

**OM**  
INTEGRATIVE  
HEALTHCARE

FIND US ABOVE STARBUCKS!

Massage Therapy • Naturopathic Medicine  
Osteopathy • Yoga Class & More!

Online Booking | Direct Billing  
OMhealthcare.ca | 289 238.8883

**ANCASTER LIONS CLUB ANNUAL CRAFT SHOW**

Ancaster Fairgrounds  
630 Trinity Road, Ancaster

**April 3rd & 4th**  
— 10AM - 4PM —

100+ Local Artisans & Crafters  
Pancakes & Sausages All Day  
Free Parking!

**\$5 Admission**  
CASH ONLY

Visit [www.ancasterlions.com](http://www.ancasterlions.com) for more info!

**This Space Available!**  
(...but not for long!)

Call Derek now at  
**905-515-3056**

**TURN UNUSED GIFT CARDS INTO SUPPORT FOR CANCER CARE.**

Turn it into something meaningful. Donate unused gift cards to Cancer Assistance Program and help support our cancer care and our community events.

**Cancer Assistance PROGRAM**

[cancerassist.ca](http://cancerassist.ca) | 555 Concession St., Hamilton

**Electrical and HVAC Services**

READY FOR WINTER? CALL US TODAY!

**KIEDAN**  
HEATING • COOLING • ELECTRICAL  
905.961.0427  
[kiedan.ca](http://kiedan.ca)

**Your Personal GARDENER**  
Spring Clean Up Time

GERARD PARKER Horticulturist  
35 Years of Service

In the Garden

905-407-2479 [gparker.inthegarden@sympatico.ca](mailto:gparker.inthegarden@sympatico.ca)

**Stay Updated!**

Hamilton Public Library

Sign up for our eNewsletter.  
[hpl.ca/e-News](http://hpl.ca/e-News)

**FREE!** **Coffee News**®  
"News to be enjoyed over Coffee"

Dundas Edition  
Advertising Information  
905-515-3056  
April 6, 2026 Vol. 13 No. 16  
[info@yourlocalcoffeeneews.com](mailto:info@yourlocalcoffeeneews.com)

**Everybody's Talking!**

**Chilly challenge:** Each year, a record-breaking snow maze brings winter magic to visitors in St. Adolphe, Manitoba (Canada). Built on the site of a corn maze, this frosty labyrinth attracts thousands eager to weave through its towering, castle-like walls. The maze, certified as the world's largest, is crafted from compacted snow using specialized equipment and determination. Even on the coldest days, its thick walls offer shelter from the wind, making the experience surprisingly cozy. Beyond the maze, visitors can enjoy sleigh rides, a snow hill, and a giant igloo serving hot drinks. This annual tradition shows that a little snow and a lot of imagination can turn a chilly day into a winter wonderland.

**Glowing bay:** The waters of Mosquito Bay, on the island of Vieques, Puerto Rico, glow with an otherworldly light once darkness falls. The shimmering effect comes from countless microscopic organisms that emit a radiant blue-green hue when disturbed. Recognized globally for its intensity, the bay is often described as one of the planet's brightest examples of bioluminescence. Kayakers drift across the still surface, each movement sending soft waves of light rippling outward. Because the phenomenon is fragile, local guides limit activity to protect its delicate balance. The glowing bay continues to draw visitors from around the world eager to witness this rare natural spectacle firsthand.

**Language wiring:** The language a person learns early in life seems to shape how their brain connects and processes information. In a study comparing native speakers of German and Arabic, scientists found distinct differences in white matter, the brain's wiring that links regions for understanding and producing speech. German speakers showed stronger connections on one side, while Arabic speakers had more cross-hemisphere communication. Researchers believe these patterns reflect each language's grammar and sound structure. The results suggest that growing up with a language leaves lasting physical traces in the brain, revealing how closely language and thought are connected.

**Labor legacy:** In Winsted, Connecticut (U.S.), a massive indoor mural stands as a tribute to a variety of trades and professions. Measuring about 120 feet (37 m) long and five stories high, it ranks among the largest indoor artworks ever created. Artist Ellen Griesedieck conceived the project after watching an aircraft engine being fitted into place, inspiring her to capture the pride and scale of human work. Combining painting and sculpture, it portrays real people in everyday roles, from firefighters and farmers to steelworkers and teachers. Supported by craftspeople and donors who contributed materials, the mural continues to grow, echoing the same collaboration it depicts.

