

Congratulations
to September's
Coffee News Guy
contest winners!

Your prizes
are in the mail!

Enter today for
your chance to win at
www.coffee-news.ca

**Irene Pinnell
Taylor Wrobel
Megan Kriger
Andrea Mackay**

FREE! **New Issue Every Week!**

Coffee News®

"News To Be Enjoyed
Over Coffee"

**Spruce Grove
Edition**

780-220-6397

www.coffee-news.ca

Est. 1988

LEST WE FORGET
On November 11, remember those who stood up for Freedom.

The City of
SPRUCE GROVE

A New Children's Book

...to delight and
inform young readers
from author
Stephen Monk

Dr. Dreams
celebrates family,
dreams, sharing and
learning helpful skills

Visit
www.stephenmonk.ca

AVAILABLE THROUGH:
AMAZON | BARNES AND NOBLE | KINDLE | GOOGLE PLAY | APPLE BOOKS
FRIENSPRESS | INDIGO and at COLES GRANDE PRAIRIE

IS ADVENTURE ON YOUR BUCKET LIST?

Discover Scuba
Try **Scuba Diving** and see what
it's like to breathe
underwater!

**The Dive
Outfitters**
Scuba Diving & Snorkeling
780.483.0044
11781-156 St., Edmonton

Or, discover **Snorkelling!**
\$30 per person. Save \$5 each
when you register two or more!

CALL OR
REGISTER
ONLINE

www.thediveoutfitters.ca

SCUBAPRO | SHERWOOD | GARMIN | SHEARWATER | AKONA | HENDERSON | SEALIFE | TUSA

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

We follow the Alberta Fee Guide

**Queen
Street DENTAL**

Located in Queen Street Place
#109, 505 Queen St.
Spruce Grove

Dr. Chris Gordon • Dr. Azra Lalani • Dr. Sonia Thibault

780.960.1422 | www.queensdental.ca

**Get More Traffic,
Leads & Sales**

• Website Development
• Google Ads
• Facebook Advertising
• Social Media Management
• SEO & Content Marketing
• Reporting & Analytics

Frontline 780.760.6922
web consulting frontliniconsulting.ca

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**

FREE ASSESSMENT
CALL TODAY!

For Expert Help:
1.844.453.5372

**Pregnant? Facing
Difficult Decisions?**

We can help.
Call **780.421.1177** or text
587.596.5380

**A Small Miracle
Adoption**

Adoption is the ultimate expression of a committed heart

• Confidential Pregnancy Counselling • Support and Connection to Resources • Adoption Information and Advice

www.smallmiraclesadoption.com

Everybody's Talking

Phone fiend: People collect lots of different things, like dolls, hats, and porcelain figurines. Not very many collectors choose old cell phones as their object of interest, but that's what Sahabettin Ozcelik of Van province in eastern Turkey collects. Ozcelik is a cell phone repairman, and during his 20-odd years in business, he has seen a lot of different makes and models come and go. He has about 1,000 phones in his collection, and he used to have more before thieves broke in and stole some of them. He keeps them all in working order.

River zipper: Imagine a zipper being pulled by its tab while the fabric, with zipper teeth on both sides, opens up. Now imagine that the fabric is a sheet of still water and the pull tab is a boat. As the boat moves forward, its wake looks like a zipper opening up. Basically, that was the vision of Japanese designer Yasuhiro Suzuki when he designed a boat to look like a zipper's pull-tab. He got the idea while watching a boat from an airplane window. He named his creation "Zip-Fastener Ship" and presented it at the 2020 Designart Tokyo, calling his installation "Opening the River."

Uninvited visitor: Perhaps the deer was only looking for a quiet place to retire when it jumped through the glass in the door of an assisted living facility in the town of Selkirk, Manitoba (Canada). Once inside, though, the wild animal didn't seem to want to lie down for a rest. Police were called to handle the situation, which occurred in the middle of the night. They were able to steer the skittish buck into a large, empty room, away from the area where residents live. Eventually, the animal found the open door and bounded through it to freedom.

Delicious stew: Those who have visited Brazil may be well aware that this South American country's national dish is a stew called feijoada (feijoada completa). This hearty meal consists of smoked pork and flavourful black beans. Finding exact replicas of the dish throughout the country is difficult because families and dining establishments boast their own homemade recipes for the popular mealtime favourite. Flavourings for the dish may include onion, tomatoes, garlic, and coriander. Accompaniments might be green vegetables, rice, and oranges. It is often served for lunch on Saturdays.

