

Running for office?

Give your campaign a kickstart with **Coffee News®!**

Call for opportunities in your local community.

Creating memories ...one vacation at a time!

NORDEGG VACATION RENTALS

Far from the hustle and bustle of city life, Nordegg is nestled in the peace and quiet of the Rocky Mountains. Whether you're interested in a weekend getaway or a longer vacation, we have the perfect house for you.

For more information:
1-855-NORDEGG (667-3344)

nordeggvacationrentals.ca

Criminal Defence | Family Law

New Beginning Law

- Driving Offences
- Adoptions
- Independent Child Counsel
- Child Support
- Separation Agreements
- Divorce

Renée L.T. Moore
B.A., B.Comm.(Co-op), J.D.
Barrister & Solicitor

Jerred L.T.T. Moore
B.A. (Adv.), J.D.
Barrister & Solicitor

4802-49 Avenue, St. Paul (Located behind ATB)
780.645.0050 | www.newbeginninglaw.ca

THIS SPACE FOR RENT

780-220-6397

Recipe of the month

Baked Ham with Honey-Chipotle Glaze

1 fully cooked bone-in ham (8 to 10 pounds)	4 chipotle peppers in adobo sauce, minced
1 cup packed brown sugar	3 garlic cloves, minced
3 tablespoons honey	1-1/2 teaspoons Dijon mustard
2 tablespoons cider vinegar	3/4 teaspoon ground cinnamon
2-1/4 cups ginger ale	3/4 teaspoon ground cumin

Prep Time: 10 min. Cook Time: 2 hours Yield: 16 servings

- Preheat oven to 325°. Place ham on a rack in a roasting pan. Using a sharp knife, score surface of ham with 1/2-in.-deep cuts in a diamond pattern. Bake, uncovered, 1-1/2 hours.
- Meanwhile, for glaze, in a small saucepan, mix brown sugar, honey, vinegar and ginger ale. Bring to a boil; cook until mixture is reduced by half, about 15 minutes. Stir in remaining ingredients. Reduce heat; simmer, uncovered, 5 minutes. Remove from heat. Reserve 1 cup mixture for sauce; keep warm.
- Brush ham with some of the remaining glaze. Bake, uncovered, until a thermometer reads 140°, about 30 minutes, brushing twice with additional glaze. Serve with reserved sauce.

An ideal Easter showstopper!

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

THE PAPA PONY'S 2 FOR 1 PIZZA & PASTA BIRTHDAY CLUB

airs at 7:45 am Monday through Friday

Call or text 780.632.6671 during the show or submit a birthday through the website page the day before <https://country106.ca/the-birthday-club/>

CRAVING COUNTRY?

106.5 COUNTRY

FREE! New Issue Every Week!

Coffee News®

"News To Be Enjoyed Over Coffee"

Vegreville Edition

877-553-6397

www.coffee-news.ca

Vol. 20 No. 12 March 20, 2023

Everybody's Talking

Tiny tail: One breed of cat has been loved by people in Japan for centuries. Called the Japanese bobtail, this feline's tail is much shorter than other breeds, looking a bit like a bunny's tail. They have strong hind legs and can jump to high perches. These cats once were prized for their ability to control the rodent population, especially in silkworm barns; in temples, they kept rats away from rice paper scrolls. They are known as lovable, intelligent animals who make good pets, and can even be taught to fetch! Owners can enjoy "conversations" with them as they like to verbally respond. Rarely found outside of Japan, the Japanese bobtail is expensive to purchase from a breeder.

Fast service: A restaurant in Guadalajara, Mexico, is known for having the fastest service available anywhere. In fact, Karnes Garibaldi holds a Guinness World Record for the feat of getting an order to the table in 13.5 seconds. The way it's done is through excellent training of their servers, and by having the slow-cooked specialties ready to go. One of the restaurant's specialties is carne en su jugo, which means "meat in its juice." Other favourites are refried beans and enfrijoladas (fried tortillas covered in beans). The fast and efficient process of getting the dishes plated and on the table has amazed many of the restaurant's patrons.

