

ANCASTER LIONS CLUB ANNUAL CRAFT SHOW
 Ancaster Fairgrounds
 630 Trinity Road, Ancaster

April 3rd & 4th
 10 AM - 4 PM

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

\$5 Admission
 CASH ONLY

Visit www.ancasterlions.com for more info!

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

Call Derek now at
905-515-3056

MARCH BREAK 2026

Hamilton Public Library

Explore • Create • Discover
hpl.ca/march-break **March 14 - 21 at HPL**

\$10 OFF ON YOUR TAXES

Bring this coupon to our office and get your discount!

12-1001 Rymal Rd. E - ON L8W 3B7
905 318 4488

By purchasing a 50/50 ticket, you could WIN big while helping CAP continue our work of providing FREE support to cancer patients when they need it most.

Purchase Tickets at
cancerassist.ca/online-lottery

SIX NATIONS BINGO 30

This year is full of surprises—follow us online or visit us in hall to see what's happening!
 Let's Keep Winning Together!

34% OF PEOPLE RELYING ON HAMILTON'S FOOD BANKS ARE CHILDREN.

SCAN TO DONATE

\$1-\$5 WORTH OF FOOD.

[@HAMILTONFOODSHARE HAMILTONFOODSHARE.ORG](https://www.hamiltonfoodshare.org)

Hamilton Food Share

FREE! **Coffee News**[®]
 "News to be enjoyed over Coffee"
 Stoney Creek, Winona, Upper Centennial
 Advertising Information
905-515-3056
 Vol.13 No.16 March 23, 2026
info@yourlocalcoffeeneews.com

Everybody's Talking!

Stair climb: In the Bernese Oberland region of Switzerland, a staggering staircase runs directly beside the Niesenbahn mountain railway, climbing all the way from the valley to the peak of Mount Niesen. Built for railway maintenance, this service stairway is the world's longest, with more than 11,000 steps rising about 1,670 meters (5,479 ft.). Its zigzag path closely hugs the tracks, creating a dramatic and memorable ascent up the steep mountain slope. The staircase is closed most of the time, except during an annual race that challenges determined participants to reach the summit on foot. For everyone else, the railway offers the same breathtaking panoramic views without the grueling climb.

Pavement clock: In New York City, an unusual clock has been keeping time beneath people's feet for generations, near the corner of Maiden Lane and Broadway in Lower Manhattan. The first version was installed outside the Barthman jewelry store in the 1890s, designed to stand out in a city still adjusting to electric light. Unlike typical street clocks, this one was set into the sidewalk itself, carefully protected by glass and illuminated at night. Later, the jump-hour design was replaced with a more traditional round face, which remains visible today. When photographer Ida Wyman captured it in the 1940s, her image turned a clever marketing idea into a lasting icon of New York's streetscape.

Bird ingenuity: Flocks of sulfur-crested cockatoos in Sydney, Australia, have been observed mastering an unlikely skill: working outdoor drinking fountains for their own refreshment. Using their claws, they perch on the spring-loaded handle and push with their weight until a steady water flow begins. The task takes effort, balance, and coordination, and many tries end without success, but persistence often wins them a drink. Remarkably, groups of birds sometimes gather nearby, appearing to line up politely as each one waits for a chance. Researchers think the appeal could be the cleaner taste compared with streams, the reduced risk of predators, or simply the enjoyment of figuring out a challenge.

Plastic breakthrough: Scientists in Japan have engineered a new plastic that disappears when exposed to seawater, turning into compounds that can be safely absorbed by surrounding marine life. Built from a salt-linked polymer, the material is strong enough for packaging yet is unstable in salty environments, where it dissolves much faster than conventional plastics. Unlike the bottles and containers people use every day, this version avoids releasing toxins, microplastics, or harmful gases. It can also naturally break down in soil within weeks, thanks to natural sodium content. Interest from manufacturers already is steadily growing, as the invention offers a clear path toward reducing global plastic pollution.

