

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

FREE! **New Issue Every Week!**
Coffee News®
“News To Be Enjoyed Over Coffee”
Fort Sask and Area Edition
780-220-6397
www.coffee-news.ca
Est. 1988

Coats for Kids & Families
We accept clean, gently used, or new winter outerwear for men, women, and children in need.
United Way
Alberta Capital Region

Imagine **your** business here!
For more information:
780-220-6397
or **877-553-6397**
www.coffee-news.ca

BLUE BLOODS
MON - THURS 9:00
yesTV

Turn your dog in to one classy Mother pupper!
Try some of our “pawfect” pet services:
Full Grooming | Tidy Ups | Dematting
Nail Trimming & Filing | Tooth Brushing
C02 Hydrotherapy | ...and more!
Dainty Dogs Spa
Kassandra Keating
Professional Groomer, CPPS Certified Pet Stylist
PIJAC Certified K9 Specialist
Text/Phone: **780.243.7701**
daintydogsspa@gmail.com
www.daintydogsspa.com

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!
PSC Prairie Scented Candles
Sunset Scents a RAY of Fragrance
prairiescentedcandles@gmail.com
www.prairiescentedcandles.com

Recipe of the month
Savoury Winter Soup
2 pounds ground beef
3 medium onions, chopped
1 garlic clove, minced
3 cans (10-1/2 ounces each) condensed beef broth, undiluted
1 can (28 ounces) diced tomatoes, undrained
3 cups water
1 cup each diced carrots and celery
1 cup fresh or frozen cut green beans
1 cup cubed peeled potatoes
2 tablespoons minced fresh parsley or 2 teaspoons dried parsley flakes
1 teaspoon dried basil
1/2 teaspoon dried thyme
Salt and pepper to taste
Prep Time: 20 min. Cook Time: 6 hours
Yield: 14 servings (3.5 quarts)
1 In a large skillet, cook beef and onions over medium heat until meat is no longer pink. Add garlic; cook 1 minute longer. Drain.
2 Transfer to a 5-qt. slow cooker. Stir in remaining ingredients. Cover and cook on low until vegetables are tender, 6-8 hours.
The ideal pick me up for a cold winter evening!
Source: <https://www.tasteofhome.com>

TRINITY AUTOMOTIVE
OFFERING YOU THE BEST SOLUTION FOR YOUR VEHICLE
COURTESY CARS AVAILABLE
780-953-9795
TRINITYAUTO9795GMAIL.COM
#120, 11870 88 AVE. FORT SASK.
HONEST, RELIABLE, INCLUSIVE AUTOMOTIVE SERVICE

Vol. 19 No. 4 January 24, 2022

Everybody's Talking
Underground garden: People living in London, England, during World War II were well aware of the city's need for underground bunkers where people could escape air raids. Today, one of these bunkers has found a new purpose. It has become a subterranean farm known as Growing Underground. Located 33 metres (108 feet) under Clapham High Street in the southwest part of London, the concept was the brainchild of co-founder Richard Ballard. The underground garden has no natural light, of course, so LED lights provide nourishment for the hydroponically grown plants, which include radishes, pea shoots, fennel, coriander, and more.

Hiding place: A car thief from the province of Alberta, Canada, didn't cover up his tracks very well, and that led to his capture. Police received word that a Jeep had been stolen from the town of Olds, about 89 kilometres (55 miles) north of Calgary. Someone also reported a vehicle in a ditch on a nearby rural road, which turned out to be the Jeep. Upon taking a closer look, police found a pretty clear clue about where the thief had gone: footprints in the snow. The officers followed by foot, and soon discovered, under a pile of hay in a barn, a young man whom they charged with the offense.

The black violin: Violinists all over the world appreciate the sound of a Stradivarius violin, made by Antonio Stradivari in the 17th and 18th centuries. A replica of one of these instruments, made in 1992 and named Blackbird (after the common bird), was created by Swedish sculptor Lars Widenfalk. The artist made the creation out of a piece of diabase, a dark-coloured, igneous rock. While using his chiseling tools, he had noticed the lovely sound the stone made, and decided to try making an instrument. Widenfalk used black ebony for a few pieces, such as the fingerboard and chin rest. Many musicians have played Blackbird over the years.

