

ST. DAVID'S WELSH MALE VOICE CHOIR
 (DIRECTOR GLENDA MURPHY) ALONG WITH
 OPUS @ 12 STRINGS AND FLUTE, AND
 THE SHERWOOD PARK UNITED HARMONY HANDBELLS
 (DIRECTOR SUSAN GALLOWAY) PRESENT

THE SOUNDS OF Christmas 2022

SUN., DECEMBER 4 • 2:30 P.M.
 Trinity Evangelical Lutheran Church
 10014-81 Avenue, Edmonton

Tickets from any choir member or call Bob at 780.475.4140

ADMISSION \$20

Join us for a delightful afternoon of friendship and musical entertainment!

THIS SPACE FOR RENT

780-220-6397

CONNECTOR

CONVENIENT, RELIABLE TRANSPORTATION SERVICE
 DAILY BETWEEN JASPER | HINTON | EDSON | EDMONTON
 AND JASPER | LAKE LOUISE | BANFF | CALGARY

Visit our site to book
www.SunDogTours.com
 or call us at 1.888.786.3641

SUNDOG TRANSPORTATION AND TOURS LTD.

FREE ROLLING TRAY
 - WHEN YOU PRESENT THIS COUPON -

LIMIT 1 PER CUSTOMER - SEE IN STORE FOR DETAILS

NO PURCHASE NECESSARY

420
BUBONIC KRONIK EDMONTON
 ECIGS • VAPORIZERS • BONGS 780.371.0106

8060 - 167 AVE. NW

Recipe of the month

Pumpkin Lasagna

| | |
|--------------------------------------|--|
| 1/2 pound sliced fresh mushrooms | Dash pepper |
| 1 small onion, chopped | 9 no-cook lasagna noodles |
| 1/2 teaspoon salt, divided | 1 cup reduced-fat ricotta cheese |
| 2 teaspoons olive oil | 1 cup shredded part-skim mozzarella cheese |
| 1 can (15 ounces) solid-pack pumpkin | 3/4 cup shredded Parmesan cheese |
| 1/2 cup half-and-half cream | |
| 1 teaspoon dried sage leaves | |

Prep Time: 25 min. Bake: 55 min. + standing
 Yield: 6 servings

- In a small skillet, saute the mushrooms, onion and 1/4 teaspoon salt in oil until tender; set aside. In a small bowl, combine pumpkin, cream, sage, pepper and remaining salt.
- Spread 1/2 cup pumpkin sauce in an 11x7-in. baking dish coated with cooking spray. Top with 3 noodles (noodles will overlap slightly). Spread 1/2 cup pumpkin sauce to edges of noodles. Top with half of mushroom mixture, 1/2 cup ricotta, 1/2 cup mozzarella and 1/4 cup Parmesan cheese. Repeat layers. Top with remaining noodles and sauce.
- Cover and bake at 375° for 45 minutes. Uncover; sprinkle with remaining Parmesan cheese. Bake 10-15 minutes longer or until cheese is melted. Let stand for 10 minutes before cutting.

Source: <https://www.tasteofhome.com>

Exclusive Offer!

Coffee News Readers - Receive \$100 OFF their Website Development!

*Mention this ad to redeem!

Frontline web consulting
 (780) 760-6922
FRONTLINECONSULTING.COM

SCAN ME

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.

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. 2022 No. 46 November 14, 2022

Everybody's Talking

Special date: August 25 has become a huge celebration day for the Lammert family of Oviedo, Florida (U.S.). That's because the three children of the family—sisters Sophia, Giuliana, and Mia—were all born on that day, three years apart (2015, 2018, and 2021). Parents Kristin and Nick Lammert were amazed when their first two daughters' births landed on that date, but with Mia's due date being September 8, they didn't think it would happen again. But due to some complications in the pregnancy, Mia arrived two weeks early. Having three children in the same family sharing the same birthday is a very rare occurrence.

Old bird: A very old bird likes to fly back to her nest on Midway Atoll in the Hawaiian archipelago to lay her eggs and raise her young. The bird's name is Wisdom, and she is a Laysan albatross who is approximately 70 years old. She is well known by present-day biologists, whose predecessors banded her in 1956. Wisdom has had the same mate, Akeakamai, for the past 10 or 11 years, and the pair has become parents a few times. They take turns with their duties, with one keeping the nest warm while the other flies many miles during outings in search of food. Wisdom is thought to be the oldest wild bird in the world.

A little late: What if you feel ill, take a nap, and wake up hungry, but it's closing time at your favourite restaurant? This happened to an Australian man, so when he placed an online order for fettuccine carbonara, he explained why he was ordering so late. He said he wouldn't mind if the restaurant canceled his order so the staff could close up. His kindness did not go unnoticed. Not only did the restaurant fill and deliver his order, it arrived with a handwritten note assuring him that the staff didn't mind preparing his food. On top of that, they included free garlic bread, hoping it would help him feel better.