Quoteable Quotes

"Art is the most intense mode of individualism that the world has known."
 —Oscar Wilde

"Joy comes, grief goes, we know not how."
 —James Russell Lowell

What's Happening

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

PROGRESSIVE EUCHRE, 2nd floor, at the Andreychuk Arena (formerly Mtn. Arena), Hester St. We play every Thursday until June at 1 pm. For more info, call Doreen at 905 560 0475

TRIVIA NIGHT - HEAD OF THE LAKE HISTORICAL SOCIETY - Friday March 27, 7:30 pm to 9:00 pm. Doors open at 7:00 pm Coach House, Dundurn Castle. Accessible. All are welcome. Admission: Society members \$5. Non-members \$10. Food and non-alcoholic drinks are free.

FUNDRAISING WALK FOR SAVE THE MOTHERS - May 9th, Proceeds raised from the five kilometer Walk at Dundas Driving Park will go to Save the Mothers (STM), an 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. For more information, contact: manager@savethemothers.org or (905) 928-7283 www.savethemothers.org/walk

Sit to Be Fit - Monday, March 23, 1:00pm - 1:45pm Stoney Creek Library Saltfleet Room. Exercise your way to better health and fitness. Increase your strength, balance, flexibility and endurance in this seated movement program. Registration required, call 1-800-565-4614 x102 or 905-768-4488, or email sherri.miller@alzda.ca. AGE GROUP: | Older Adults (55+)

Trivia

1. Gutties is Scottish slang for shoes, eyes, or candles?
2. What unique feature of a bird's skeletal system allows it to fly?
3. What is the capital of Algeria?
4. Who wrote the play *The Cherry Orchard*?
5. A perennial plant blooms and dies in one growing season—T/F?

(Flip bottom of page for answers)

© Published with Permission by Your Local Coffee News Inc.

(Over)

PARTICIPANTS NEEDED FOR A RESEARCH STUDY

Are you 65+ living in the community?

Help test the Older Persons Active Living (OPAL) questionnaire to measure quality of life!

What's involved?

- Complete online surveys from home (20 min)
- Repeat OPAL after 2 and 4 weeks (5–10 min each)

Email: rehabqol@mcmaster.ca
 This study was reviewed by Hamilton Integrated Research Ethics Board Project #18336

Enjoy the Benefits of Optimized Foot Health!

Nail Care • Callus • Corns
 Infection • Sports Injuries • Diabetes
 Heel Pain • Orthotics • Compression
 Poor Circulation • Ingrown Toenails
 Warts • Shockwave Therapy

YES, WE MAKE HOME VISITS!

New Patients Welcome

2757 King Street E, Hamilton

Garth Foot Care
 905.573.4817 garthfootcare.com

WANTED VINTAGE STEREO EQUIPMENT

TOP \$\$\$...WORKING OR NOT WORKING!

Now accepting
 VINYL RECORDS
 STEREOS • REEL TAPES

CALL 905.515.3056

Retail Store Fixtures

Cabinets, Cases, Shelves, Display units

Must be gone by March 21

147 Hwy 8, unit #2
HOHfixtures@gmail.com
 for more info

ONE HOUR of REFLEXOLOGY

\$70 With this ad. Plus HST. Offer expires March 31/26

AVACHI TOUCH • HEALTH & WELLNESS

905.664.2008 • www.avachitouch.com
 8 King St. E, Stoney Creek

Home Stairlift.com

Proudly Canadian Owned & Operated

We Rent Stairlifts!

- ✓ Buy New or Used
- ✓ Buy Back Program
- ✓ Government Funding
- ✓ Tax Credits

416.424.6607

From Gnat to Rat...

What's BUGGING You?

✓ Hamilton to Fort Erie ✓ Great Prices

ONTARIO PEST PREVENTION

365-309-7378 (PEST)

2026 Consumer Choice Award Pest Control Hamilton

OntarioPestPrevention.com ontariopestprevention@hotmail.com

Your Weekly Horoscope

ARIES

(March 20 - April 19)

At midweek, you may feel hemmed in by responsibilities. If this stirs up an old wound, remember to love yourself. That could change your view of the situation. Lucky numbers: 6, 9, 38, 46, 47, 48.

TAURUS

(April 20 - May 20)

Are you in conflict with others about how to proceed? Working to lower the emotional temperature can help the situation and give you a new skill to employ. Lucky numbers: 7, 18, 19, 21, 26, 41.

