

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 contests@coffee-news.ca
Please put "Readers" in the subject line.

Please include:
 1 Your name 2 Your phone number
 3 Your address
 so that we can send you some cool prizes if your photo is chosen to appear in the paper!



Reader of the Month
Thomas Acheson • Calgary, AB

Coffee News Fun Reading. Serious Advertising.


FREE! *New Issue Every Week!*

Coffee News®

"News To Be Enjoyed Over Coffee"

Ellerslie East Edition

780-220-6397



www.coffee-news.ca

Call for Rates-780-220-6397/877-553-6397

STOP STREAMING! IT'S FUNNIER LIVE AT THE COMIC STRIP
BOURBON STREET, WEST EDMONTON MALL

PURCHASE TICKETS ONLINE AT thecomicstrip.ca

Rick Branson's
THE COMIC STRIP
DRINK • DINE • LAUGH



Did you know Gold Canyon Candles went out of business in March 2020?

Sunset Scents is a new candle company that was formed by two former Gold Canyon executives who have over 20 years in the candle industry.



PSC Prairie Scented Candles
A Ray of Fragrance

We are recreating your Gold Canyon favourites like Fall Leaves (aka Autumn Walk), Hot Apple Cider (aka Mulled Cider), Christmas Wreath (aka Holiday Wreath), Ginger Lime and many more!

prairiescentedcandles@gmail.com
www.prairiescentedcandles.com

Don't know how to fix your home?

We complete 100's of lists each year!

www.HOHS.ca | 780.940.2127
Framing & Drywall | Caulking | Much More



HOME & OFFICE ANDYMAN SERVICES

THIS SPACE FOR RENT

780-220-6397



BLUE BLOODS

MON - THURS 9:00 **yesTV**

Living and Working in YOUR Community

JAY BERG GROUP

REAL ESTATE PROFESSIONALS - GETTING YOU ON THE MOVE



A PASSION FOR PEOPLE.
A PASSION FOR REAL ESTATE.

CALL JAY TODAY!
780.819.BERG (2374)
www.JayBerg.com

Recipe of the month


Cheesy Broccoli Soup in a Bread Bowl

1/4 cup butter, cubed	1/4 teaspoon pepper
1/2 cup chopped onion	1/4 cup cornstarch
2 garlic cloves, minced	1/4 cup water or additional chicken stock
4 cups fresh broccoli florets (about 8 ounces)	2-1/2 cups shredded cheddar cheese (about 8 ounces each), optional
1 large carrot, finely chopped	Optional toppings: Crumbled cooked bacon, additional shredded cheddar cheese, ground nutmeg and pepper
3 cups chicken stock	
2 cups half-and-half cream	
2 bay leaves	
1/2 teaspoon salt	
1/4 teaspoon ground nutmeg	

Prep Time: 15 mins. Cook time: 30 mins. Yield: 6 servings

- In a 6-qt. stockpot, heat butter over medium heat; sauté onion and garlic until tender, 6-8 minutes. Stir in broccoli, carrot, stock, cream and seasonings; bring to a boil. Simmer, uncovered, until vegetables are tender, 10-12 minutes.
- Mix cornstarch and water until smooth; stir into soup. Bring to a boil, stirring occasionally; cook and stir until thickened, 1-2 minutes. Remove bay leaves. Stir in cheese until melted.
- If using bread bowls, cut a slice off the top of each bread loaf; hollow out bottoms, leaving 1/4-in.-thick shells (save removed bread for another use). Fill with soup just before serving. If desired, serve soup with toppings.

Source: www.tasteofhome.com



Vol. 18 No. 8 February 22, 2021

Everybody's Talking

Unusual success: A young teen from a poor family in Lucban, a town in Quezon Province, Philippines, had an unusual opportunity for success on the modeling scene. Rita "Badjao Girl" Goviola's large family received very little income from her father's job, so she had to beg for alms on the street. One day, photographer Topher Quinto Burgos took photos of her and posted them online. That was the beginning of Goviola's rise to success. Her natural beauty was noticed by several celebrities, who took her under their wing. Eventually, Goviola started modeling and acting, and she was able to afford to build a new home for her family.

