

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>

ETFA TELECOM
DEDICATED TO FINDING OUR CLIENTS THE BEST SOLUTIONS WITHIN THEIR BUDGETS

THIS SPACE FOR RENT

780-220-6397

Tinnitus Therapy

available using new Stylleto

Rechargeable Hearing Aids Available

Did you know all seniors and low income adults qualify for \$900-\$2400 towards hearing aids?

Signia Stylleto

Unique and beautifully designed hearing aid

Call for an appointment

EYES + EARS

OPTICAL + HEARING CO.

403.790.2020 • 4502-50 Street, Ponoka

FINANCING FOR HEARING AIDS NOW AVAILABLE

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

RE/MAX

REAL ESTATE SERVING CAMROSE & AREA

LISA ROHR REALTOR®
780.781.6859
LISA@CAMROSEPROPERTIES.COM
CAMROSEPROPERTIES.COM



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

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

priariescentedcandles@gmail.com
www.priariescentedcandles.com

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



Transform lives, one wish at a time.

Make-A-Wish

Visit makeawish.ca


FREE! New Issue Every Week!

Coffee News®

"News To Be Enjoyed Over Coffee"

Camrose Edition

877-553-6397



www.coffee-news.ca

The World's #1 Restaurant Publication!

Start Your Own Business!

FREE government funded Self-Employment Training

NOW ONLINE

microbusiness

TRAINING CENTRE INC

Suite 203 Energy Square, 10109-106 St., Edmonton AB T5J 3L7

780.482.4462 | www.microbusiness.ca

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:

- Your name
- Your phone number and
- 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
Heath Bowen from Grande Prairie

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

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

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



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

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

Get More Traffic, Leads & Sales



SCAN ME

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

Frontline web consulting

780.760.6922
frontlineconsulting.ca

BrullerCorp

FIRE RESCUE SAFETY INDUSTRIAL SUPPLY

P:780-361-8275 BRULLERCORP.COM

READY FOR SUMMER!

- * COVERALLS
- * COOLING APPAREL
- * SAFETY GLASSES

AND MORE!

"INNOVATIVE PRODUCT PLACEMENT"

We truck wild Alaskan salmon from the boat to the prairie folk!

Best quality salmon at the best price for Albertans!

Flash Frozen at Sea, which maintains its freshness, taste and quality, making it safer to eat.

- Volume discounts - 1000lb and up!
- Buy 10, get 1 free (includes cases, freshly smoked or fillet)
- Legal - provincial and federal inspected

778-835-0239 Follow us 

Starting at \$4.25/lb plus head off and cleaned



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.



Everybody's Talking

Old mine: A spooky but intriguing place can be found in an isolated part of northeast Ireland. It is the remains of the once-active Benbulbin Barite mine, which was in operation from the late 1800s to 1979. Barite (which also is called baryte) is a mineral that has many uses in a number of industries, such as aggregate in cement and as an aid in taking gastrointestinal x-rays. Today, the mine's buildings are gone, but many pylons, wire ropes, and wooden planks remain on the site. The mine is dangerous and is on private property, so anyone who wishes to visit needs to obtain permission from the owner.

Colourful addition: Gardeners wanting to spruce up their flower beds with some startling colours might want to look into Brassica oleracea, ornamental cabbage and kale. That's right, these vegetables are not just for eating. The most common colours for these plants are purple, white, and pink, and all three might be layered throughout the leaves in one cabbage or kale plant. The leaves of ornamental cabbage are flat, while in the ornamental kale they are frilly or ruffled. They are good plants to grow in cooler areas because they can survive temperatures well below freezing.

Wild race: A mountain biking race like no other has been taking place in France each year since 1995. It's called "Megavalanche" and requires contestants to race 2,600 metres (8,530 feet) down a glacier called Pic Blanc. What makes this race stand out is the mass start: about 2,000 riders all begin at the same time at the top, racing down, virtually out of control, at speeds of up to 120 kph (75 mph). The route is slushy and at some points riders actually have to touch their feet to the ground to keep from falling. All the while, helicopters are buzzing overhead and loud music plays, adding to the electric atmosphere.

Name calling: What's in a name? In the case of a young Indonesian boy from South Sumatra, it's his father's penchant for crossword puzzles and his love of the English alphabet. That's why the father, Zulfahmi, decided on "ABCDEF GHIJK" as a name for his son. As the child grew and started school, his friends laughed at him, but today he actually likes his unusual name. Day to day, he is known by the nickname "Adef." Luckily for Adef's two younger brothers, someone in the family must have objected: they are named Ammar and Attar, but Zulfahmi reportedly had wanted to name them "NOPQRSTUV" and "XYZ."