Keeping time: Budapest, Hungary, is home to a unique installment called the Timewheel, which was unveiled in 2004 to honour the country's entrance into the European Union. The Timewheel is an enormous hourglass in which small pieces of glass, rather than sand, trickle from the top v-shaped reservoir to the bottom one. A computerized system assists with the release of the glass, which takes an entire year to drop from top to bottom. Every year on December 31, the Timewheel must be manually rotated 180 degrees, with the help of a four-person team using steel cables. Then the glass begins keeping time for the next year.

Quoteable Quotes
“To teach is to learn twice.” -Joseph Joubert
“We should all be concerned about the future because we will have to spend the rest of our lives there.” -Charles Franklin Kettering

What's Happening
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.

Keeping our community warm.
United Way
Alberta Capital Region
coatsforkidsandfamilies.ca

Informative, insightful reading
from author **Stephen Monk**
Fascinating observations from a long time student of the workings of the human mind
Visit www.stephenmonk.ca
AVAILABLE THROUGH: AMAZON | APPLE BOOKS
BARNES AND NOBLE | KINDLE | GOOGLE PAY
FRIESENPRESS | INDIGO and at COLES GRANDE PRAIRIE

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

COLD SHOT
A DIVISION OF BALWARIA EMPIRE PVT. LTD.
PASSENGER & PARCEL SERVICES
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

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.
BREATHE the lung association
www.ab.lung.ca/you-can-help-change-future-today
FOR MORE INFO, PLEASE VISIT:

Real Estate | Wills | Contracts
HOMESTEAD LAW
Tamara D. Eppe B.A., J.D.
780.243.2116
www.homesteadlaw.ca
“OUR GOAL IS TO MAKE CLIENTS FEEL LIKE FAMILY”
CONVENIENTLY LOCATED JUST OFF THE YELLOWHEAD IN SHERWOOD PARK

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

Congratulations

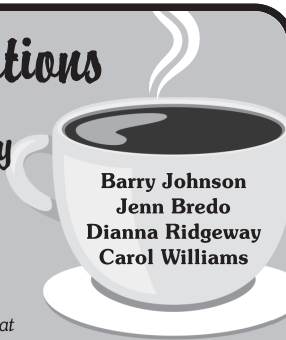
to November's
Coffee News Guy
contest winners!

Your prizes
are in the mail!



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

**Barry Johnson
Jenn Bredo
Dianna Ridgeway
Carol Williams**



WEBSITES

From \$129/Month

(780) 760-6922

FRONTLINECONSULTING.CA

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!



www.coffee-news.ca/editions

ART CLASSES



* Drawing * Painting
* Sculpture
* Portfolio Preparation

#126
150 Chippewa
Road
(upstairs)
Sherwood Park

LIMITED
ENROLMENT
- REGISTER
TODAY

School of Fine Art

780.449.3824

GIFT CERTIFICATES
AVAILABLE!

info@artfullyyoursschool.ca
artfullyyoursschool.ca

Have You Considered Adopting Your Step-Children?

We prepare and file your step-parent adoption, adult adoption, relative adoption and private direct placement adoption.



*A Small Miracle
Adoption*

Adoption is the ultimate expression of a committed heart

780.421.1177

www.smallmiraclesadoption.com



Like us on Facebook

...to keep updated on
**WEEKLY
contests**

in which you can
enter to win tickets
to sports events,
entertainment events,
Coffee News Bucks
and more!



<https://www.facebook.com/CoffeeNewsWeekly>

**FREE
ROLLING TRAY**

- WHEN YOU PRESENT THIS COUPON -

LIMIT 1 PER CUSTOMER - SEE IN STORE FOR DETAILS

NO
PURCHASE
NECESSARY

8060 -
167 AVE.
NW

BUBONIC KRONIK
ECIGS • VAPORIZERS • BONGS

EDMONTON
780.371.0106

SNOW REMOVAL

780-922-4619

**THREE SEASONS
LANDSCAPING LTD.**

www.ThreeSeasonsLandscaping.ca

Feel free to take your Coffee News home!