Roadside bonfire: Toilet paper was in high demand and short supply during the COVID-19 pandemic. So when a transport truck carrying a large load of the stuff crashed on a highway in the state of Texas (U.S.), it would have been understandable if bystanders had helped themselves to a few of the rolls. Unfortunately, the toilet paper – reported to be the type used in businesses – caught fire. Instead of cleaning up the spilled load, onlookers ended up watching a bonfire of the important commodity. Thankfully, no one was hurt in the incident.

Food art: The Japanese art called kyaraben involves arranging food into interesting and fun designs. One creative kyaraben-maker, known as Etoni Mama, lives in Tokyo and has three children. She became famous on social media for her version of the art. While any kind of food can be used in kyaraben, Etoni's choice is fried eggs. She makes cartoon characters with runny egg yolks as the head and body, and then she adds harder, cooked pieces of yolk to serve as arms, legs, and feet. She dresses up characters with other food items, snipped and shaped to make clothing. Her children love it!

Fixing fences: Art Gladu has fixed a few fences during his time living in a house at a busy intersection in Winnipeg, Manitoba (Canada). The reason? Vehicles somehow miss the corner and end up in his front yard. It happened in the mid-2000s when a truck backed onto the property before driving off. In 2015, another car careened into the yard, hitting his pine tree. More recently, in the wee hours, Gladu woke to a loud noise, only to find that yet another vehicle had punched through his chain link fence before coming a stop on his tree. He's hoping the city will have a guardrail installed.

Quoteable Quotes

"Let your life lightly dance on the edges of Time like dew on the tip of a leaf."
—Rabindranath Tagore

"The fruit that can fall without shaking, Indeed is too mellow for me."
—Lady Mary Wortley Montagu

What's Happening

Feb 1 to 28-Hypothermic Half Marathon 10K Virtual event - participate from any location you choose! Run in support of Justsocks.ca - a volunteer operated charity providing new socks to those in need across Canada. www.hypothermichalf.com

Online event posting During the Pandemic, we are happy to post your online event in the What's Happening section of Coffee News. Please visit our website at www.coffee-news.ca to submit your event.

Edmonton's indoor, year round farmers' market! Fridays 9-5. With over 100 local vendors, We're your one-stop-shop to keep you stocked for the week. Everything from fresh local vegetables and meat, local coffee roasters, to Albertan beer and wine. 3696 97 St, Edmonton Mill Woods Town Centre

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!

\$400* Prize Package

*Coffee News Bucks
Over 150 participating sponsors!
4 winners (\$100 each) will be drawn on the 15th of each month from all correct entries

To enter, visit www.coffee-news.ca

Submit your birth date and we'll send you a birthday card with valuable offers on your special day!

...or send your entry by snail mail to: CN Guy Contest, 9768 170 Street, Suite 303, Edmonton, AB T5T 5L4. Be certain to include your full name, complete mailing address (including postal code), phone number, email address and your birth date. Also include the name of the ad in which you found the hidden Coffee News Guy.

Trivia

- In which part of the human body will you find the anvil, hammer, and stirrup bones?
- What is the second highest mountain in the seven continents?
- What famous canal can be found in Egypt?
- Cats the Musical is based on a collection of poems by which poet?
- What is the currency of India?

Wishes are waiting.

Help us give every eligible child the wish they need.

Donate today:
www.makeawishna.ca



Make-A-Wish
NORTHERN ALBERTA CANADA

Coffee News is proud to support Make-A-Wish Northern Alberta

HELP STOP THE SPREAD!

- 1 Wear a mask
- 2 Keep your distance – six feet!
- 3 Wash your hands
- 4 Take your copy of Coffee News home with you


Stay safe!
A message from your friends at **Coffee News®**

Dementia and Continence Study

Dr. Adrian Wagg's research team at the University of Alberta is recruiting participants for a research study to understand self-management of urinary incontinence with containment products by community dwelling older people living with dementia.

You will be in the study for approximately 10 weeks. During this time, the researcher will visit you five times. You will be asked to fill out questionnaires, maintain a bladder diary and take part in two interviews. The study visits will last between 1 to 2 hours.

