

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**

RECEIVE YOUR REFUND BY CHRISTMAS!

For Expert Help:

1.844.453.5372

BBB

THIS SPACE FOR RENT

780-220-6397

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>

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!

PSC Prairie Scented Candles

Sunset Scents a RAY of Fragrance

prairiescentedcandles@gmail.com
www.prairiescentedcandles.com

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

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.

Readers of the Month
Grady Gibson & Emily Ewen of Edmonton

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:

FREE! New Issue Every Week!

Coffee News®

"News To Be Enjoyed Over Coffee"

Edmonton Northeast Edition

780-220-6397

www.coffee-news.ca

Est. 1988

Vol. 19 No. 5 January 31, 2022

Everybody's Talking

Masked bandit: A home in North Ridgeville, Ohio (U.S.), was the site of a masked robbery. The robber was not human, and it didn't steal anything. However, it did make quite a mess. The villain was a raccoon, which had somehow found its way into the home. The owner realized something was amiss after finding the mess, and then discovering the source of the problem. A raccoon was taking a nap in the dishwasher. Police were summoned, and patrolman John Metzo answered the call. Metzo managed to get the animal out of the dishwasher without hurting it, then encouraged the animal to leave the premises. No charges were filed.

Iron shoes: There are various ways to exercise to stay strong and healthy, but a Chinese man decided to take his workout one step further, literally. Zhang Enshun, who hails from Yulin City in Guangxi province, puts on a pair of "iron shoes" and tries to walk. The iron shoes are actually steel plates that he straps to his shoes. He started with one plate and has progressed to four, which together weigh a total of 150 kilograms (330 pounds). He tries to gradually increase the distance he is able to walk in these shoes, and he practices tai chi while doing it. Exercise experts don't advise trying this type of workout without first receiving training from specialists

Garden community: An intriguing landscape design exists in Nærum, Denmark, in the northern outskirts of Copenhagen. Known as the "round gardens," they are actually oval-shaped allotment gardens, laid out between public housing and traditional housing. This creation was designed in 1948 by renowned landscape architect Soren Carl Theodor Marius Sorensen. Still in use today, the gardens consist of 40 hedge-encircled plots of land measuring approximately 25 x15 metres (82x49 feet), within which an owner can build a cottage and design their own garden plots. The plots do not have driveways leading to them, meaning that inhabitants are encouraged to walk to their cars, which helps them get to know their neighbours in the process.

Pretty in pink: Bruna Carolina Peres, who lives in Brazil's state of Parana, has been nicknamed "Bruna Barbie." That's because she has opted for a lifestyle with a theme that revolves around the well-known Barbie doll. She has become famous on the internet for her posts, which show her living in a world of pink. Almost everything in her house is a shade of pink, including carpets, counters, cupboards, pillows, and bedspreads. She has a few black-and-white pieces and a blue room designed with the male Ken doll in mind. Her wardrobe also is all pink, from jackets to sunglasses and from blouses to belts. Images of Bruna Barbie have garnered millions of online followers, and she earns money from her videos. Peres, the woman behind this media sensation, is a law school graduate.

Quoteable Quotes

"Words are the physicians of a mind diseased." -Aeschylus
"The older I grow the more I distrust the familiar doctrine that age brings wisdom." -H.L. Mencken

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>

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.

The World's #1 Restaurant Publication!

FREE ROLLING TRAY

- WHEN YOU PRESENT THIS COUPON -

LIMIT 1 PER CUSTOMER - SEE IN STORE FOR DETAILS

NO PURCHASE NECESSARY

8060 - 167 AVE. NW

420

BUBONIC KRONIK
ECIGS VAPORIZERS BONGS

EDMONTON
780.371.0106

This is Your Story

Stories of redemption, discovery and faith
WEEKNIGHTS AT 11PM

yesTV

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

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

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

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

Zone 77
Updated 01.17.22

We appreciate you!

A&W	Mary Brown's	Tandoori Bites
Aladdin Donair	McDonalds x 2	Taystee Donair
Arby's	Noodle 42	Tim Hortons x 4
Boston Pizza x 2	Opal!	Totai Sushi Express
C-Lovers	Papa's Restaurant	Uncle Ed's Restaurant
Cora	Pizza 73	Versato's Pizza
Cork and Barrel	Pizza Hut	Wok Donair
Dairy Queen	Popeyes Louisiana Kitchen	
Domino's	Punjab Platter	
Donair Lover	Queen Donair	
Freshii	Red Swan Pizza	
Ghost Kitchens	Saigon Flavours	
Humpty's	Subway x 3	
JB's Big Boy	Swiss To Go	
Joyous Pizza Donair	Taco Time	
KFC	Take 5 Coffee	
Maple Pizza		

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.