Your Weekly Horoscope

ARIES

(March 21 - April 20)



Perhaps you have been in a period of doubt and uncertainty, rooted in past negative experiences. This week may provide positive energy so that you can progress in your present efforts. Lucky numbers: 1, 5, 12, 14, 21, 30.

TAURUS

(April 21 - May 21)



You may gain insight about your life lessons and how to address them. These lessons may involve a change in your beliefs or actions regarding nurturing and/or parenthood. Lucky numbers: 6, 9, 16, 33, 38, 39.

GEMINI

(May 22 - June 21)



This week you may likely feel grounded, stable, and optimistic. There is the potential to use good judgment in building a solid foundation for future progress toward your life goals. Lucky numbers: 3, 18, 27, 37, 42, 48.

CANCER

(June 22 - July 22)



You may be experiencing a transformation that shakes up your beliefs about what is important. If so, you can find clues about your next steps by examining what you value passionately. Lucky numbers: 5, 13, 14, 21, 30, 35.

LEO

(July 23 - Aug. 23)



At the start of the week, you may experience communication difficulties that tempt you to engage aggressively with others. To avoid problems or restrictions, wait a week before you act. Lucky numbers: 8, 13, 18, 37, 42, 45.

VIRGO

(Aug. 24 - Sept. 23)



There is the potential to achieve much toward your goals now. You are likely feeling confident and energetic, but just be careful not to push your self past your limits. Lucky numbers: 2, 10, 15, 31, 37, 41.

LIBRA

(Sept. 24 - Oct. 23)



Your feelings and emotions may provide the drive you need now to achieve your heart's desire. Just don't let the residue of an old wound get in the way. Lucky numbers: 17, 21, 35, 37, 41, 43.

SCORPIO

(Oct. 24 - Nov. 22)



At this time, there is an opportunity for a balance between your mind and your emotions. This could allow a positive change in your physical and mental health. Lucky numbers: 4, 12, 25, 28, 41, 48.

SAGITTARIUS

(Nov. 23 - Dec. 21)



You may have recently experienced greater energy and unusual vitality. If so, that period has peaked. Honour the quiet of Winter, and Spring can bring a return to greater vitality. Lucky numbers: 11, 21, 27, 32, 36, 45.

CAPRICORN

(Dec. 22 - Jan. 20)



One or more relationships may be at a stalemate. If so, the near future can bring a breakthrough for any female partner. However, communication difficulties may continue for a while longer. Lucky numbers: 13, 28, 31, 33, 40, 47.

AQUARIUS

(Jan. 21 - Feb. 19)



You are likely entering a period of sudden and unexpected change. While it may be disconcerting, this change could provide an opportunity for you to find out who you truly are. Lucky numbers: 14, 21, 38, 41, 42, 47.

PISCES

(Feb. 20 - March 20)



At the beginning of the week, your thoughts and emotions are likely to be out of balance. It is important to make an adjustment in your view of a stressful situation. Lucky numbers: 7, 9, 26, 31, 34, 44.

Lucky numbers this week: This week's odds favour Gemini winners with the luckiest number being 3.

Did You Know...

Smelly fish: Visitors to Sweden can buy a can of *surströmming*, which is sea herring caught in the Baltic Sea. While Swedes say it tastes better than it smells, its odor is so pungent that people often eat it outside.

Visitor from afar: On August 6, 2012, the planet Mars received a visitor from Earth: a robotic vehicle called Curiosity. Sent to gather information about Mars, Curiosity was launched from Cape Canaveral, Florida (U.S.), on November 26, 2011.

Film buffs: The official name of the Cannes Film Festival is *Festival de Cannes*. It originated in 1946 as an alternative to the Venice Film Festival, which had promoted fascism and the Nazi agenda.

