



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

Until Feb 28 - Free Skating Come down to the ICE District Plaza at 10360 102 St to take part in outdoor skating from 10amWe accept clean, gently used, or new winter outerwear for men, women, and children in need.

10pm daily. Rink availability depends on weather and schedule of other events. Visit icedistrict.comskating for more details.

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



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Cohhee New

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 TST EL4. 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





www.tbcsherwoodpark.ca 780-464-4040

> East on Baseline; First left after Hwy 21 2550 Twp Road 530, She

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Trivia

- 1. The largest island of the Philippines is
- 2. This Egyptian frog goddess represents fertility.
- 3. What refrigerant destroys the ozone layer?
- 4. The French horn is a woodwind instrument—T/F?
- 5. The word "cappuccino" originally referred to what brown item?

(Flip bottom of page for answers)

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Frontline





(Sept. 24 - Oct. 23)

Seek out the beauty that is all around you in the

world. Perhaps take a museum trip? Use this

energy to reinforce the

natural grace, kindness.

Are you feeling a bit para-

noid about the thoughts

and actions of those around you? Take a deep

breath, wait a few days,

You may find yourself

thinking now about what

legacy you want to leave behind. Whatever you de-

cide, be sure to incorpo-

rate your personal philos-

You may have been under-

going a long period of per-

sonal transformation, which

often might have been

confusing. At mid-week, you

could receive some insights

You may find that you

need to make an adjust-

ment now to your work

style. Keep your Aquarius

antenna alert for new

information that could

You may be feeling that

you are on information

overload right now, and vou would be correct. It

may be best to wait a few

days to assimilate it

and empathy within yourself. Lucky

and the feeling will most likely pass. Lucky numbers: 14, 20, 21,

ophy and belief system into your plans. Lucky numbers: 5, 14, 16, 19, 32, 36.

about the process. Look for them. Lucky

help you in this process. Lucky numbers:

(Feb. 20 - March 20)

numbers: 2, 15, 17, 33, 36, 41.

(Oct. 24 - Nov. 22)

SCORPIO

28.33.35.

SAGITTARIUS

CAPRICORN

(Dec. 22 - Jan. 20)

numbers: 4, 15, 33, 39, 42, 44.

(Jan. 21 - Feb. 19)

AQUARIUS

7, 24, 29, 30, 36, 42.

PISCES

(Nov. 23 - Dec. 21)

ARIES

(March 21 - April 20) Have you reached a place

in life where service to others is a consideration for you now? In this process, try to find an opportunity to align your service with your values. Lucky

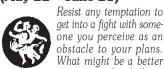
numbers: 3, 7, 12, 40, 42, 47. **TAURUS**

(April 21 - May 21)

Do you want to break free and pursue something new? Perhaps you should take a small step in the new direction. to make sure it is the right one for you. Lucky numbers: 21, 25, 33, 35,

41.48. **GEMINI**

(May 22 - June 21) Resist any temptation to

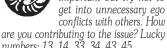


one you perceive as an obstacle to your plans. What might be a better way to meet this challenge that will avoid conflict? Lucky numbers:

6, 17, 25, 35, 37, 43. CANCER

(June 22 – July 22)

You may find yourself busy and stressed now. Expressing yourself is important but try not to



numbers: 13, 14, 33, 34, 43, 45. LEO

(July 23 - Aug. 23)

How do you define the pot of gold at the end of the rainbow? In pursuing it, just be sure your path is in alignment with what your heart wants. Lucky numbers: 1, 3, 6, 10.21.39

VIRGO

Lucky numbers this week: This week's odds favour Virgo winners with the luckiest number being 11.

Did You Know...

Scottish saying: Most people have had the embarrassing experience of forgetting someone's name when making introductions. Scottish people ease these awkward situations by saying, "Pardon my tartle!"

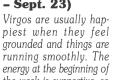
Maple leaf: The Canadian Flag has a red maple leaf in the middle, which is flanked by two vertical red rectangles. Designed by Canadian George Stanley, it became official in 1965.

Poetry time: To write an acrostic poem, just pick a word or name. Then use each letter of the word or name as the first letter of each line of the poem. The word can be any length and the poem does not have to rhyme.

Bad bread move: Don't put a loaf of bread upside down on a table when dining in Italy. An Italian belief is that bread is a symbol of life, and therefore placing it upside down will bring bad luck.







the week is supportive, so you may wish to proceed forward now. Lucky numbers: 10, 11, 13, 16, 24, 46. before acting. Lucky numbers: 12, 14, 18, 21, 33, 40.



Pesky stump: Tree stumps take years to rot on their own. To accelerate the process, drill holes in the stump and sprinkle Epsom salt on it. Keep the stump covered to protect from rain, and apply more salt every few weeks.

On the Lighter Side

Why did the student throw away his lunch? It was full of junk food

Tom: "I used to have a terrible fear of hurdles." Tim: "What did you do?" Tom: "I got over it."

I know a woman who used to be a train driver, but she got sidetracked.

Remember: Models of dragons are not to scale.

Knock! Knock! Who's there? Bertha. Bertha who? Happy Bertha-day to you!

Answers

5. Capuchin monks' clothing I rivia answers: 1. Luzon 2. Heget 3. Freon 4. False

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