

Up In Arms

Offering the non restricted and restricted Canadian Firearms Safety Course to apply for a firearm license

Possession
Acquisition
License
Training

For more info, contact Robyn at
780-977-0725
301 Saskatchewan Ave. Spruce Grove

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

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!

Readers of the Month
Aja Welsh & Friend from St. Albert

Coffee News Fun Reading. Serious Advertising.

THIS SPACE FOR RENT

780-220-6397

WEBSITES

From \$129/Month

(780) 760-6922

FRONTLINECONSULTING.CA

HIP OR KNEE REPLACEMENT?

THE DISABILITY TAX CREDIT ALLOWS FOR A

\$2,500 YEARLY TAX CREDIT
\$30,000 LUMP SUM REFUND

COPD, arthritis, and many other disabling conditions that cause **Restrictions in Walking or Dressing** may qualify.

FOR EXPERT HELP:
1-844-453-5372

Joey's FISH SHACK

780.673.0164
#305 6805-48 Avenue Camrose

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

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

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

EYES + EARS
OPTICAL + HEARING CO.
403.790.2020 • 4502-50 Street, Ponoka

FINANCING FOR HEARING AIDS NOW AVAILABLE

FREE! *New Issue Every Week!*

Coffee News

"News To Be Enjoyed Over Coffee"

Camrose Edition
877-553-6397

www.coffee-news.ca

Vol. 20 No. 3 January 16, 2023

Everybody's Talking

Dog lover: J. Baines never thought he'd become known as "The Man That Rescues Dogs" when he moved to Thailand from his home in Sweden nearly two decades ago. A talented chef, he went to this Asian country to open a restaurant, and in doing so noticed the large number of stray dogs who would come looking for scraps. At first, he fed one or two, then a few, and the next thing he knew, 100 dogs depended on him for food. In 2017, The Man That Rescues Dogs shelter was founded. A team of 25 shelter staff, along with volunteers, now care for hundreds of homeless canines. Funding comes entirely from donations.

Scary sight: On a certain downtown street in the Venezuelan capital of Caracas, anyone who looks up will see a scary sight. Hundreds of dolls' heads peer down at passersby from the third-floor balcony of a house. This curious sight, which has become known as the "Balcony of the Dolls," is the creation of Etanís González, a visual artist and collector who owns the house. He and his family are dedicated to turning the building into a museum, and they consider the doll heads to be an art installation. González spent three years working on this piece, painstakingly placing each of the heads into position.

Song name: A village called Kongthong, in the state of Meghalaya in northeastern India, has a wonderful tradition. Each villager not only has a name, but also has a song that is their name. The practice is called jingwai iawbei. At birth, mothers give their newborns a unique melody, which becomes their identity. If the person is far away, their whole tune, which is between 10 and 20 seconds long, is sung to call them. If they are close by, a shorter version, sort of like a nickname, is sung. Recently, outside interest in this tradition has brought more tourists, and the hiking trail to the village has been replaced with a road.

Standing in line: Most people sometimes must stand in line to get what they want, at the grocery store, the theatre, the bus stop, and everywhere in between. But what if you could afford to pay someone else to do it instead? A British man named Freddie Beckitt will be that stand-in. He lives in London, where there is no shortage of queues or wealthy folk who don't want to stand in them. Beckitt charges 20 Euros an hour for his services, which he does on a part-time basis to supplement his income as a writer. Getting tickets for shows is a big reason people hire him, and he will do the job in all kinds of weather.

Quoteable Quotes

"Don't quit because you are not good enough; keep going because you are not good enough yet."
—Richelle E. Goodrich

"Real courage...is when you know you're licked before you begin, but you begin anyway and see it through no matter what."
—Harper Lee

What's Happening

Feb 12 - Devon Monthly Arts Market Join us for our Pre-Valentine Market from Noon to 4 pm at the Devon Community Centre. Meet our creative souls and check out unique items for any season, any occasion. Email ArtsDevon@gmail.com for more info.

Mar 12 - Devon Monthly Arts Market Join us for our first Spring Market from Noon to 4 pm at the Devon Community Centre. Meet our creative souls and check out unique items for any season, any occasion. Email ArtsDevon@gmail.com for more info.

Now-Feb 2023 - Strathma Saturdays Join people of all ages for Strathma Saturdays from 10:30am-3:30pm for free activities and connection. Visit www.strathma.ca for all info

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!

