

Feel free to take your Coffee News home!

WEBSITES
From \$129/Month
(780) 760-6922
FRONTLINECONSULTING.CA

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

Imagine
your
business
here!

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

Learn to Earn Online
with a Digital Business

Join the biggest and best global online business!



- ✓ Freedom
- ✓ Flexibility
- ✓ Fun

Register for a **FREE**
info session here:
(Scan this code for info)



NO
EXPERIENCE
NEEDED -
WE TRAIN
& MENTOR!

or visit
www.susandeveney.net

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**

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!

Coffee News Fun Reading. Serious Advertising.



Reader of the Month
Scott K. & Friend of Edmonton



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

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

FREE!

New Issue Every Week!

Coffee News®

"News To Be Enjoyed
Over Coffee"

**Ellerslie West
Edition**

780-220-6397



www.coffee-news.ca

Est. 1988

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

April 2-Edmonton Spring Stamp Show Stamp circuit books, show and tell exhibits, door prizes, presentations, fun frame exhibits and junior stamp tables. No cost appraisals. Parking is Free! 11113 - 113 Street. **www.edmontonstampclub.com**

Family Literacy Carnival Join us on Zoom and explore the great outdoors through Story Time, Family Yoga, Rhymes. Cost to attend is free, however, registration via Eventbrite is required. Website: <https://www.eventbrite.ca/family-literacy-carnival-2022-tickets-222940219197>

Mar 28 to 29-Love Someone-Johnny Reid 7:30 PM An Intimate Evening with Johnny Reid. The critically acclaimed singer is widely known for his lyrical honesty and musical ability. Loughheed Performing Arts Centre 4501 50 Street.

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.

Trivia

1. In the human body, what gland controls body temperature?
2. What is myopia?
3. Who wrote The Comedy of Errors and The Tempest?
4. Edam cheese has its origins in what country?
5. The average eagle's nest is 4-5 ft. in diameter and how many feet deep?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

CN-Proudly printed by One to One Mailing

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

Give Hope. Give Today.
TheSeed.ca/donate



RETIREMENT LIVING
CHRISTENSON

Optional Meals • Personalized Services • On-site Care

Join Our Safe & Social Community

1 and 2 Bedroom suites now available



Scan QR Code

Full Kitchens • Social & Recreation • U/G Parking

1728 Rabbit Hill Road, Edmonton

780-934-6636
CDLhomes.com



FAST, ACCURATE, CLEAN & FRIENDLY SERVICE

MILLWOODS



**Bottle
Depot**

2830 Parsons Road

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

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!**



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**

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

**ELECTRICIAN
FOR HIRE**

Residential
Light Commercial
Electrical Repairs and Renovations

Art de Leon ⚡ Master Electrician

780.932.3858 Cell
ajdeleon63@gmail.com

www.scubagearcanada.ca

The World's #1 Restaurant Publication!

Great news! We are getting ready to sing again...

The St. David's Welsh Male Voice Choir

is preparing to resume choral singing

Our longstanding Edmonton choir is planning to begin rehearsals in early 2022.

If you enjoy camaraderie, making new friends and sharing joyful music with others... then we would love to meet you.

We will practice in a safe environment following strict AHS guidelines.

BARRY at 780.434.5524 or BOB at 780.475.4140

<https://stdavidswelshmalevoicechoir.ca>

FOR FURTHER INFO, CALL:

Trade snow for SAND

LET'S PLAN YOUR GETAWAY!

Email: patty@justbeachytravels.comJust
Beachy
Travels
.com

Coats for Kids & Families

We accept clean, gently used, or new winter outerwear for men, women, and children in need.

Keeping our
community
warm.

coatsforkidsandfamilies.ca

inogen

FREEDOM.
TO BE YOU.

1-888-998-6714

MKT-P0253

A Mortgage Solution Tailored Just For You!

DEBT CONSOLIDATION

ALL CREDIT CONSIDERED

LOWER MONTHLY PAYMENTS

PAYOUT PROPERTY TAXES, REVENUE CANADA, PROPOSALS

LOANS FOR ALMOST ANY PURPOSE

FORECLOSURE BAILOUT

BAYFIELD

MORTGAGE PROFESSIONALS

Danelle Field

403.358.1336 | danellefield@shaw.ca

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

LegalShield

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

1-877-579-9449

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 & SPA780.761.5959
965 James Mowatt Tr. SW
www.claritysalonandspa.ca

Visit us on Facebook-CoffeeNewsWeekly

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 yourself 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. Nearsightedness 3. William Shakespeare 4. The Netherlands 5. 2-4 ft.For available franchise opportunities – visit coffeenewscanada.com
© Published with Permission by Capital Marketing Ltd

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>

Don't know where to start...?

WE CAN HELP!
CONTACT THE EXPERIENCED PROFESSIONALS AT

HOME & OFFICE HANDYMAN services

780.940.2127 | www.HOHS.ca

Give Us Your List. We'll Do The Rest.

FROM **\$50** A MONTH

DRUG AND DENTAL PLANS

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

Vikram Saggu
780-999-3000

ONKAR
INSURANCE BROKERS

STOP STREAMING! IT'S FUNNIER LIVE

AT THE COMIC STRIP
BOURBON STREET, WEST EDMONTON MALL

PURCHASE TICKETS ONLINE AT thecomicstrip.ca

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

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

RECEIVE YOUR REFUND BY CHRISTMAS!

BBB A+ Rating

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

Learn something new!

EDMONTON **lifelong learners** ASSOCIATION

Register now for non-credit online classes starting mid-January
Fine Arts, Humanities, Science & Wellness

my-ella.com