COLD SHOT

A DIVISION OF BALTARIA 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

Visit us on Facebook-CoffeeNewsWeekly

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

Learn something new!



Register now for non-credit online classes starting mid-January

Fine Arts, Humanities, Science & Wellness

my-ella.com

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 December's
Coffee News Guy
 contest winners!

Your prizes
 are in the mail!



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

Catherine Marabello
Jean Bredo
Sue Goss
Lacina Barsalou

inogen

**FREEDOM.
 TO BE YOU.**

1-888-998-6714

MKT-P0253

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

PROVIDING THE **GREATEST RETURN ON YOUR
 GREATEST INVESTMENT!**



**SELLING
 YOUR
 HOME?**

Invite me over
 for a coffee.
 I'll give you
 real estate
 advice and a
FREE market
 evaluation.

Your Community Realtor

GEORGE VAN DE WALLE
780.982.4247 RE/MAX®

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

Give Hope. Give Today.
TheSeed.ca/donate



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>

www.scubagearcanada.ca

Your Weekly Horoscope

ARIES

(March 21 - April 20)



The astrological environment now is offering you an opportunity to move toward healing. Hard work is possible at this time and may be best directed inward, rather than focusing on others. Lucky numbers: 2, 5, 7, 18, 26, 40.

TAURUS

(April 21 - May 21)



You may have high energy to apply to new endeavours. Perhaps consider how your efforts can be geared toward service to others, in a way that aligns with your values. Lucky numbers: 16, 18, 21, 22, 40, 43.

GEMINI

(May 22 - June 21)



You may feel that anything is possible right now. However, there is also the potential for being overly idealistic or optimistic. Perhaps you should consider tempering your expectations. Lucky numbers: 5, 9, 11, 23, 38, 43.

CANCER

(June 22 - July 22)



You may feel stymied in your efforts right now. If so, examine your fears. Think about how an adjustment in your view of the situation can mitigate obstacles or restrictions. Lucky numbers: 14, 15, 19, 33, 41, 43.

LEO

(July 23 - Aug. 23)



Have you recently experienced a sudden or unexpected change in your life? If that is the case, consider examining any conflicts that you feel about your life's direction. Lucky numbers: 4, 7, 11, 22, 24, 27.

VIRGO

(Aug. 24 - Sept. 23)



Some other zodiac signs are usually considered charismatic in a way that Virgo is not. Right now, however, you have the potential to be successful in persuading others to your viewpoint. Lucky numbers: 18, 20, 22, 30, 31, 46.

LIBRA

(Sept. 24 - Oct. 23)



Perhaps you are confused about a source of conflict right now? It may be best not to overly focus on it and to let the situation play out for a while. Lucky numbers: 3, 5, 8, 9, 35, 43.

SCORPIO

(Oct. 24 - Nov. 22)



An old karmic pattern may be coming to the surface at this time. Such events are lessons, meant to help you shed any unhelpful behaviours that are holding you back. Lucky numbers: 1, 8, 9, 17, 39, 41.

SAGITTARIUS

(Nov. 23 - Dec. 21)



Now is a good time to consider where you are in your profession and what you want your legacy to be. The potential exists to make some positive changes. Lucky numbers: 3, 15, 20, 29, 31, 32.

CAPRICORN

(Dec. 22 - Jan. 20)



In the last few weeks, there may have been communication difficulties or breakdowns with mechanical objects, such as your car. This should improve over the next several weeks. Lucky numbers: 13, 16, 28, 36, 40, 44.

AQUARIUS

(Jan. 21 - Feb. 19)



At the beginning of the week, there is the potential for a reset in some area of your life, possibly regarding your spouse. Don't let this opportunity slip by. Lucky numbers: 12, 19, 31, 36, 42, 44.

PISCES

(Feb. 20 - March 20)



Midweek, there is the potential to balance your ego drive and emotions. This may provide an opportunity to manifest your Pisces empathy without losing yourself in the process. Lucky numbers: 6, 8, 9, 27, 28, 31.

Lucky numbers this week: This week's odds favour Aquarius winners with the luckiest number being 31.

Did You Know...

Salty spread: Australians love their Vegemite, but visitors may have to acquire a taste for it. This brown paste is made from yeast extract, and it is very salty. It's usually enjoyed on toast or with cheese.

Thai island: There is an island in the Gulf of Thailand called Koh Chang, which means "Elephant Island" in Thai. It is known for its rugged beauty and its beaches, including Lonely Beach and White Sand Beach.