Human power: A man from England named Jason Lewis was the first person to circumnavigate the world without using any kind of non-human power, not even the wind in a sail. He began in 1994, and the trek took him 13 years. First, he and a friend named Stevie Smith (who later dropped out) bicycled through Europe. To cross the Atlantic, they used a custom-made pedal boat with a sleeping compartment. Other methods of transportation included roller blades, a kayak, and foot power when hiking and walking. Lewis is planning another trip with his wife Tammie, to circumnavigate the United Kingdom and Ireland using only human power.

Quoteable Quotes

"The winds and waves are always on the side of the ablest navigators."
 —Edward Gibbon

"Those who expect to reap the blessings of freedom must...undergo the fatigue of supporting it."
 —Thomas Paine

What's Happening

Nov 26 - Christmas in November - Arts Crafts Sale FREE admission and parking. Vendor information online or at the front desk. Northgate Lions Seniors Recreation Center, 7524 - 139 Avenue, 780-496-6969, www.nesa1.ca

Nov 26 to 27 - SCARS Jolly Bright Gift Market Shop for your friends, family, and fur-babies! We have 90 vendors, door prizes, raffles, more. Join us at the Alberta Aviation Museum, 11410 Kingsway NW; Saturday 10-5 and Sunday 11-4. Free admission. Hosted by Second Chance Animal Rescue Society

Matheson Christmas Bazaar Come and join us at our Christmas bazaar at 11445-135 street nw 1-3 pm December 3, 2022. All types of vendors, homemade items, you will not be disappointed!!

NON profit organizations may submit events for FREE at www.coffee-news.ca

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. What instrument did Louis Armstrong play?
2. This breed is the fastest dog on earth.
3. In what region of Spain and France did the sport jai alai originate?
4. Who was the publisher of the Poor Richard's Almanak?
5. French aviator Antoine de Saint-Exupéry wrote what book?

(Flip bottom of page for answers)
 © Published with Permission by Capital Marketing Ltd

Reliable Service for 25+ Years
 Expert repairs, maintenance and installations on any residential or commercial plumbing or HVAC equipment.

RBA MECHANICAL INC.

780.474.7481 | www.rbamechanical.ca

Coffee News is proud to support Make-A-Wish® Canada

Transform lives, one wish at a time.

Make-A-Wish

Visit makeawish.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**

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 \$1986.00 (maximum) and one bedroom couples' suites \$3004.00 (maximum), all inclusive.

Experience fresh air and country living.

780.853.5706
 Contact our office at admin@vdhf.ca
www.vdhf.ca
 5401-46 St., Vermilion

Vermilion & District Housing Foundation

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

Marlys Zee
 Marilyn Eschshyn
 Cathy Blachand
 Melanie Spence

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

Lest We Forget

Coffee News® remembers and honours our heroes

BEST OF HAWAII FOUR-ISLAND TOUR

12 days, departs year-round

FROM \$2,549
\$2,299* USD

1-877-699-7003
 promo code N7017

*Prices are per person based on double occupancy plus \$299 in taxes & fees. Single supplement and seasonal surcharges may apply. Add-on airfare available. Offers apply to new bookings only, made by 9/30/22. Other terms & conditions may apply. Ask your Travel Consultant for details.

VMT vacations

inogen
FREEDOM. TO BE YOU.
 1-888-998-6714
 MKT-P0253

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.

SOLO For Sale **Y6VDW**

Your Community Realtor
GEORGE VAN DE WALLE
 780.982.4247 **RE/MAX**

Call today and receive a **FREE SHOWER PACKAGE PLUS \$1600 OFF**

SAFE STEP WALK-IN TUB
 1-855-977-9805

With purchase of a new Safe Step Walk-In Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase. CSLB 1082165 NSCB 0082999 0083445

Are your ducks all in a row...?

Offering years of paralegal experience to assist you by preparing documents such as:

- Last Will and Testament
- Enduring Power of Attorney
- Personal Directives

RATES AS LOW AS \$150 FOR WILLS

WILLPOWER WILLS
 EXPERIENCED. DEDICATED. KNOWLEDGEABLE.
780-418-7611
 Call Terri today for a **FREE** consult.

TERRI BRUNNING

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

WHEEL OF FORTUNE
 WEEKNIGHTS 7PM/6PM
yesTV

Need ONE More Reason to Join?

- 1 You don't have an up to date will
- 2 You don't understand the difference between a trust and a will
- 3 The CRA selects you for an audit
- 4 You need a letter written on your behalf by a lawyer
- 5 You receive a speeding ticket
- 6 You need a lawyer's advice on any matter

Call **LLOYD KENNEY**, Independent Associate, to find out how LegalShield can help you!
LegalShield 1-877-579-9449

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

Your Weekly Horoscope

ARIES (March 21 - April 20)
 This week can provide a brief respite from what may have been a busy and stressful recent period. Use this moment to recharge your energy as you look toward the future. Lucky numbers: 12, 16, 20, 27, 45, 47.