Quoteable Quotes

"The principal ingredient in life is love." —Unknown
"Harmony is pure love, for love is complete agreement." —Lope de Vega

What's Happening

Workplace Bullying Awareness Week 2021 Please join us for Workplace Bullying Awareness Week! Follow awarenessendsbullying to participate in the conversation and share what you are doing!

Nov 14-Devon Monthly Arts Market Come check out our local artists, craftspeople and artisans each month at the Devon Community Center, 20 Haven Ave, Devon. The Market runs from noon to 4 pm. Free to attend

Dec 12-Devon Christmas Arts Market Come check out our local artists, craftspeople and artisans each month at the Devon Community Center, 20 Haven Ave, Devon. The Market runs from noon to 4 pm. Free to attend

Oct 26-Back in Time for Christmas Sale The St. Josephs Hospital Auxiliary is holding a Back in Time for Christmas Sale at the Duggan Community Hall. 3728 106 Street 9:00 a.m. to 6:00 p.m. We have a wonderful selection of new and used items.

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!

NEW FEATURE!

...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.

Helping you rediscover
fun in the kitchen!
Gifts and Gadgets

Your one stop
kitchen and gift shop.
780.962.5220

CHECK OUT OUR
EXTENSIVE
ONLINE CATALOG!

Visit www.giftsandgadgets.ab.ca
or visit us in person at 111 First Avenue, Spruce Grove

**This is
Your Story**

Stories of redemption,
discovery and faith
WEEKNIGHTS AT 11PM

yesTV

WHY RENT ...when you can BUY?

You may be financially ready – and don't even know!

Call George about **real solutions** to build equity:
780.982.4247
www.georgevandewalle.com

Each office independently owned and operated

RE/MAX

GEORGE VAN DE WALLE

Condo Issues? We Have Solutions!

CONSULTATION MEDIATION ARBITRATION

✓ Helping to improve the decorum, harmony, and functionality of boards
✓ Chair hostile and difficult meetings ✓ Update condo board bylaws
✓ We help to resolve and/or mediate issues between condo stakeholders

Rosetree MEDIATION, ARBITRATION & CONSULTING SERVICES

780.982.4355 | rosetreemediation.com

Thank You to these distribution partners for continuing to support **Coffee News** through these unprecedented times...

Zone 4
Updated 02/22/21

We appreciate you!

Spruce Grove
The Appetite and Delight Café
BarBurrito
Bing's Family Restaurant
Boston Pizza
Broadway & Grand
Buster's Pizza
Carl's Jr
Chopped Leaf
Cosmic Pizza and Donair
Dairy Queen
Docherty's Fish and Chips
Donair Mama
Duke's Pizza + Pub (Nova Inn)
El Taco Loco
Famosa Neapolitan Pizzeria

Fatburger
Freshii
Humpty's
Husky House
IT Sushi
J's Donair
Joey's Only
KFC
La Best Donair and Pizza
Love Pizza
Mary Brown's
Chicken
McDonalds
Ooodle Noodle
Opa
Osaka Sushi
Restaurant
Peking Way
Perks Coffee House

Pizza Hut
Pizza 73
Porta Romana Restaurant
Quinos
Rainbow Palace
Ray's Wok
Red Chili Vietnamese
Royal Pizza
Sakia Sushi Bar
Sam's 2 for 1 Pizza
Smitty's
Something Else Restaurant
Starbucks
Subway
Sunset Grill
Swiss Chalet
Taco Time – Cantina

Tandoori Grill
Tasty Vietnamese
Thang Long Restaurant
2 for 1 Pizza
Walmart
Wendy's

Would you like to offer your customers the opportunity to enjoy the "good news" message of **Coffee News**?

► For more information on becoming a distribution partner, call us at 780.220.6397 or scan the QR code at right.

Bras Briefs Boxers Bikinis

Romantic Notions inc.

Visit us on **f** for promotions and gift ideas!
**780.962.4944
1.855.962.4944**

www.romanticnotions.ca | #30, 210 McLeod Ave., Spruce Grove

30 YRS. OF PERSONALIZED SERVICE & A REPUTATION FOR EXCELLENCE

Leave a legacy and be a part of tomorrow's future, today

If you're thinking of writing or updating your will, The Alberta Lung Association is offering the chance for donors to make a simple Will for free through our partnership with the Canadian Free Wills Network.