Good cooks: Many different kinds of chefs contribute to a kitchen's production. For example, a sauce chef (or saucier) prepares sauces, gravies, soups, and stews, while a pastry chef (or patissier) looks after the baking.

Sinking feeling: The captain of the *Titanic*, which sank in the Atlantic Ocean on April 15, 1912, was Edward Smith. Actor Bernard Hill portrayed him in the 1997 movie of the same name. The real captain perished when the ship sank, leaving behind a wife and daughter.

Canadian star: Mary Pickford (1892-1979) was born Gladys Smith in the city of Toronto, Ontario. She was a famous actress of the silent screen era. Movies she starred in include *Hearts Adrift* (1914) and *The Poor Little Rich Girl* (1917).

On the Lighter Side

What did the grapes say when the hippo stepped on them? Nothing. They just let out a little wine.

Barry: "That parrot is talking about American history, math problems, and English literature."

Larry: "That's because it used to be a teacher's pet."

What happens when a dog eats garlic? His bark becomes worse than his bite.

Knock! Knock! Who's there? Lion. Lion who? Lion on a block of ice can send shivers down your spine.

What do you get if you cross an antelope with a journalist? A Gnus reporter.

Answers

Trivia answers: 1. Japanese art of growing dwarf trees 2. Aristocracy 3. True 4. Sir Alexander Fleming 5. Desert locust

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

Come and enjoy rural Alberta!

Tired of waiting for high cost accommodation in the big city?

- We have vacancies to offer residents living outside of town!

Studio suites, all inclusive \$1981.00 (maximum) and one bedroom couples' suites \$3004.00 (maximum), all inclusive.

Experience fresh air and country living.

780.853.5706

Contact Tabitha at
tabitha.dykstra@vdhf.ca
www.vdhf.ca



Heating System Not Working? We've Got You Covered!



- HVAC and Mechanical Building Maintenance
- Troubleshooting and Diagnostics
- Installations, Repairs and Maintenance on all Heating & Ventilation
- We Service all Makes and Sizes of Boilers and Furnaces
- Serving Residential and Commercial Clientele

RELIABLE SERVICE FOR 20+ YEARS

RBA MECHANICAL INC.
780-474-7481 www.rbamech.ab.ca

ELECTRICIAN FOR HIRE

Residential
 Light Commercial
 Electrical Repairs and Renovations

Art de Leon Master Electrician

780.932.3858 Cell
ajdeleon63@gmail.com

NEW PATIENTS WELCOME!

Experienced dental care

Dr. Derek Fika
Family Dentistry
 Creating Beautiful Smiles
587-760-3454
drderekfika@shaw.ca
 Visit us at 12943-97 Street NW, Edmonton

NOW OFFERING COSMETIC AND THERAPEUTIC BOTOX!

New Year's Special!

- | | |
|--|--|
| SOCIAL MEDIA
1-2 Posts/Week (on 2-3 Platforms)
Unique Content Creation & Calendar
#Hashtag Strategy
Monthly Reporting | SEARCH ENGINE OPTIMIZATION
Keyword Research & Tracking
Content Marketing
Google My Business Optimization
Technical SEO
Monthly Reporting |
|--|--|

\$799/MONTH - REG. \$1000/MONTH
 NEED MORE SOCIAL MEDIA OR SEO? INQUIRE ABOUT A CUSTOM PACKAGE!

Frontline
 web consulting

780.760.6922
info@frontlineconsulting.ca
frontlineconsulting.ca

IS ADVENTURE ON YOUR BUCKET LIST?

Learn to Scuba Dive
 Ask about our Buddy Special

Discover Snorkeling
 1-Hour Lesson at the Pool!
 Snorkeling Sets for the Family

The Dive Outfitters
 Scuba Diving & Snorkeling
780.483.0044
 11781-156 St., Edmonton
www.thediveoutfitters.ca
 SCUBAPRO | SHERWOOD | GARMIN | SHEARWATER | AKONA | HENDERSON | SEALIFE | TUSA

Jennifer Miles, Agent
 125-15 Circle Dr
 St. Albert AB T8N 3Y7
 780-460-2279
www.jmilesinsurance.com

Desjardins Insurance

Desjardins Insurance refers to Certas Home and Auto Insurance Company, underwriter of automobile and property insurance or Desjardins Financial Security Life Assurance Company, underwriter of life insurance and living benefits products. Desjardins, Desjardins Insurance and related trademarks are trademarks of the Fédération des caisses Desjardins du Québec, used under licence.

HAPPY Groundhog DAY

from your friends at
Coffee News®

77-Northeast Edmonton