TAURUS (April 21 - May 21)
 You may find yourself searching for a purpose that you can personally identify with. This can be an opportunity to show your unique and authentic self to the world. Lucky numbers: 2, 3, 12, 30, 37, 42.

GEMINI (May 22 - June 21)
 Your ambition may be strong right now and you might feel thwarted by the actions of others. Adjust your own attitude in the matter to avoid ego clashes and power struggles. Lucky numbers: 3, 11, 19, 27, 29, 30.

CANCER (June 22 - July 22)
 Many seek a pot of gold at the end of the rainbow. For Cancers, this focus tends to not be on material wealth, but on security and happiness for those who belong to you. Lucky numbers: 8, 14, 21, 33, 39, 48.

LEO (July 23 - Aug. 23)
 Your natural enthusiasm and charisma may be very visible to others right now. Using this dynamic to negotiate a win-win outcome for everyone involved might be in your best interest. Lucky numbers: 6, 21, 37, 38, 41, 38.

VIRGO (Aug. 24 - Sept. 23)
 Many Virgos are detail-oriented perfectionists. This trait may be highlighted right now. Working solo this week might be best for you, instead of in a group endeavour. Lucky numbers: 10, 20, 25, 35, 36, 45.

LIBRA (Sept. 24 - Oct. 23)
 At week's end, you may find that achieving the balance of heart and mind, which can be elusive for Libras, might be easier. Perhaps this is a time to make an important decision. Lucky numbers: 5, 9, 13, 18, 47, 48.

SCORPIO (Oct. 24 - Nov. 22)
 The last month may have included a deep dive into your psyche. A recap of your insights over this period might be helpful. Things may lighten up soon. Lucky numbers: 4, 9, 11, 29, 45, 48.

SAGITTARIUS (Nov. 23 - Dec. 21)
 You may be entering a period where your focus could be on romantic relationships. As this time unfolds, remember that good communication is an important key to a strong relationship. Lucky numbers: 15, 20, 24, 29, 34, 37.

CAPRICORN (Dec. 22 - Jan. 20)
 Capricorns have been undergoing a long period of transformation and change. Right now you might gain insight into how far you have come and how much further you have to go. Lucky numbers: 14, 23, 27, 36, 37, 44.

AQUARIUS (Jan. 21 - Feb. 19)
 You may be feeling a conflict now between what you want for yourself and the service others need from you. To be happy, find a compromise that allows for some of both. Lucky numbers: 7, 9, 32, 33, 39, 48.

PISCES (Feb. 20 - March 20)
 The astrological landscape is very active for Pisces right now. If you find yourself wading through old territory, maybe stop and listen for the message your inner self is trying to convey. Lucky numbers: 1, 7, 16, 21, 28, 35.

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

Did You Know...

Bridge history: New Brunswick, in eastern Canada, is known for its large number of covered bridges, a total of 58. Called "kissing bridges," most are maintained by the province's Department of Transportation and Infrastructure.

Famous lady: Jackie Kennedy, whose maiden name was Jacqueline Lee Bouvier, married John F. Kennedy in 1953, before he became President of the United States in 1960. She was a photographer, journalist, and later an editor.

Wild cats: Cougars, also known as pumas, panthers, and mountain lions, are large, wild felines that live in the Americas. They are carnivores that eat deer, elk, sheep, rodents, and other animals they can catch.

Poisonous sap: Giant hogweed, which originates in southeast Asia, is considered an invasive species in North America. It is a tall plant with umbrella-like white blossoms. But the sap can cause severe blisters, so do not touch the plant.

Musical history: American musician Dave Grohl, of Nirvana and Foo Fighters fame, started his musical career 1984. He was in a few different bands, such as Freaky Baby, Mission Impossible, and Dain Bramage.

On the Lighter Side

Mrs. Jones: "Is your house warm?"
 Mrs. Smith: "It should be. The painters gave it three coats last week."

Why did the athlete take up bowling? She thought it would be up her alley!

A sports arena is a great place to spend a hot day. It's full of fans.

Knock! Knock! Who's there? Joanna. Joanna who? Joanna build a snowman?

What did the alien say to the eggs? Take me to your beater.

Answers

Trivia answers: 1. Trumpet 2. Greyhound 3. Basque 4. Benjamin Franklin 5. The Little Prince

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

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

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

Creating Smiles That Last A Lifetime...

BECAUSE YOUR SMILE DESERVES IT!

- General Dentistry • Cosmetic Dentistry
- Restorative Dentistry • Botox Treatments

Dr. Derek Fika Family Dentistry
 Call today to book your appointment:
587-760-4227
www.drderekfika.com
 Visit us at 12943-97 Street NW, Edmonton

FREE TAKE HOME WHITENING KITS
 WITH EVERY ANNUAL EXAM AND MAINTENANCE VISIT

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!

Reader of the Month
 Jessica Montgomery from Hinton

Coffee News Fun Reading. Serious Advertising.

ELECTRICIAN FOR HIRE

Residential
 Light Commercial
 Electrical Repairs and Renovations

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

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

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