Quoteable Quotes

"Conscience is the inner voice that warns us somebody may be looking."
—H.L. Mencken

"So absolutely good is truth, truth never hurts the teller."
—Robert Browning

What's Happening

- Nov 26 - Christmas in the Park** The full Christmas in the Park experience will be back this year on Nov. 26 from 4 - 8 p.m.!
 - Dec 3-Southfork Community Connections Hosts Breakfast with Santa** Join us for a pancake breakfast and get your picture taken with Santa. Tickets are \$5/person kids under 2 free. 400 Sheppard Blvd, Father Leduc School Gym. Fr: 9am-11am. To purchase tickets visit us on Facebook: Southfork Community Connections
 - Dec 3 - Santa's Helper Auction** Leduc Recreation Centre. 4330 Black Gold Drive Leduc. 10 AM.
- <https://leducshelpers.ca> for more info
- Dec 22 - Story Time - Christmas** 10:30 AM. Lloydminster Mall, 5211 44 Street
- 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 does the Oort Cloud surround?
2. Who was the first woman to be chancellor of Germany?
3. The Egyptian Sphinx body was based on an elephant, lion, or scorpion?
4. Where are the Spanish Steps?
5. Mathematician William Oughtred designed this in 1632.

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

Affordable-Effective-Exclusive-CALL NOW!

Congratulations
to October's
Coffee News Guy
contest winners!

Your prizes
are in the mail!

Kristina Ouelette
Maureen Johnson
Sheila Perkins
Cam Ethier

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

Breathe Easy
with **Keen Clean**

When you hire us,
you can be assured of
quality work done using
eco-friendly products!

- ✓ Residential Cleaning - Weekly/Biweekly/Monthly
- ✓ Move Ins and Outs
- ✓ Home Watch

CALL TODAY!
780-781-2018

Recipe of the month

Peppermint Meltaways

1 cup butter, softened	1/4 teaspoon peppermint extract
1/2 cup confectioners' sugar	2 to 3 drops red food colouring, optional
1/2 teaspoon peppermint extract	1/2 cups confectioners' sugar
1-1/4 cups all-purpose flour	1/2 cup crushed peppermint candies
1/2 cup cornstarch	
2 tablespoons butter, softened	
2 tablespoons 2% milk	

Prep Time: 30 min. + chilling Bake: 10 min./batch
Yield: approx. 2.5 dozen

- In a small bowl, cream butter and confectioners' sugar until light and fluffy. Beat in extract. In another bowl, whisk flour and cornstarch; gradually beat into creamed mixture. Refrigerate, covered, 30 minutes or until firm enough to handle.
- Preheat oven to 350°. Shape dough into 1-in. balls; place 2 in. apart on ungreased baking sheets. Bake 9-11 minutes or until bottoms are light brown. Remove from pans to wire racks to cool completely.
- In a small bowl, beat butter until creamy. Beat in milk, extract and, if desired, food colouring. Gradually beat in confectioners' sugar until smooth. Spread over cookies; sprinkle with crushed candies. Store in an airtight container.

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

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

Call today to book your appointment!

We only want to make you SMILE.

Millet Denture Clinic
780.387.3311 • 5022 - 50 Street, Millet
BARB UNGER, DD • barb@milletdenture.ca

PROVEN EXPERTISE

HALAS ROOFING
Dennis Halas Agencies Ltd.
NEW & RE-ROOFING

- Top rated roofing materials
- Family run for 25+ yrs.
- Licensed, insured & WCB

Edmonton Area: 780.893.9751 • Wetaskiwin Area: 780.312.8074
dennishalas@shaw.ca • www.halasroofing.ca

Halas provides a 50 Year Extended Warranty including a 25 Year Workmanship Warranty!

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

Your Weekly Horoscope

ARIES
(March 21 - April 20)

Your Aries traits, positive and negative, may be heightened this week. Your energy level could be high, which you might channel into successful endeavours. Try not to be hampered by past insecurities. Lucky numbers: 6, 9, 10, 15, 45, 48.

TAURUS
(April 21 - May 21)

Most Taurus-born feel deeply but may not know how to clearly express emotions. You might get another chance now, particularly in a romantic situation. Adjust your approach as needed. Lucky numbers: 12, 14, 16, 23, 28, 30.

GEMINI
(May 22 - June 21)

Have you recently found yourself in conflict with others about an important matter? Perhaps try a less intellectual approach. Sometimes humour can break the ice in tense situations. Lucky numbers: 11, 18, 27, 40, 41, 43.

CANCER
(June 22 - July 22)

Cancers easily sympathize with the problems of family and friends, wanting to fix the situations for them. That dynamic can have pitfalls, particularly now. You may want to tread carefully. Lucky numbers: 7, 11, 20, 22, 24, 28.