If you want to learn more about this study, please contact Dr. Wagg's research office at **780-492-6855** (24-hour confidential voicemail). University of Alberta Ethics approval Ref: Pro00094514



UNIVERSITY OF ALBERTA
This study will abide by all Covid-19 safety measures outlined by Alberta's Chief Medical Officer and Alberta Health Services.

WE COME TO YOU!

NERDS2YOU

VIRUS REMOVAL & COMPUTER REPAIR

ONSITE COMPUTER REPAIR

Your on-site computer and network service specialists. Virus removal, network setup, repairs and more.

587-772-NERD(6373)

FAST, FRIENDLY AND PROFESSIONAL
DEBIT, VISA AND MASTERCARD ACCEPTED
NERDS2YOU.CA

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
Passenger Website: www.coldshot.ca

TICKETS: 587-557-7719 | PARCEL: 587-557-7718

SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005

EMPLOY Abilities FOR NEWCOMERS

LOOKING FOR HELP? NEW TO ALBERTA?

We provide services for newcomers with permanent barriers with a fast, pre-employment program, to help you get ahead!

This program offers the following FREE services:

- Private one-on-one job search advice
- Training to get you ahead with your job search
- Strategies to help you succeed at work
- Networking to help you with your goals

CONTACT EMPLOYABILITIES TODAY!

Contact us by phone at 780.945.4643 or email michael@employabilities.ab.ca

Financed by: Immigration, Refugees and Citizenship Canada

FAST, ACCURATE, CLEAN & FRIENDLY SERVICE

MILLWOODS Bottle Depot

2830 Parsons Road
(south extension of 99th St. above South Edmonton Common)

Mon - Sat 8:30 am - 7 pm
Sunday 10 am - 6 pm

mybottledepot.ca

14 receiving stations to serve you REALLY FAST!

BEST IN THE CITY!

Bring in your bottles for a chance to win in our regular Customer Appreciation Draws!



ALL DÉCOR
DESIGN & STAGING INC.
FREE IN-HOME DESIGNER CONSULTATION AND QUOTE

WINTER SPECIAL
UP TO **35% OFF**

CALL TODAY FOR DETAILS: **780-800-5515**
www.alldecorpro.ca

HunterDouglas Choose your perfect shades.

One solution for oxygen at home, away, and for travel

Introducing the INOGEN ONE – It's oxygen therapy on your terms

No more tanks to refill. No more deliveries. No more hassles with travel. The INOGEN ONE portable oxygen concentrator is designed to provide unparalleled freedom for oxygen therapy users. It's small, lightweight, clinically proven for stationary and portable use, during the day and at night, and can go virtually anywhere — even on most airlines. Inogen accepts Medicare and many private insurances!

Reclaim Your Freedom And Independence NOW!

Call Inogen Today To Request Your FREE Info Kit
1-888-998-6714

inogen

EMPLOY Abilities FOR NEWCOMERS

LOOKING FOR HELP? NEW TO ALBERTA?

We provide services for newcomers with permanent barriers with a fast, pre-employment program, to help you get ahead!

This program offers the following FREE services:

- Private one-on-one job search advice
- Training to get you ahead with your job search
- Strategies to help you succeed at work
- Networking to help you with your goals

CONTACT EMPLOYABILITIES TODAY!

Contact us by phone at 780.945.4643 or email michael@employabilities.ab.ca

Funded by: Immigration, Refugees and Citizenship Canada / Immigration, Réfugiés et Citoyenneté Canada

Need ONE More Reason to Join?

- 1 You need child support enforced
- 2 Your landlord raises rent in violation of your verbal agreement
- 3 You adopt a child
- 4 A friend owes you money and files for bankruptcy
- 5 You need help with credit card liability resolution
- 6 Your car is vandalized in a parking lot

Call **LOYD KENNEY**, Independent Associate, to find out how LegalShield can help you!

LegalShield 1-877-579-9449

Happy Family Day!

from your friends at **Coffee News**

200+ Delicious Meals Made for SENIORS!

PLEASE ASK US FOR STARTER PACK

NOW SERVING THIS COMMUNITY!