**Quoteable Quotes**

"Life is like an onion. You peel it off one layer at a time, and sometimes you weep."  
—Carl Sandburg

"One eye sees, the other feels."  
—Paul Klee

**What's Happening**

To submit something to the free community Whats Happening section, email us at [info@yourlocalcoffeeneews.com](mailto:info@yourlocalcoffeeneews.com) a paragraph summary of your event atleast three weeks prior to the event date:

Dundas Lions Club is pleased to invite the community to attend our 19th Annual Craft Sale. Join us on Friday, April 3, 2026 (Good Friday) at the Dundas Lions Memorial Community Centre, 10 Market Street South, Dundas. 10:00 a.m. to 4:00 p.m. This popular indoor craft show will feature up to 40 vendors, showcasing a wide variety of handmade goods, unique crafts, and artisanal products—making it a perfect opportunity to shop local and find one-of-a-kind items. A snack bar will be available throughout the day for visitors to enjoy.

Dundas Lions Easter Egg Hunt 2026, Join the Dundas Lions Club for a fun-filled community Easter celebration! Friday, April 3, 8:00 AM – 10:00 AM (Egg hunt begins promptly at 8:00 AM!) Dundas Driving Park – Dundas, Age-grouped Easter egg hunts, Meet & greet with the Easter Bunny Games & family activities Photo opportunities Admission FREE - when you bring a canned donation! Donations are welcome and help support local Dundas community initiatives.

FUNDRAISING WALK FOR SAVE THE MOTHERS - Mother's Day weekend we will once again host a fundraising walk. Proceeds raised from the five kilometer Walk at Dundas Driving Park will go to the international charitable organization (founded by Canadian Obstetrician Dr. Jean Chamberlain Froese), which empowers East African leaders to improve standards and practices of health care for pregnant women in their communities May 9th, 2026 [www.savethemothers.org/walk](http://www.savethemothers.org/walk)

Do you have old stereo and audio equipment you are not using and collecting dust. I collect vintage stereos. I can come pick them up as is and pay fair cash for them. Reach me at 416-453-4444 if you have questions and / or email [stereostuffyoudontwant@gmail.com](mailto:stereostuffyoudontwant@gmail.com) if you have something you would like to repurpose

**Trivia**

1. What is the largest bird of Australia?
2. Hercules was punished with 5, 12, or 15 labors to complete?
3. Bell, Book and \_\_\_\_ is a 1958 movie starring Jimmy Stewart and Kim Novak.
4. A thesaurus is a book of homonyms—T/F?
5. Is the Equator a line of latitude or longitude?

(Flip bottom of page for answers)

© Published with Permission by Your LocalCoffee News Inc.

(Over)

**Dundas Lions Club Craft Show**  
Friday April 3rd  
10am to 4pm

Dundas Lions Memorial Community Centre  
10 Market St S, Dundas  
(corner of Market & King)  
Up to 40 Vendors  
Admission \$2, children under 12 FREE

Visit with the Future Service Dogs of Canada

Enjoy Lunch at the LION'S CAFE

**GOLD PARK PAVING**  
SPECIALIZING IN ASPHALT  
Residential. Commercial. Industrial.

CONTACT FRANK SPANO  
647.861.4445  
[frankspano@goldparkpaving.com](mailto:frankspano@goldparkpaving.com)

FREE ESTIMATES

**Diabetic and Senior Foot Care**

THE Nail Boutique & MEDICAL FOOT CARE

HAMILTON FOOT CARE SPECIALIST

905.575.6539 | 674 Fennell Avenue East

HEALTHY FEET LEAD TO A HEALTHIER YOU!

10 YEARS IN THE COMMUNITY HELPING FAMILIES

WE ARE HERE FOR YOU, STEP BY STEP

**Circle of Life**  
CREMATION AND BURIAL CENTRE INC.  
100 King Street E. Dundas, Ontario

Simple Cremation, No Hidden Fees

Scan for detailed pricing

KARIN SCHUETT  
OWNER / CLASS 1 LICENSED FUNERAL DIRECTOR

For an experience of care like no other, contact us:  
905.628.8558 [circleoflifecbc.com](http://circleoflifecbc.com)

**DEWITT MOVERS & STORAGE**

- ✓ Local and Cross Country
- ✓ Packing
- ✓ Moving
- ✓ Storage

FREE ESTIMATES

Over 50 years of satisfied clients!