LEO
(July 23 - Aug. 23)

Are you frustrated right now by obstacles preventing you from getting what you desire? If you can't change your plans, you may want to wait a few days before continuing. Lucky numbers: 10, 15, 26, 28, 34, 41.

VIRGO
(Aug. 24 - Sept. 23)

Is your work no longer providing a sense of satisfaction to you? Perhaps you could consider a change that might make you happier and allow you to be of service to others. Lucky numbers: 9, 15, 16, 33, 41, 46.

LIBRA
(Sept. 24 - Oct. 23)

Look inside for any unacknowledged anger about a person or situation. If you can address it calmly, try to do so. Otherwise, consider waiting until next week to resolve it. Lucky numbers: 1, 3, 32, 39, 43, 45.

SCORPIO
(Oct. 24 - Nov. 22)

At the end of the week, your highly sensitive antenna about others may be out of whack. This might feel disconcerting, but in a few days things could return to normal. Lucky numbers: 6, 14, 16, 18, 26, 33.

SAGITTARIUS
(Nov. 23 - Dec. 21)

If you have been having a difficult time connecting with someone, especially a romantic partner, now may be time to resolve a problem. Your communication skills might receive a boost. Lucky numbers: 2, 8, 18, 23, 34, 44.

CAPRICORN
(Dec. 22 - Jan. 20)

A conversation at the end of the week may uncover a new opportunity for you. Be aware of your environment and open in your interactions with others. Lucky numbers: 4, 7, 25, 34, 41, 42.

AQUARIUS
(Jan. 21 - Feb. 19)

Is there something you have always wanted to do, but it seemed too overwhelming? Now may be the right time to put in the hard work necessary to achieve it. Lucky numbers: 8, 12, 18, 21, 45, 47.

PISCES
(Feb. 20 - March 20)

If you recently have been feeling confused and out of sorts, that may begin to pass. However, it might take the next several weeks for things to settle, so don't act quickly. Lucky numbers: 1, 5, 8, 14, 24, 35.

Lucky numbers this week: This week's odds favour Aries winners with the luckiest number being 9.

Did You Know...

Dangerous dust: In the United States in the 1930s, the name "Dust Bowl" was used to depict the region in the southern plains that was hit by extreme drought. Dust storms, known as "black blizzards," were common.

Ad hoc meaning: When a company or organization spontaneously forms a group to deal with a specific issue, it's usually called an "ad hoc" committee. In Latin, the phrase means "for this situation."

Tall falls: Even cliff divers should be afraid of this waterfall. Angel Falls in Canaima National Park in Venezuela is the tallest uninterrupted waterfall in the world at a height of 979 metres (3,212 feet).

Food boss: Kitchens in restaurants can have a variety of different chefs with unique training and experience. A sous chef, for example, looks after the details of the dishes and is the boss of the cooks on the food lines.

Eye-catching bark: The rainbow eucalyptus tree (*Eucalyptus deglupta*) would be quite a sight in a garden. As this huge tree's bark is shed, it changes colour, first to green and then to other bright colours, such as oranges, reds, pinks, and purples.

On the Lighter Side

Why was the pantry so good at telling the future? It knew what was in store.

Knock! Knock! *Who's there?* Bashful. *Bashful who?* I can't say. I'm too embarrassed.

How does a mirror travel on an airplane? First glass.

Person: "You ate the dictionary? Bad dog! Spit it up!"
Dog: "You took the words right out of my mouth."

What do you get if you cross a small rodent with an oil can?
A mouse that never squeaks again.

Answers

Trivia answers: 1. Solar system 2. Angela Merkel 3. Lion 4. Rome, Italy 5. Linear slide rule

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

Don't miss out!

BLACK FRIDAY PROMO

50% OFF

any 6 or 12 month **Coffee News** ad campaign*

Scan QR code for more information, and a representative will be in touch

* Offer valid November 16-30, 2022
* Category restrictions may apply
* Offer available for all editions published by Capital Marketing Inc.

inogen

FREEDOM. TO BE YOU.

1-888-998-6714

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

GENERAC

Prepare for power outages today

WITH A HOME STANDBY GENERATOR

FREE 7-Year Extended Warranty*
An \$895 Value!

REQUEST A FREE QUOTE
CALL NOW BEFORE THE NEXT POWER OUTAGE
(888) 688-0973

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!
1-877-579-9449

Joey's FISH SHACK

780.673.0164
#305 6805-48 Avenue Camrose

ALL YOU CAN EAT FISH & CHIPS \$16.50 + GST (Tuesdays)

ALL YOU CAN EAT FISH TACOS \$15.50 + GST (Thursdays)

Educational Assessment

including Intellectual and Achievement Status

S. TAYLOR ASSESSMENT & COUNSELLING
Clinical and Educational Psychologist Licensed in Alberta

Call to book an assessment: **780.608.8048**