Caught again: An escaped criminal, who had been in hiding with a new name for 20 years, was finally caught with the help of Google Maps Street View. Gioacchino Gammino was discovered in the town of Galapagar, located not far from Madrid, Spain. Investigators suspected that the gangster was in the area, and they confirmed it through the photo on the map site. Gammino had been working in a local restaurant as a chef and had not even called his family for many years. The convict had somehow escaped from the Rebibbia jail in Rome. A scar on his face was an identifying feature that helped with his identification.

Peter Rabbit creator: Many people know and love the children's stories of author Beatrix Potter (1866-1943), whose numerous publications include The Tailor of Gloucester and The Tale of Peter Rabbit. Not only was Potter a writer, she was an artist, scientist, and conservationist, too. The Victoria and Albert Museum in London, England, has featured multiple exhibitions of her work. A recent one was called "Beatrix Potter: Drawn to Nature," and the show displayed her diaries written in code, illustrations she drew as a child, and clothes, letters, and other items from her family life in London. There was even a photograph of the author at age 15, with her dog.

Quoteable Quotes

"Optimism is the one quality more associated with success and happiness than any other."
—Brian Tracy

"Happiness is not something ready-made. It comes from your own actions."
—Dalai Lama

What's Happening

Jan 1 ongoing - Friend Den The Friend Den is a new program for kids in kindergarten to grade 3 with lessons on coping skills, empathy, and gratitude. This runs on Mondays from 3:15-4:30 at the Vegreville Family Resource Network. Registration is required call 780-632-2912

Mar 18 - Vegreville Snow Drags Come down to the Vegreville Regional Museum Grounds to watch the snow drags take place. Gates open 9am racing starts at noon. Spectators are free, for more info visit www.vegsspeedway.com

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. What does a chirogymnast device do?
2. The New Stone Age, beginning about 10,000 BCE, is also called what?
3. Where is Manning Strait—Solomon Islands, Bering Sea, Mediterranean Sea?
4. When did Western Samoa become independent from New Zealand?
5. In Roman mythology, he was the twin brother of Remus.

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

The World's #1 Restaurant Publication!

Friendly service your family can trust!

JJ's Value Drug Mart

INDEPENDENT PHARMACY

#205, 5342-50 Avenue, Vegreville
Galleria Shops | 587-790-7777

Transferring prescriptions is as easy as a phone call

JJ Begalke
20 years of experience as a pharmacist

FREE DAILY DELIVERY!

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

HIP OR KNEE REPLACEMENT?

THE DISABILITY TAX CREDIT ALLOWS FOR A

\$2,500 YEARLY TAX CREDIT

\$30,000 LUMP SUM REFUND

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

FOR EXPERT HELP:
1-844-453-5372

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

WHEEL OF FORTUNE

WEEKNIGHTS 7PM/6PST

yesTV

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

Are You A Good Fit?

Capital Marketing, publishers of Coffee News in Northern Alberta, is looking for partners in rural areas in Northern Alberta to promote the paper in their region.

If you love to meet new people, are entrepreneurial in spirit, and have some sales background, we would love to have a chat with you. Email info@coffee-news.ca and tell us why you love Coffee News, and why you would like to share the good news stores we provide with your community. We'll be in touch after we get your email. Don't forget to include your name and phone number!

CANADA'S #1 RETAIL WINDOW COVERING FACTORY

real blinds

FREE DESIGN CONSULTATION
COMMERCIAL • RESIDENTIAL • WHOLESALE

780.741.2376
Toll Free 1.855.846.7325
REALBLINDS.CA

Helping you rediscovers
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

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

Coffee News is proud to support Make-A-Wish® Canada
Transform lives, one wish at a time.
Make-A-Wish.
Visit makeawish.ca

Legal Services You Can Trust
COOPER REGEL LAWYERS
• Wills, Enduring Powers of Attorney and Personal Directives
• Probate & Administration • Estate Litigation
• Real Estate Sales, Purchases and Refinance
Shantelle Smith | 780.570.8453
77 Chippewa Road, Sherwood Park AB