GEMINI

(May 21 - June 20)

You may find yourself on "information overload" at the beginning of the week. Try waiting a few days, then sort through the data to look for new options. Lucky numbers: 5, 15, 16, 22, 28, 37.

CANCER

(June 21 - July 22)

You may want to retreat midweek to process your emotions. Even if you can't fully withdraw from the world, carving out moments of self care is important. Lucky numbers: 11, 13, 22, 33, 44, 48.

LEO

(July 23 - Aug. 22)

Your natural enthusiasm may get an energy boost at week's end. How can you positively channel it to achieve something? Resist the temptation to just have a good time. Lucky numbers: 14, 15, 18, 19, 27, 35.

VIRGO

(Aug. 23 - Sept. 22)

Are you comfortable with your relationships? If not, what adjustment in your view might improve the situation? The benefit of doing so should outweigh the effort. Lucky numbers: 3, 11, 17, 21, 26, 36.

LIBRA

(Sept. 23 - Oct. 22)

You may be having opposition in your relationships. Instead of arguing, try having honest conversations so each person can take responsibility for needed changes. Lucky numbers: 8, 24, 26, 30, 31, 33.

SCORPIO

(Oct. 23 - Nov. 21)

Your intuitive perception about others may create relationship difficulties. For a few months, the energy might encourage you to understand and mitigate this dynamic. Lucky numbers: 10, 16, 35, 37, 39, 41.

SAGITTARIUS

(Nov. 22 - Dec. 21)

Your head and your heart may be at a stalemate early this week. If you can, try to find a compromise. Otherwise, perhaps wait a few days for this energy to pass. Lucky numbers: 2, 5, 7, 26, 34, 37.

CAPRICORN

(Dec. 22 - Jan. 19)

Capricorns usually focus on ambition to build success. But midweek, the need to nurture yourself or others may interfere with these efforts. Don't resist the impulse. Lucky numbers: 9, 16, 17, 23, 43, 44.

AQUARIUS

(Jan. 20 - Feb. 18)

As an Aquarius, you may be at the forefront of the evolution that Pluto represents in your sign. However, your relationships with others could be the key to change. Lucky numbers: 1, 4, 27, 28, 33, 36.

PISCES

(Feb. 19 - March 20)

Pisces has a desire that we all just get along. For the next few months, how might you be able to advance this goal in a realistic way that could create lasting change? Lucky numbers: 4, 12, 24, 27, 47, 48.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 35.

Did You Know...

Lava glow: The lava lamp's creator, Edward Craven Walker, once noticed a quirky homemade egg timer that used heated liquids rising and falling in a container. Fascinated by the effect, he turned the idea into the famous lamp of drifting, glowing wax.

Sun boxes: In the 1700s, experimenter Horace de Saussure nested layers of glass around a dark base to capture daylight. Hours later, the sealed chamber grew hot enough to bake food, marking one of the earliest attempts at cooking with sunlight.

Wooden wheels: The first bicycles were little more than wooden frames with two wheels, known as "dandy horses." Riders pushed them along with their feet, gliding on smooth streets until cities began banning them for colliding with pedestrians.

Skipped leap: Most leap years add a day every four years, but not always. To keep the calendar from drifting, we skip the extra day every 100 years unless the year is divisible by 400. That rare exception helps keep our timing a little more in sync with the sun.

Door spin: Revolving doors weren't just about saving energy or keeping out drafts. They also were designed to sidestep awkward etiquette about who enters first. Later, their clever design proved useful in helping buildings stay quieter and more energy efficient.

On the Lighter Side

What do you call a man down in a hole? Doug.
 How do you make a tuna melt? Pay it a nice compliment!
 I'd tell you my autumn joke, but you probably wouldn't fall for it.
 Passenger: "It's my first time in a plane. Will you bring the plane down safely?"
 Pilot: "I've never left one up there yet."

Knock! Knock! *Who's there?* Carmen. *Carmen who?* Carmen get it.