Rock on: Canadian rock and folk musician Neil Young grew up in the western Canadian city of Winnipeg. In his early years, he played with the bands Buffalo Springfield and Crosby, Stills, Nash & Young.

Women's issues: Godey's *Lady's Book* was an American magazine published between 1830 and 1898. Started by Louis A. Godey, the successful magazine benefitted and educated women, under longtime editor Sarah Josepha Hale.

On the Lighter Side

Flora: "How did you manage to graduate from Clown College?"
Dora: "The professors always laughed at my exam answers."

Knock! Knock! Who's there? Thumping. Thumping who? Thumping green and thlimy is crawling up your leg.

What did the alien put on his toast? Mars-malade.

What's black and white with splashes of red? Two skunks having a tomato fight.

Last night I saw a movie with a happy ending. Everybody was glad it was over!

Answers

Trivia answers: 1. Hypothalamus 2. Nearightedness 3. William Shakespeare 4. The Netherlands 5. 2-4 ft.

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

SHOP ONLINE!

www.scubagearcanada.ca

• Snorkelling Gear • Reef-Safe Sunscreen
• Beach Water Shoes • Dry Bags & Wallets • UV Shirts

SNORKELLING
AND SCUBA
DIVING
LESSONS

**The Dive
Outfitters**

Scuba Diving & Snorkeling

11781-156 St., Edmonton

Learn to
SCUBA DIVE at
our Edmonton
location –
call for details

780.483.0044



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

inogen

**FREEDOM.
TO BE YOU.**

1-888-998-6714

MKT-P0253



Happy New Year

As the calendar turns the page, we wish
you the very best in the year ahead.



Mary Rogers
Financial Advisor
117 Town Crest Rd
Suite 201
Fort Saskatchewan, AB T8L 0G7
780-992-8440

edwardjones.ca

Edward Jones

**BEST OF HAWAII
FOUR-ISLAND
TOUR**

12 days, departs
year-round



FROM

\$2,549

\$2,299*

USD

**VMT
vacations**

1-877-699-7003

promo code N7017

* Prices are per person based on double occupancy plus up to \$299 in taxes & fees. Single supplement and seasonal surcharges may apply. Add-on airfare available. Offers apply to new bookings only, made by 9/30/21. Other terms & conditions may apply. Ask your Travel Consultant for details.

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
Scott K. & Friend of Edmonton

Coffee News® Fun Reading. Serious Advertising.

SOLD!

Ryley Trenchuk

REALTOR®

MaxWell

Devonshire Realty
Where Real Estate Happens®

780.945.0090
RyleyRealty@gmail.com
RyleyTrenchuk.com

A Proven System That Will Sell Your Home



Thank You to these
distribution
partners for supporting the
"good news" message of
Coffee News!

Zone 26
Updated 10.19.21

We
appreciate
you!



7 Days Café
Atlantic Kitchen
barBURRITO
Boston Pizza
Breadhaus
Burger King
Buster's Pizza
City Donair and
Kabob
Co-op
Dairy Queen
DOW – Entrance
Edo
Eggcellent
Fatburger
Fort Sask
Sandwich
Factory

Fresno Bros.
Kitchens
Gondola's Steak
& Pizza
Hanabi Japanese
Highway 45
Restaurant
Humpty's
KFC/Taco Bell
Marble Slab
Little Caesars
Montana's
Original Joe's
Papa John's
Parkview
Restaurant

Pho Hoan Pasteur
Pita Pit
Pizza 73
Pizza Hut
Popeye's Chicken
Pots Bar and Grill
Quiznos
Rainbow Restaurant
Red Swan Pizza
Ricky's
Roustabouts
Royal Pizza
Safeway Starbucks
Sawmill
Sky Hy Pizza and
Donair
Starbucks

StrEATS Fort
Sask Kitchen
Subway
The Club House
Tim Hortons x 3
VN Express
Wok Box

Would you like to offer your
valued customers the opportunity to
read and enjoy **Coffee News®**?

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