...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. German epic poem fragment "Lay of Hildebrand" was written when?
2. The Gateway Arch is located in which U.S. state?
3. Jellyfish and corals belong to what phylum?
4. What year was the Odyssey Video Game released in the U.S.?
5. Disney opened Euro Disney in 1985, 1992, or 2000?

(Flip bottom of page for answers)

Online Seated Fitness Program

✓ Three classes weekly via Zoom
✓ Ends March 15, 2023

Email zoom@connectedcanadians.ca, subject line "Move More", with your name and phone number to be added to the class list!

Connected Canadians, a nonprofit organization that provides free technology training and support to older adults across Canada, is offering these classes thanks to funding from the New Horizons for Seniors Program.

Connected Canadians
www.connectedcanadians.ca

COLD SHOT

A DIVISION OF BALWARIA EMPIRE PVT. LTD.

PASSENGER & PARCEL SERVICES

SHIP BY BUS

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

NEED TO EXPAND YOUR MARKETING EFFORTS?

Coffee News provides:

- ✓ Access to 520,000 loyal readers per month in 48 editions across Northern Alberta
- ✓ Access to thousands of online readers weekly
- ✓ Free ad design
- ✓ Free ad changes
- ✓ Free sponsorship in our CN Bucks program
- ✓ Exclusivity in your industry

So — you're not advertising with **Coffee News** because...?

780-220-6397
coffee-news.ca

Dragons of the Past

Book Four of The Dragons of Nibiru

Available now at your local bookstore

www.dragonsofnibiru.com

Coffee News

is proudly delivered by

CENTRA CAM VOCATIONAL TRAINING ASSOCIATION

Coffee News Part of your community.

SHOP ONLINE!

www.scubagearcanada.ca

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

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

11781-156 St., Edmonton 780.483.0044

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

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

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

*To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.

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

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

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

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>

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

Recipe of the month

Citrus-Herb Pork Roast

1 boneless pork sirloin roast (3 to 4 pounds)
1 teaspoon dried oregano
½ teaspoon ground ginger
1/2 teaspoon pepper
2 medium onions, cut into thin wedges
1 cup plus 3 tablespoons orange juice, divided
1 tablespoon sugar

1 tablespoon white grapefruit juice
1 tablespoon steak sauce
1 tablespoon reduced-sodium soy sauce
1 teaspoon grated orange zest
½ teaspoon salt
¾ tablespoons cornstarch
Hot cooked egg noodles
Minced fresh oregano, optional

Prep Time: 25 min. Cook: 4 hours Yield: 8 servings

1. Cut roast in half. In a small bowl, combine the oregano, ginger and pepper; rub over pork. In a large nonstick skillet coated with cooking spray, brown roast on all sides. Transfer to a 4-qt. slow cooker; add onions.
2. In a small bowl, combine 1 cup orange juice, sugar, grapefruit juice, steak sauce and soy sauce; pour over top. Cover and cook on low for 4-5 hours or until meat is tender. Remove meat and onions to a serving platter; keep warm.
3. Skim fat from cooking juices; transfer to a small saucepan. Add orange zest and salt. Bring to a boil. Combine cornstarch and the remaining orange juice until smooth. Gradually stir into the pan. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve with pork and noodles; if desired, sprinkle with fresh oregano.

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

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

Your Weekly Horoscope

ARIES
(March 21 - April 20)

The balance of power in relationships may be a focus right now, especially for Aries women. Are your partnerships emotionally healthy, or are they out of balance in favour of one partner? Lucky numbers: 8, 10, 19, 24, 34, 41.

TAURUS
(April 21 - May 21)

Over the past four months, you may have had unusual experiences. What have they taught you? If you need to make some changes, you might want to wait a few weeks. Lucky numbers: 5, 9, 11, 19, 32, 37.

GEMINI
(May 22 - June 21)

Are you feeling stressed by weird, changing issues about communications and equipment that hinder your ambitions? These could begin to change this week, but may take a while to shake out. Lucky numbers: 6, 7, 18, 27, 31, 32.

CANCER
(June 22 - July 22)

You may feel eager to start a new endeavour now. Be aware of anything that is holding you back. Are you focused outside of yourself, when the obstacle is within? Lucky numbers: 2, 8, 30, 33, 44, 47.

