecued Chicken

2 broiler/fryer chickens (3 to 4 pounds each), cut into 8 pieces each  
Salt and pepper  
**Barbecue Sauce:**  
2 tablespoons canola oil  
2 small onions, finely chopped  
2 cups ketchup

1/4 cup lemon juice  
2 tablespoons brown sugar  
2 tablespoons water  
1 teaspoon ground mustard  
1/2 teaspoon garlic powder  
1/4 teaspoon pepper  
1/8 teaspoon salt  
1/8 teaspoon hot pepper sauce

Prep Time: 15 min Grill Time: 35 min Yield: 12 servings

- Sprinkle chicken pieces with salt and pepper. Grill, skin side down, uncovered, on a greased rack over medium heat for 20 minutes.
- Meanwhile, in a small saucepan, make barbecue sauce by heating oil over medium heat. Add onion; sauté until tender. Stir in remaining sauce ingredients and bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes.
- Turn chicken; brush with barbecue sauce. Grill 15-25 minutes longer, brushing frequently with sauce, until a thermometer reads 165° when inserted in the breast and 170°-175° in the thigh.

The perfect recipe for May... National Barbecue Month!

Source: <https://www.tasteofhome.com>

**FREE!** *New Issue Every Week!*

# Coffee News®

"News To Be Enjoyed Over Coffee"

**North Central Calgary Edition**  
**587-318-7963**

[coffeeneWSCalgary.ca](http://coffeeneWSCalgary.ca)  
[info@coffeeneWSCalgary.ca](mailto:info@coffeeneWSCalgary.ca)

Vol. 14 No. 19 May 6, 2024

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>

## HIP OR KNEE REPLACEMENT?

THE DISABILITY TAX CREDIT ALLOWS FOR A

**\$2,500**  
YEARLY TAX CREDIT

**\$30,000**  
LUMP SUM REFUND

CPD, 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!

Cost: \$20

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

**ATHLETIC EDGE**  
FULL DETAILS AT [athleticedgecalgary.ca](http://athleticedgecalgary.ca)

## Get in the mood TO GO NUDE

...with our quality handmade bath treats

WE ARE A SMALL, CALGARY LOCAL BASED BUSINESS CREATING BATH BOMBS, SCRUBS AND SOAKS FOR ALL SKIN TYPES (INCLUDING SENSITIVE)

www.tayceedelights.etsy.com

OR SHOP ONLINE AT

## How Do You Recycle Your Coffee News®?

- Make it into a paper airplane
- Distribute to schools as a reading tool
- Use as a packing material for gifts
- Pass along to a senior who does not get out much
- Use as a liner for a pet cage
- Perfect for origami or crafts
- Use as a placemat

## 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)

## 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)

## Everybody's Talking

**Strange sight:** People looking out their kitchen windows in northern Scotland usually don't expect to see a monkey in their yards. But Carl Nagle, a resident of Kincaig, saw just that. A monkey was by the fence, eating nuts that had fallen from the birdfeeder. Nagle observed that the monkey looked as though he knew he shouldn't have been there. The little fellow turned out to be an escapee from the Highland Wildlife Park, where a troop of 37 Japanese macaques, also known as snow monkeys, make their home. The Royal Zoological Society of Scotland runs the park, which is located within the Cairngorms National Park in Kingussie

**Sunken dreams:** Empires of the Deep was an expensive cinematic venture funded by Chinese billionaire Jon Jiang about a human-mermaid love story. It started as the cornerstone of a trilogy. This ambitious project aimed not only to grace the silver screen but also to launch an animated series, video game, and even a theme park. However, the undertaking encountered turbulent waters. The screenplay underwent 40 drafts, with A-list actors like Sharon Stone and Monica Bellucci briefly flirting with the project before leaving. Directors came and went, and the film languished in post-production for years. Despite an underwhelming trailer, the film has never been released.

**Happy reunion:** A dog named Lottie and an escaped male cockatiel called Ernie had a happy reunion in a suburb of Manchester, England. Ernie had disappeared from his home during a storm and was found several weeks later, singing on a bench in a community 6.4 kilometres (4 mi.) away. He was turned over to local animal services, where his chattiness charmed his caregivers. They recorded the bird singing and put the recordings on social media. Ernie's owners saw it, and soon the bird was reunited with his best friend, Lottie. Now the two are back to their old antics, with Ernie perching on Lottie's back for free rides.

**Nasal notes:** A woman from Aurora, Ontario, Canada, sure knows how to whistle. LuLu Lotus recently earned a spot in the Guinness World Record book with her ability to whistle through her nose. She set the record with a blast that reached 44.1 decibels. Inspired by a documentary she had watched about a person who had set a world record, Lotus knew she could really nose whistle, and when she discovered no one had ever applied for the record, she went for it. She met the strict requirements for earning the distinction by working with Aercoustics Engineering, Ltd., acoustical consultants in the nearby city of Mississauga.