You are not obligated to leave a gift to the Lung Association - we hope that you will see this program as the perfect way to satisfy your estate planning objectives.

FOR MORE INFO, PLEASE VISIT:

BREATHE
the lung association

www.ab.lung.ca/you-can-help-change-future-today

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

LegalShield 1-877-579-9449

Imagine your business here!

For more information:
780-220-6397
or 877-553-6397
www.coffee-news.ca

If you liked Gold Canyon Candles, you are gonna love Sunset Scents!

They are creating candles that have a strong scent throw and the cleanest burning scented candles out there!

They are the next Finest candles you will EVER find!



prairiescentedcandles@gmail.com
www.prairiescentedcandles.com

A wish begins with HOPE

Hope begins with you.

Donate at makeawish.ca/createhope

Make-A-Wish.

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

Happy Halloween

from your friends at Coffee News®



inogen

FREEDOM. TO BE YOU.

1-888-998-6714

MKT-P0253

Coffee News®

is proudly delivered by

Rehoboth Christian Ministries

Coffee News® Part of your community.

www.scubagearcanada.ca

Your Weekly Horoscope

ARIES

(March 21 - April 20)



Your drive for self-expression may be high. You may push yourself into a competition with great energy and zeal. If you play hard, you might win in your creative pursuits. Lucky Numbers: 5, 14, 26, 29, 44, 47.

TAURUS

(April 21 - May 21)



Your dreams, wishes, and fantasies about love may be strong. You might be reluctant to share your ideas for fear that others could have very different opinions. Lucky Numbers: 4, 5, 6, 24, 25, 26.

GEMINI

(May 22 - June 21)



Creative hobbies you share with your mate may spark new quests. If single, you might be easily charmed by someone who seems very sophisticated. Lucky Numbers: 33, 37, 39, 42, 43, 47.

CANCER

(June 22 - July 22)



You might need to rely only on yourself and your own resources to succeed. Numerous delays could cause lost time, but you may find better ways to accomplish those tasks. Lucky Numbers: 1, 8, 13, 24, 26, 30.

LEO

(July 23 - Aug. 23)



You may feel much more confident than usual. You might want to take a less direct approach to the creative projects of others and exhibit your knowledge to help them. Lucky Numbers: 2, 11, 23, 34, 43, 44.

VIRGO

(Aug. 24 - Sept. 23)



You may want to communicate in a more sensitive manner. Your mind could be very active, and you might need patience to deal with those who may not follow your directions. Lucky Numbers: 24, 28, 34, 38, 44, 48.

LIBRA

(Sept. 24 - Oct. 23)



You already may know what you need to do to better yourself. Try putting your imagination into everything you do, taking your knowledge to the next level, and reinventing yourself. Lucky Numbers: 6, 23, 28, 33, 38, 47.

SCORPIO

(Oct. 24 - Nov. 22)



You may be worried that saying the wrong thing could cause hurt feelings. In order to find your deepest motivations, you might need to make some changes. Lucky Numbers: 14, 19, 20, 34, 37, 44.

SAGITTARIUS

(Nov. 23 - Dec. 21)



You may be aware of your personal power and might understand when letting others take the lead is appropriate. A new hobby could become a source of pleasure. Lucky Numbers: 9, 10, 26, 27, 29, 30.

CAPRICORN

(Dec. 22 - Jan. 20)



You may want to make a comment, but also need to keep your dealings pleasant. This could be an opportunity to diplomatically bring a better balance to your relationships. Lucky Numbers: 2, 4, 6, 8, 10, 12.

AQUARIUS

(Jan. 21 - Feb. 19)



You may feel sentimental, and your need for love and compassion might be strong. Being open could be great. Be discriminating with your current audience. Lucky Numbers: 5, 7, 13, 15, 21, 45.

PISCES

(Feb. 20 - March 20)



You may feel inclined to discuss your own issues about loyalty in your relationships. Activities you share with loved ones might centre around intellectual interests. Lucky Numbers: 11, 16, 24, 28, 43, 47.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 11.

Did You Know...

Desert and sea: Tunisia, or the Tunisian Republic, is on the North African coast of the Mediterranean Sea. Nearly half of the country is covered by the Sahara Desert. The capital of Tunis is a lively, diverse city of ancient mosques alongside modern office buildings.