LEO
(July 23 - Aug. 23)

How well have your plans from six months ago worked out? If you need to make a change to them now, consider one that is in alignment with your values. Lucky numbers: 4, 6, 9, 12, 26, 44.

VIRGO
(Aug. 24 - Sept. 23)

Work is an important focus for Virgos. Right now, though, it may be causing an issue in a relationship. Consider what adjustment you might need to make to balance the two. Lucky numbers: 7, 8, 10, 26, 31, 46.

LIBRA
(Sept. 24 - Oct. 23)

If you are in a romantic relationship, are your needs being met? This is particularly important for Libra women. Work with your partner toward an honest discussion that doesn't become an argument. Lucky numbers: 13, 17, 23, 34, 39, 40.

SCORPIO
(Oct. 24 - Nov. 22)

At the beginning of the week, your intuitive ability to receive insights about the emotional issues of others may be particularly strong. Be sure to use discretion in sharing what you see. Lucky numbers: 1, 4, 7, 27, 36, 39.

SAGITTARIUS
(Nov. 23 - Dec. 21)

Your natural enthusiasm and optimism may be heightened during the middle of the week. Use the energy to accomplish something positive, but be careful not to overreach regarding risks. Lucky numbers: 15, 23, 37, 39, 41, 46.

CAPRICORN
(Dec. 22 - Jan. 20)

This may be a good time to make plans for the next six months. However, you may also experience some temporary confusion now, so consider waiting until next week to finalize them. Lucky numbers: 3, 17, 18, 22, 31, 43.

AQUARIUS
(Jan. 21 - Feb. 19)

This month the Sun will return to its position at your birth. It's a good time to plan out the year. Be sure your goals are in alignment with your values. Lucky numbers: 11, 17, 18, 24, 28, 33.

PISCES
(Feb. 20 - March 20)

At mid-week, you may begin to find a good opportunity to connect more fully with others. This might be on a work or a romantic basis. Keep your eyes open for it. Lucky numbers: 9, 18, 24, 25, 35, 38.

Lucky numbers this week: This week's odds favour Sagittarius winners with the luckiest number being 23.

Did You Know...

Weather protection: The first umbrellas may have been sun protection in ancient Egypt, over 3,500 years ago. Now made from waterproof material, umbrellas keep users dry during rain. Ones that protect from the sun's rays are called "parasols."

Shoe rationing: During World War II, Americans could not amass a closetful of shoes. That's because footwear was rationed so that supplies of rubber and leather would be available for the needs of the military.

Tea time: Bubble tea was created in Taiwan in the 1980s. Originally, it was made by pouring brewed black tea, milk, and sugar over ice and tapioca balls. Now, there is more choice with different teas and flavourings.

Similar names: American talk show personality Johnny Carson, who hosted *The Tonight Show* from 1962 to 1992, was married four times. His first three wives had similar names: Joan (known as Jody), Joanne, and Joanna. His fourth wife was named Alexis.

Good spot: Happyland is the actual name of a rural municipality in the Canadian province of Saskatchewan. Local yore says it was named by an early settler who was so glad to live there that he called it a "happy land."

On the Lighter Side

What happened to the mad scientist's plan? It fizzled out. Rapunzel and her hair had an understanding: they never wanted to be a part.

Knock! Knock! *Who's there?* Nana. *Nana who?* Nana of your business!

Here's to the guy who invented zero. Thanks for nothing!

Bill: "I just climbed to the top of the world's biggest mountain."
Will: "Wow, Everest?"

Bill: "Sure, about every 100 feet or so."

Answers

Trivia answers: 1. 800 CE 2. Missouri 3. Chidaria 4. 1972 5. 1992

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

Affordable-Effective-Exclusive-CALL NOW!

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

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

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

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

Transform lives, one wish at a time.

Make-A-Wish.
Visit makeawish.ca

Helping you rediscover fun in the kitchen!

Gifts and Gadgets

Your one stop kitchen and gift shop.
780.962.5220

Visit www.giftsandgadgets.ab.ca or visit us in person at 111 First Avenue, Spruce Grove

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!

Congratulations to November's **Coffee News® Guy** contest winners!

Your prizes are in the mail!

Peter Samel
Jeanne Gulinsky
Colin Walther
Julia Tweedle

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

inogen

FREEDOM. TO BE YOU.

1-888-998-6714