## Quoteable Quotes

"Always do what you are afraid to do." —Ralph Waldo Emerson  
"The opposite of war isn't peace. It's creation." —Jonathan Larson

## What's Happening

**Hello RV Campers!** Consider joining our RV Club's friendly, fun bunch. Monthly May to Sept. Camp outs within about 2 hours of Calgary, and off season Sunday brunches. For more info, please Email June at [juwil80@telus.net](mailto:juwil80@telus.net)

**Calgary Boys' Choir 50th Anniversary-** Come celebrate and hear our boys alumni community chorus, and alumni guests! Workshop May 23-25 for tenors baritones and basses. 50th Concert Reception with Silent Auction 3 pm Sunday May 26. Visit [calgaryboyschoir.com50years](http://calgaryboyschoir.com50years)

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!

**\$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](http://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

- Are oboes and bassoons single or double reed instruments?
- Who was the subject of Auguste Rodin's sculpture "The Thinker"?
- This science fiction author co-wrote the movie 2001: A Space Odyssey.
- Which archipelago nation won independence from the U.S. in 1946?
- France's Bordeaux region only produces red wine—T/F?

(Flip bottom of page for answers)

© Published with Permission by Calgary Coffee News

## THIS SPACE FOR RENT

**587-318-7963**

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](http://sgaccountants.ca)

## Comfort Starts Here

Servicing and Installing Furnaces, AC & Water Heaters in Calgary, Okotoks, Diamond Valley & Area

24/7 Emergency Service:  
403.775.6423

# VALLEY

HEATING • COOLING SERVICES

contact@valleyheating.ca | ValleyHeating.ca

**\$300 OFF**  
NEW AC INSTALL WITH THIS AD

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

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

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

\*Terms and Conditions apply. GENERAC

## MR. FLOOD'S

LAWN & GARDEN MrFloods.ca | 403-629-8424

Spring Clean Up | Weed Treatment & Fertilizer Packages | Weekly Lawn Mowing | Gardening

## COLD SHOT

A DIVISION OF BALWARIA EMPIRE PVT. LTD.

## PASSENGER & PARCEL SERVICES

SHIP BY BUS

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

## 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](http://www.drivingmissdaisy.ca)

WHEN YOU GET PAID We Get Paid

# WHIPLASH COMPENSATION?

Get the whiplash compensation you deserve from a trusted team of experienced lawyers. You pay nothing up front. Not all injury claims are capped.

**1-800-661-4902**  
WhiplashInformationCentre.com

**Braithwaite Boyle**  
Injury Law 800-440-8298

It's The Only Law We Do - Since 1986  
Free Initial Consultation

Offices in: Edmonton, Red Deer, and Calgary  
ALBERTA OWNED AND OPERATED FOR OVER 35 YEARS




## 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**



## Does your coffee make you happy?

# The Happy Co.

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

Our coffee releases the four "happy hormones"

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

www.thehappyco.com/HappyHilary

Happy Hilary



• Offices • Residential • AirBnB • +More

# Maggie's Cleaning SERVICES

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



**ingen**

CLAIM YOUR **14-DAY RISK-FREE TRIAL!**

## PORTABLE OXYGEN FOR YOUR ON-THE-GO LIFESTYLE

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

\*14-day risk-free trial. Return within 30 days of purchase for a full refund of purchase price.  
PNO 25469 EN, US, USA (ex. only) © 2023 Ingen, Inc.  
303 Creeper Drive, Golden, CO 80417  
ingen® is a trademark of Ingen, Inc. The usage of any Ingen, Inc. trademark is strictly forbidden without the prior consent of Ingen, Inc. All other trademarks are trademarks of their respective owners or holders.



## Happy Mother's Day

from your friends at **Coffee News**



**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



# Your Weekly Horoscope


**ARIES**  
(March 20 - April 19)

This week your unconscious may offer information about an old trauma. How might you use this understanding for yourself and to help others with their wounds? Lucky numbers: 10, 14, 18, 27, 29, 32.



**TAURUS**  
(April 20 - May 20)

A sudden or unexpected opportunity may arrive midweek. This might be a good time to develop a plan to capitalize on it, but perhaps you should wait a bit to begin. Lucky numbers: 7, 17, 27, 29, 33, 36.




**GEMINI**  
(May 21 - June 20)

At midweek, you may find yourself receiving an avalanche of information. For a few days, try to just let it happen, and then you might be able to sort through it. Lucky numbers: 15, 21, 22, 32, 39, 42.




**CANCER**  
(June 21 - July 22)

At the end of the week, you may be feeling that you want to hide in your shell. Retreating for a few days, if you can do so, might be just what you need. Lucky numbers: 7, 13, 18, 20, 29, 35.