- ✓ Free Delivery*
- ✓ No Obligations
- ✓ No Minimum Orders*

Request your FREE MENU Catalogue today!
780-666-2336
TF: 1-800-704-4779

HEART TO HOME MEALS
DELICIOUS MEALS MADE FOR SENIORS™
www.hearttohomeals.ca

FROM **\$50** A MONTH
DRUG AND DENTAL PLANS

LIFE | SUPERVISA | DISABILITY TRAVEL INSURANCE
RESP PLANS (up to \$9200 grants + 15% bonus)

ONKAR INSURANCE BROKERS

Vikram Saggi
780-999-3000

SPECIAL! 40 GALLON NATURAL GAS JOHN WOOD PROLINE WATER HEATERS INSTALLED \$999 + GST

SENIOR DISCOUNTS OFFERED

YOUR DEPENDABLE NEIGHBOURHOOD PLUMBER

clover

PLUMBING & HEATING

Call David Martin
780.935.4445

- Residential and Commercial Plumbing Services
- Furnace Repair and Replacement
- Garage Heaters
- Boiler Repair and Replacement
- Gasfitting

RED SEAL W/PLUMBING & GAS TICKET

Your Weekly Horoscope

ARIES (March 21 - April 20)

Express yourself in writing rather than speaking. Something important may click. Reading your own thoughts could enable you to understand yourself better. Lucky numbers: 26, 29, 33, 36, 40, 43.

TAURUS (April 21 - May 21)

You may want to open your mind to new areas of communication. It might be time to convert your style by using some new technologies to get your message across. Lucky numbers: 11, 18, 22, 35, 47, 49.

GEMINI (May 22 - June 21)

Your plans may include assistance from those close to you. Insights into your dreams and the dreams of others could be a good guideline for your potential endeavours. Lucky numbers: 25, 33, 35, 38, 41, 49.

CANCER (June 22 - July 22)

You may have to make some extra time to check out health issues, within your busy schedule. Rest and relaxation might be just what the doctor orders right now. Lucky numbers: 4, 16, 25, 27, 34, 40.

LEO (July 23 - Aug. 23)

Many influences may inspire you to reach past the immediate and find new ways to express yourself. Planning travel might influence something spiritual in you. Lucky numbers: 1, 12, 23, 44, 46, 49.

VIRGO (Aug. 24 - Sept. 23)

You may need to feel that you are in control of certain aspects of your life. Strive hard to take the reins and make decisions. Your confidence should flourish as a result. Lucky numbers: 13, 25, 27, 32, 37, 44.

LIBRA (Sept. 24 - Oct. 23)

Creative new projects may be in your immediate future. Choose your teammates carefully, as someone may try to take the credit for your hard work and ideas. Lucky numbers: 15, 24, 29, 32, 37, 41.

SCORPIO (Oct. 24 - Nov. 22)

Now may be a time to laugh hard and play even harder, which might be very infectious. Recent events could show that you need to keep that child alive in yourself. Lucky numbers: 2, 19, 22, 29, 33, 42.

SAGITTARIUS (Nov. 23 - Dec. 21)

Your tight-knit circle of friends and family may hold your word in high honour. You should be able to recognize the power that you really possess within yourself. Lucky numbers: 7, 11, 24, 28, 35, 38.

CAPRICORN (Dec. 22 - Jan. 20)

Your strong spiritual feelings may help you positively reflect on your life. If others seem negative, you might encourage them to count all their blessings, too. Lucky numbers: 4, 7, 18, 19, 24, 37.

AQUARIUS (Jan. 21 - Feb. 19)

You may feel that you need to fight for what you believe in. Your message should be very clear, decisive, and convincing. Try not stir up more controversy than necessary. Lucky numbers: 5, 12, 16, 23, 41, 45.

PISCES (Feb. 20 - March 20)

Your honest heart and sense of humour may attract new friends. Play hard and work hard to help learn valuable lessons about yourself. Keep your spirit real. Lucky numbers: 13, 27, 35, 41, 42, 44.

Lucky numbers this week: This week's odds favour Cancer winners with the luckiest number being 4.

Did You Know...