EXPERIENCED  
RELIABLE  
CAREFUL

[jamie@dewittmovers.com](mailto:jamie@dewittmovers.com)  
905.628.2403 [www.dewittmovers.com](http://www.dewittmovers.com)

**SANDY SHAW**  
MPP HAMILTON WEST—ANCASTER—DUNDAS

905-628-2755 [SShaw-CO@ndp.on.ca](mailto:SShaw-CO@ndp.on.ca)

Body Piercing Services  
**SpearMe.ca**  
You pick 'em; we stick 'em.

Great Selection of Gems, Beads, Crystals and Jewellery!

- Pierced Jewellery
- Bracelets & Necklaces
- Online Bookings
- Custom T-Shirts

3 King St E, Dundas L9H 1B7 / 855-SpearMe (855-773-2763)

**Live in the Heart of a Senior-Friendly Town**

Our residents can stay active and involved: shops, restaurants, medical clinics, pharmacies and a public library are all within walking distance from our front door!

BOOK A TOUR TODAY!

OR JUST STOP BY AND SEE US!

**BERTRAM PLACE**  
RETIREMENT LIVING CENTRE  
21 Hatt Street, Dundas L9H 2E9  
[bertramplace@cogeco.net](mailto:bertramplace@cogeco.net) | [www.bertramplace.com](http://www.bertramplace.com)  
905.628.8622

# Your Weekly Horoscope

## ARIES (March 20 – April 19)



For the next few weeks, you may feel on edge. Be aware of times you are angry or impulsive. An adjustment in your view could be enough to help heal an old wound. Lucky numbers: 11, 18, 24, 28, 33, 47.

## TAURUS (April 20 – May 20)



Taurus normally gravitates to what you can validate as real. Early this week, you may intuitively experience something unusual. Resist temptation to automatically reject it. Lucky numbers: 2, 5, 11, 33, 34, 37.

## GEMINI (May 21 – June 20)



Early in the week, you may receive conflicting information pushing you in different directions. Pick the option that most aligns with your philosophy and beliefs. Lucky numbers: 23, 27, 32, 41, 44, 46.

## CANCER (June 21 – July 22)



Your nature is to nurture those you care about. However, this can tip into smothering. Someone close to you may need to be encouraged to stand on their own two feet. Lucky numbers: 5, 9, 11, 17, 26, 29.

## LEO (July 23 – Aug. 22)



You may run into a stalemate at week's end. To break through it, consider how to use your skills right now to provide a greater contribution to the larger community. Lucky numbers: 6, 12, 18, 29, 34, 48.

## VIRGO (Aug. 23 – Sept. 22)



Virgos are known for their attention to detail and hardworking nature. But this week, you may have an opportunity to integrate the idea of working smarter, not harder. Lucky numbers: 9, 10, 21, 30, 33, 45.

## LIBRA (Sept. 23 – Oct. 22)



Libras tend to keep a lid on frustrations, often past a healthy point. For a few weeks, consciously address the issue to try to avoid encountering significant opposition. Lucky numbers: 8, 16, 20, 25, 30, 40.

## SCORPIO (Oct. 23 – Nov. 21)



Scorpios dig in their heels when they feel strongly about something. For the next few weeks, a change in your approach might prevent a conflict with others about it. Lucky numbers: 9, 17, 27, 29, 36, 42.

## SAGITTARIUS (Nov. 22 – Dec. 21)



Early in the week, taking some time out to reflect on your philosophy and beliefs might be advantageous. Do your efforts in the world align with what you think? Lucky numbers: 1, 8, 16, 19, 43, 45.

## CAPRICORN (Dec. 22 – Jan. 19)



Midweek, others may see your serious demeanour and ability to get things done. How might you work together to accomplish something important to both of you? Lucky numbers: 7, 12, 26, 28, 34, 45?

## AQUARIUS (Jan. 20 – Feb. 18)



The end-of-the-week energy may support your efforts to recruit others to your endeavours about humanity's evolution. Try not to let the opportunity pass you by. Lucky numbers: 10, 27, 28, 32, 39, 47.