Answers

Trivia answers: 1. Shoes 2. Hollow bones 3. Algiers 4. Anton Chekhov 5. False, annual

© Published with Permission by Your LocalCoffee News Inc.
 For available franchise opportunities - visit www.coffeenewsCanada.com

(Over)

People and Solutions For Life

WHEELCHAIRS
SCOOTERS
RECLINER LIFT CHAIRS

905.549.4800

Essential
 MOBILITY PRODUCTS Customer First Experience

40 Centennial Pkwy N, Hamilton | essentialmobility.ca



WHAT IS MY HOME REALLY WORTH?
FREE HOME EVALUATION

Carlo Silvestri BROKER

RE/MAX CENTRE

905-541-3510 carlo@remaxcentre.ca

SERVING STONEY CREEK, BINBROOK AND SURROUNDING AREAS



Retail Store Fixtures

Cabinets, Cases, Shelves, Display units

Must be gone by March 21

147 Hwy 8, unit #2

HOHfixtures@gmail.com

for more info

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

905.628.8558 circleoflifecbc.com



Electrical and HVAC Services

TRUSTED SERVICE SINCE 2010

READY FOR WINTER? CALL US TODAY!

905.961.0427

KIEDAN
 HEATING • COOLING • ELECTRICAL kiedan.ca



25+ Years in Stoney Creek area

COVID PROTOCOLS IN PLACE

SENSE OF HEARING

#102-68 Centennial Parkway South, Stoney Creek

- Ear Wax Removal
- No Cost Adult Hearing Test
- No Referral Required
- Service Excellence Guaranteed

905-662-3130 • stoneycreek@senseofhearing.ca

SAVE ON YOUR PHONE BILL!

Phone Service for Businesses with 1-50+ employees!

- FREE Virtual Receptionist
- FREE Virtual Fax Number
- FREE Calling to Canada, U.S. & Mexico
- FREE Video Conference Number
- FREE 24/7 Tech Support
- FREE Toll-Free Number (500 inbound minutes included)

Plans Starting from \$24.95/month (plus tax)
 Month-to-Month Billing, No Contract Necessary

VMSINTERNATIONAL.CA • 647.762.3469



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.yourlocalcoffeenews.com
 Email: Contest@yourlocalcoffeenews.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.



Downsizing? \$300/month DISCOUNT FOR SENIORS 65+!

Welcome to your new home in Stoney Creek

Meadowbrook Apartments

UP-DATED UNITS

To View and Apply Today
 Call 905-561-1397

- On-site Mgmt
- CCTV Surveillance
- Modern Appliances



Broccoli Cornbread w/Cheese


Ingredients

- 1 cup - cottage cheese
- 3/4 cup - butter, melted
- 4 - eggs
- 2 pkgs. - cornbread muffin mix (8.5 oz)
- 10 oz. - frozen chopped broccoli, thawed
- 1 - large onion, chopped
- 1 1/2 cups - shredded Cheddar cheese, divided

RECIPE PREPARATION

- Preheat oven to 375 degrees F (190 degrees C). Grease a 9x13-inch baking dish.
- Beat cottage cheese, butter, and eggs in a large bowl. Stir cornbread mixes into butter mixture until just moistened. Fold in broccoli, onion, and 1 cup Cheddar cheese. Pour batter into prepared baking-dish and sprinkle with remaining 1/2 cup Cheddar cheese.
- Bake in the preheated oven until a toothpick inserted into the center comes out clean, 35 to 40 minutes. Cool in the baking dish for 10 minutes before slicing and serving warm.

allrecipes.com



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!



Does Your Shower Have You TERRIFIED?

Is mold or mildew lurking in the corners of your shower?

WE CAN HELP!

GSC
GROUT SOLUTIONS CANADA

Call us for a complete shower cleaning/restoration and re-caulking

WE CAN TRANSFORM YOUR SHOWER TODAY!

905.870.7111
info@groutsolutionscanada.ca • groutsolutionscanada.ca



TURN GIFTS INTO PRIZES FOR GOOD

Donate new or unused gift or gift cards to Cancer Assistance Program to support our fundraising events and cancer services.

Cancer Assistance PROGRAM

cancerassist.ca | 555 Concession St., Hamilton



Congratulations!

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