Seed of Australia: Wattleseed is an Australian plant that has been used in food for 40,000 years. Pods contain small, protein-rich seeds that can be ground into powder. Used in desserts and drinks, it tastes similar to coffee, chocolate, and hazelnut.

Cheesy potatoes: In France, a favourite potato dish is called "aligot." It is made by mashing potatoes and adding quite a bit of mild cheese, along with garlic, butter, and cream. The result is a fondue-like comfort food.

Jelly's time: *Jelly's Last Jam* is a Broadway musical that first appeared in 1992. The music was written by Creole jazz composer Ferdinand Joseph LaMothe, known as "Jelly Roll Morton" (1890-1941). The musical tells his story of being an early jazz musician.

Plant place: The Berlin Botanical Garden started in 1679 as an expansion of the royal kitchen and flower garden. Today, it is one of the largest botanical gardens in the world and has about 20,000 species of plants.

Green treat: People in South Australia like to eat frogs – as long as they are made out of sugar! Called "frog cakes," these regional treats look like frogs, but are made of sponge cake, jam, and buttercream, topped with green fondant icing.

On the Lighter Side

Dan called the tinnitus hotline, but it just kept ringing....

Why is a moon rock tastier than an Earth rock? It's a little meteor.

Remember that you're positively unique. Just like everyone else.

Middle age: When you pick your cereal for the fibre, not for the toy.

Reporter: "How many people work for the government?"
Researcher: "About half."

Answers

Trivia answers: 1. Middle ear 2. Aconcarua 3. Suez Canal 4. T. S. Eliot 5. Indian Ruppee

For available franchise opportunities – visit coffeenewscanada.com
© Published with Permission by Capital Marketing Ltd

Calling all Fishermen
50 YEARS & OVER

Come find fishing buddies at
THE EDMONTON Old Timers' FISHING CLUB

Monthly meetings Monthly newsletter

...with guest speaker, free coffee & donuts.

For more info, call or text Gary Preece at 780.940.6679

HIP/KNEE REPLACEMENT?

Other medical conditions causing TROUBLE WALKING or DRESSING?

The Disability Tax Credit allows for **\$3,000 YEARLY TAX CREDIT** and **\$30,000 LUMP SUM REFUND**

For Expert Help: **1.844.453.5372**

APPLY NOW TO MEET 2019 TAX DEAD-LINES!

BBB A+

Every \$3.51 You Give = **1 MEAL FOR A HOMELESS NEIGHBOUR**

Give Hope. Give Today.
TheSeed.ca/donate

THE MUSTARD SEED

WE CLEAN YOUR HOME Like It's OUR OWN!

- ◆ Weekly/Biweekly/Monthly Personalized Cleans
- ◆ Move In/Outs
- ◆ Residential and Small Business

ASK ABOUT OUR SENIORS' RATES!

NOBODY CLEANS LIKE MOM
780.700.6686 • www.nobodycleanslikemom.com

WINTER SPECIAL

Complimentary Hair Treatment with any colour service, customized to your hair's needs OR Complimentary Paraffin, Scrub or Massage to your Manicure or Pedicure

Clarity SALON & SPA
780.761.5959
965 James Mowatt Tr. SW
www.claritysalonandspa.ca

ELECTRICIAN FOR HIRE

Residential Light Commercial Electrical Repairs and Renovations

Art de Leon Master Electrician
780.932.3858 Cell
ajdeleon63@gmail.com

I HAVE BEEN DOING TAX RETURNS SINCE 1985

Personal Tax Returns • Corporate Tax Returns
GST Returns • Preparation of T4s/T5s

DBV Donald B. Verbeke, CPA, CA, CFP
PROFESSIONAL CORPORATION

CHARTERED PROFESSIONAL ACCOUNTANT & CERTIFIED FINANCIAL PLANNER

1169 Tory Road NW Edmonton • don@verbeke.ca
Cell: 780.945.6190 • www.verbeke.ca

TRINITY Baptist Church

Serving the community for over 40 years.
10:30 AM Sunday Worship Service

www.tbcsherwoodpark.ca
780-464-4040

East on Baseline; First left after Hwy 21
22550 Twp Road 530, Sherwood Park, AB