## PISCES (Feb. 19 – March 20)



Pisces have dreams, but may have difficulty manifesting them. In the coming weeks, seek opportunities that allow you to grow into achieving concrete results. Lucky numbers: 4, 8, 16, 20, 27, 45.

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

## Did You Know...

**Pan pride:** In Trinidad and Tobago, inventive musicians shaped old oil barrels into the steelpan. What began as an improvised instrument soon became the Caribbean's signature sound, carrying island culture from local gatherings to international stages.

**Watching eyes:** Some works of art give the uncanny feeling that the eyes are following you as you move. By using simple tricks with lines and shadows, artists can make flat images feel alive, adding mystery and depth to their creations.

**False start:** The saying about beginning on the "wrong foot" reflects old preferences for the right side. In long-held tradition, the right was tied to good fortune, while the left side often carried hints of error or general bad luck.

**Winter pause:** Bears retreat to dens during colder months, but don't spend the whole time in deep sleep. They stir, shift around often, and rely on fat reserves for energy until spring finally brings food and easier conditions again.

**Ocean hitchhikers:** Dolphin lice are small crustaceans, not insects, and they spend their days holding tight to swift, slippery hosts. They tuck into creases of skin with claw-like legs, surviving the ride while waiting for a rare chance to reproduce.

## On the Lighter Side

They invented a computer as smart as a human; it blames its mistakes on other computers.

Dad: "Son, why haven't you washed your hair?"  
Son: "The shampoo bottle said, For Dry Hair. Mine was already wet."

Knock! Knock! Who's there? Statue. Statue who? It's me. Statue?

What starts with T, ends with T, and is full of T? A teapot.

Old carpenters don't retire, they just lumber around!

## Answers

Trivia answers: 1. Emu 2. 12 3. Candle 4. False  
synonyms 5. Latitude

© Published with Permission by Your LocalCoffee News Inc.  
For available franchise opportunities - visit [www.coffeenews.ca](http://www.coffeenews.ca)

(Over)

**Dundas Denture Clinic**  
Building You A Better Smile  
Emilio Leuzzi  
HBC, DD FICO, DENTURIST  
113 King St. W Dundas  
905-627-8478 • DundasDentureClinic.com

**TAKE THE TEST:**  
Are your dentures:  
 Loose?  Cracked?  
 Over five years old?  
 Missing teeth?  
 In your pocket?  
 Are your gums sore?  
If you answered "yes" to any of the above, we offer innovative solutions for your dentures, including dentures on implants.

CALL TODAY TO BOOK YOUR COMPLIMENTARY CONSULT

**WE WASH HORSE BLANKETS!**  
We inspect your equipment and do minor repairs upon request! (Priced according to work required.)  
Dream Laundry Services  
Call 289.238.9393  
240 Governors Rd., Dundas (Spring Creek Plaza)

BRING THIS AD IN TO REDEEM OFFER EXPIRES 06.30.25  
SPRING SPECIAL!  
**10% OFF FOR HORSE BLANKETS**

**YOU & EYE OPTOMETRY**

- Comprehensive eye care for the whole family
- Local, family-run clinic proudly serving Hamilton
- Prescription glasses & sunglasses
- Direct billing to insurance & OHIP

Now open & Taking new patients!  
**CALL TO BOOK YOUR EYE EXAM!**  
(905) 745 - 5507

20% OFF GLASSES WITH THIS FLYER!  
(frames + lenses) expires 3/31/2026

674 Fennell Ave E. Hamilton, ON [youandeyeoptometry.ca](http://youandeyeoptometry.ca)

**Does Your Shower Have You TERRIFIED?**  
Is mold or mildew lurking in the corners of your shower?  
Call us for a complete shower cleaning/restoration and re-caulking  
**905.870.7111**  
[info@groutsolutionscanada.ca](mailto:info@groutsolutionscanada.ca) • [groutsolutionscanada.ca](http://groutsolutionscanada.ca)

**GSC GROUT SOLUTIONS CANADA**  
WE CAN TRANSFORM YOUR SHOWER TODAY!

**Old School Homemade Pasta Dough**

**Ingredients**  
4 3/4 cups - all-purpose flour, or more if needed  
4 - eggs  
6 - egg yolks  
2 tbsp. - extra-virgin olive oil  
1/4 tsp. sea salt

**RECIPE PREPARATION**

- Mix flour, eggs, egg yolks, olive oil, and salt together in a bowl until dough reaches a crumbly texture.
- Knead dough until smooth and even. Add 1 tablespoon of flour dough to until dough is smooth and soft, if needed.
- Wrap dough with a clean cloth or plastic wrap. Place in a bowl, and let rest for 20 to 30 minutes.
- Roll dough into golfball-size balls and roll to about 1/4-inch thickness using a pasta machine or roller.