Playing tag, eh? Canadians are known for saying "eh" at the end of a sentence. This is known as an "invariant tag" because every use of the word is the same. Other examples of tags include phrases like "isn't it?" and "right?"

Wood pile: When buyers purchase wood for a fireplace, it's usually in "cords." A cord is 128 cubic feet (3.62 cubic metres). In the U.S., this measurement is calculated when the wood is stacked tightly so that it measures 4x4x8 ft. (1.2 x 1.2 x 2.43 m).

Colour codes: Colour is said to have an impact on mood. Designers suggest that decorating a room with shades of cool blues and greens has a peaceful, harmonious effect on people using the room.

Old art: Áisínai'pi (Writing-on-Stone) Provincial Park, is located in the southern part of the province of Alberta, Canada. Sandstone walls in the area contain petroglyphs and pictographs made by Indigenous people over 3,000 years ago.

On the Lighter Side

TV meteorologist: "The forecast for the weekend is clear and warmer with a 70% chance that we're wrong."

Mother: "Why on earth did you swallow the money I just gave you?"
Child: "Because you said it was lunch money."

My teachers told me I wouldn't amount to anything because I procrastinate. I told them, "Just you wait."

What do you call a fish with no eye? FSH

Helvetica and Times New Roman walk into a bar. "Get out of here," says the bartender. "We don't serve your type."

Answers

Trivia answers: 1. True 2. Damascus 3. Algeria 4. 1969 5. Pyramid

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

ISP COMPUTERS

BUSINESS IT SUPPORT, COMPUTER SALES & REPAIRS

ISP COMPUTERS - Your Tech 911

780-960-2150

Email: laina@ispcomputers.ca
Website: www.ispcomputers.ca

124B South Ave., Spruce Grove, AB T7X 3A9



Add a little magic to your life with

House ELF CLEANING SERVICE

ASK ABOUT OUR NEW REFERRAL PROGRAM

780.604.3519 | houseelfcleaning@outlook.com

PROUDLY SERVING SPRUCE GROVE AND SURROUNDING AREAS

Are you a business owner/office manager? Have 3-20 employees in your office? Paying too much for your current phone system?

We can save you up to 50% off your current phone rates!



How? We offer:

- ✓ VOIP Solutions at a fraction of the traditional carrier cost
- ✓ Long distance rates that outcompete the competition

587.760.2800

<https://zettatelecom.com>

DEDICATED TO FINDING OUR CLIENTS THE BEST SOLUTIONS WITHIN THEIR BUDGETS

WE BUY USED GOLD AND DIAMONDS



Blue Diamond Jewellers

780.968.0040

Main Street, Stony Plain

www.bluediamondjewellers.com

Recipe of the month



Creamy Ham and Potato Soup

- 4 strips of bacon
- 1/2 cup onion, finely chopped
- 4 medium potatoes, peeled and diced (about 3 cups)
- 3 tablespoons all-purpose flour
- 4 cups chicken broth (or 2 tablespoons chicken bouillon powder + 4 cups water)
- 1 + 1/2 cups cooked ham, cut into 1/2-inch cubes
- 1 cup frozen corn
- 1/2 cup heavy cream
- 1/2 teaspoon ground black pepper salt (to taste)
- 1 teaspoon fresh parsley, finely chopped

Prep Time: 5 mins. Cook Time: 20 mins. Yield: 4-6 servings

- 1 Sauté bacon in a large stockpot or Dutch oven over medium high heat (no cooking oil needed) until crisp, about 3-4 minutes. Set the bacon aside on a plate.
- 2 Add onion and potatoes and sauté for 1-2 minutes until fragrant. Stir in flour and mix well to combine until flour is fully incorporated. Stir in chicken broth and mix until the soup is smooth and uniform. Bring the soup to a boil over medium high heat. Cover and let it continue to boil for 10-15 minutes until potatoes are fork tender.
- 3 Mash half of the potatoes in the pot with a potato masher or blend with a handheld immersion blender.
- 4 Stir in ham, corn, heavy cream and black pepper.
- 5 Let the soup simmer over medium heat and whisk occasionally until thickened to a desired consistency, about 5 minutes. If the chowder gets too thick, add a little bit more water to dilute it. Add salt to taste.
- 6 Serve warm; top with crispy bacon and fresh parsley.

Source: www.aheadofthyme.com

THIS SPACE FOR RENT
780-220-6397

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 and 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
Camille Snow of Edmonton

Coffee News® Fun Reading. Serious Advertising.