**LEO**  
(July 23 - Aug. 22)

You may feel stuck in the mud at the beginning of the week. Instead of resisting, try to use it as an opportunity to find any flaws in your plans going forward. Lucky numbers: 8, 20, 25, 27, 39, 41.




**VIRGO**  
(Aug. 23 - Sept. 22)

Your talent for precise and detailed work may be highlighted. Don't get so lost in the trees that you can't see the forest, which is the purpose of the work. Lucky numbers: 12, 13, 14, 16, 18, 19.




**LIBRA**  
(Sept. 23 - Oct. 22)

Libras usually are thoughtful and careful in communication. But early this week, you may find yourself being impulsive and or angry, so be aware of this potential. Lucky numbers: 3, 11, 12, 29, 35, 41.




**SCORPIO**  
(Oct. 23 - Nov. 21)

You may feel conflicted this week about what you want. But if you work to understand the source of this issue, you might be better able to find a solution. Lucky numbers: 5, 16, 22, 30, 36, 37.




**SAGITTARIUS**  
(Nov. 22 - Dec. 21)

At midweek, you may find yourself in a stalemate with someone else. If you can't find a solution with them, try waiting a couple of days for the dynamic to ease. Lucky numbers: 1, 3, 8, 9, 11, 24.




**CAPRICORN**  
(Dec. 22 - Jan. 19)

You may run into an obstacle to your efforts at week's end. Rather than trying to bulldoze through it, is there a gentler approach to resolving the issue? Lucky numbers: 6, 13, 17, 27, 44, 46.




**AQUARIUS**  
(Jan. 20 - Feb. 18)

Your humanitarian goals often can be lofty and difficult to attain. The grounded energy in the first half of the week may help you find a new approach to them. Lucky numbers: 2, 4, 7, 33, 35, 47.



**PISCES**  
(Feb. 19 - March 20)

At the beginning of the week, a grounded energy may help you accomplish a goal that otherwise might be hard for you to manifest on the physical plane. Lucky numbers: 4, 11, 16, 24, 33, 39.



Lucky numbers this week: This week's odds favour Aquarius winners with the luckiest number being 7.

## Did You Know...

**Hot shot:** American actor, director, and writer Ben Affleck, who commands millions for his work, isn't just good at Hollywood things. In 2004, he won the California State Poker Championship, earning a cool \$356,400.

**Wooden barrel maker:** Pirates on ships of the past had many roles. On larger ships, the "cooper" was responsible for the wooden barrels that stored food, water, and other items. A very important position indeed!

**Shivering:** People are bound to get the shivers when reading this fact. In 1947 in Snag, a small village in Canada's Yukon, a temperature of -63 C (-81.4 F) was recorded. That's about the same temperature as the surface of Mars.

**Red and white:** Bird watchers love to spot northern cardinals because of their brilliant red plumage. These birds don't migrate, so seeing their bright colour against a snowy background is a treat.

**Big jump:** If you thought dogs could jump higher than cats, you'd be wrong. With their powerful back legs, the average cat can jump up to seven times their height, which is much greater than their canine friends.

## On the Lighter Side

Is there a silent C in Connecticut? No, but there's a noisy ocean offshore.

When you borrow money, find a pessimist. He won't expect you to pay it back.

Joe: "When did you decide to be a parachutist?"  
Mo: "When the plane caught on fire."

Knock! Knock! Who's there? Window. Window who? Window you think we'll tire of knock-knock jokes?

Why do puffins carry fish in their beaks? Because they don't have any pockets.

**Answers**  
Trivia answers: 1. Double 2. The poet Dante 3. Arthur C. Clarke 4. The Philippines 5. False

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

# SPRING ACADEMY

STARTS MARCH 14

**ICONIC HOOPS**

For more information:  
admin@iconichoops.ca  
iconichoops.ca  
@\_iconichoops



## Calgary's wall repaint Experts

Friendly, clean, and on time.  
Fast, free estimates and colour consults.  
Father and son power team. Fully insured.

Check out our great reviews!

# Element Painting Inc.

Call/text Eric at 587.893.0326 www.elementpaintinginc.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



## Just hatching a new business?

CHECK OUT **Coffee News** ADVERTISING!

- People need to know about you!
- Reach thousands of local readers every single week
- Exclusive, affordable advertising

It's a crackin' good deal!



# Guttermedik+

Call: 403-903-8601

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


on the web: guttermedik.com

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



## 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**  
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  
Cara from Calgary



## Deaf & Hear Alberta

**Step Ahead (for ages 55+)**

The Step Ahead program connects isolated Deaf & hard of hearing seniors with volunteers for friendly conversation and learning opportunities.

Email: **leslieb@deafandhearalberta.ca**

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