[allrecipes.com](http://allrecipes.com)

**Enter to Win**  
Great Prizes in Cash & Gift Cards  
Find the mini "Coffee News" Guy hidden weekly in one of our advertiser's ads. Then send us your name, address and phone number, along with the name of the advertiser's ad where he was hiding.  
Every Month \$50 Prize!

Enter our contest online, by email or mail.  
Online entry: [www.yourlocalcoffeeneews.com](http://www.yourlocalcoffeeneews.com)  
Email: [info@yourlocalcoffeeneews.com](mailto:info@yourlocalcoffeeneews.com)  
Mail to: Coffee News®  
762 Upper James St, Box 147  
Hamilton, ON L9C 3A2

Winner will be drawn from all correct answers that are received during the month. Winner will be notified & their name published in following month's edition.

**Your Pet's Health is Important To Us!**  
Dentals  
Vaccines  
Surgery  
Health Exams  
House Calls

**DUNDAS ANIMAL HOSPITAL**

NEW PATIENTS ACCEPTED

905.628.6821  
115 King Street W, Dundas  
[dundasanimalhospital.ca](http://dundasanimalhospital.ca)  
LOCALLY AND INDEPENDENTLY OWNED AND OPERATED

**SIX NATIONS BINGO**  
APRIL 19TH, 2026  
**THIRTY GRAND DOUBLE DAZZLE!**  
20TH ANNIVERSARY EXTRAVAGANZA  
30 YEARS  
TWO \$30,000 JACKPOTS!

**SIXNATIONSBINGO.CA**  
2585 CHIEFSWOOD RD, OHSWEKEN

**Your Sleep • Health Connection**  
**SleepNet**

SleepNet provides high-quality equipment, products, and support services focused on the therapeutic management of clients diagnosed with sleep apnea.

- No obligation therapy trial
- Flexible payment schedule
- Ongoing support services
- Wide range of options

35 Main Street North, Unit 4, Waterdown  
**905-689-0909** | [www.sleepnetcpap.com/](http://www.sleepnetcpap.com/)

**Trusted Legal Guidance**  
PROUDLY SERVING DUNDAS, HAMILTON & BURLINGTON

- Family Law
- Wills & Estates
- Real Estate

**PARTON LAW GROUP**  
905-627-2119  
[www.partonlawgroup.ca](http://www.partonlawgroup.ca)  
46 King Street West, Unit 205

**Sew Much Fun!**  
Fabric Sales • Classes  
Longarm Quilting Services  
Machine Rentals

**U~Quilt~It**  
Quilt Shop and Longarm Quilting  
**905-957-2000**  
1157 Rymal Rd. E.

Long Arm Rentals - Make Your Own!

**INTO THE MYSTIC**  
A WORLD-WIDE BEST-SELLING NOVEL BASED ON A TRUE STORY

Into the Mystic is a spy novel based on Eileen Green's WWII Job working for Naval Logistics in London. The fictional part of the story leads to the discovery of an ancient secret weapon.

Written by KEITH GREEN  
Step into the mystery Buy the Book Now!  
[www.keithgreen.ca](http://www.keithgreen.ca) 289-446-1027

**Acting In Your Best Interests**  
Billy Parrott  
BROKER, ABR, SRES, CNE  
416.873.8755  
[billy@billyparrott.ca](mailto:billy@billyparrott.ca)

**BILLY PARROTT REAL ESTATE**  
rea  
Real Broker Ontario Ltd.

FREE HOME WORTH AND FINANCE CALCULATORS AT [www.billyparrott.ca](http://www.billyparrott.ca)

**Congratulations!**  
February's Coffee News \$50.00 Contest Winner is  
**Zina Glynn**  
who reads  
**Coffee News**