Home | Auto | Life | RRSP TFSA | Group | Business | Farm | Travel
All Your Investing and Insurance Needs All In One Place
Personalized Investment Solutions
Home and Auto Insurance
Farm & Commercial Insurance Specialists
co-operators®
Investments. Insurance. Advice.
Todd T. Fournier
Owner | Financial Advisor | Fournier Financial & Insurance Inc.
Vegreville 780.632.3240
Andrew 780.365.3803
Lamont 780.895.7303
Direct Line 780.934.8633
Claims Line 1.877.682.5246

Friendly service your family can trust!
JJ's Value Drug Mart
INDEPENDENT PHARMACY
Transferring prescriptions is as easy as a phone call
#205, 5342-50 Avenue, Vegreville
Galleria Shops | 587-790-7777
JJ Begalke
20 years of experience as a pharmacist
FREE DAILY DELIVERY!

SHOP ONLINE!
www.scubagearcanada.ca
• Snorkelling Gear • Reef-Safe Sunscreen
• Beach Water Shoes • Dry Bags & Wallets • UV Shirts
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

Your Weekly Horoscope

ARIES
(March 21 - April 20)
During the next month, the Sun will return to the same position as at your birth. This is an annual reset moment. What do you want to accomplish this solar year? Lucky numbers: 9, 18, 24, 36, 44, 48.

TAURUS
(April 21 - May 21)
Early in the week is conducive to getting out and socializing with others. A few days later, you may want to nest at home, so take advantage of the opportunity. Lucky numbers: 8, 14, 18, 20, 23, 26.

GEMINI
(May 22 - June 21)
Geminis often approach their interactions with others from a mental perspective. If you work at it, you may now have an opportunity to expand your persona to be more nurturing. Lucky numbers: 5, 7, 9, 12, 13, 43.

CANCER
(June 22 - July 22)
Are you angry about an unresolved situation? Try to be careful about it blowing up over the next two months. How might you proactively work with others to find a resolution? Lucky numbers: 6, 9, 17, 18, 33, 45.

LEO
(July 23 - Aug. 23)
Leos are known for their confidence. You are entering an era that might test that and reshape your sense of self. The more self-aware you are, the easier this may be. Lucky numbers: 12, 18, 19, 26, 33, 42.

VIRGO
(Aug. 24 - Sept. 23)
You may find your emotions focused on the idea of mothering. Your role could be as a mother or as a child. You might be going back over old territory. Lucky numbers: 4, 9, 13, 15, 24, 42.

LIBRA
(Sept. 24 - Oct. 23)
At the beginning of the week, you may feel a high level of ambition to make a change. Now might be a good time to develop a plan of action for that. Lucky numbers: 7, 8, 11, 22, 36, 46.

SCORPIO
(Oct. 24 - Nov. 22)
At midweek, you may experience a situation where your mind denies the impressions of your intuition. If you allow this conflict to simmer, it might pass in a few days. Lucky numbers: 3, 6, 8, 26, 38, 43.

SAGITTARIUS
(Nov. 23 - Dec. 21)
Spirituality is an important focus for many Sagittarians. Now you may find multiple opportunities in this regard, both for your soul growth and that of humanity in general. Lucky numbers: 2, 16, 18, 22, 37, 41.

CAPRICORN
(Dec. 22 - Jan. 20)
You may want to review how your life and your sense of self have changed since 2008. What do you want to keep and what do you want to let go? Lucky numbers: 10, 18, 24, 38, 44, 46.

AQUARIUS
(Jan. 21 - Feb. 19)
A major theme for Aquarius is humanity's evolution. For the next two months, you may get a sense of how this could play out for you over the next decade. Lucky numbers: 8, 13, 18, 21, 30, 32.

PISCES
(Feb. 20 - March 20)
The challenge for Pisces at this time may be to increase the discipline and structure in your life. The universe is providing energy now for you to begin to do so. Lucky numbers: 1, 13, 27, 35, 39, 47.

Lucky numbers this week: This week's odds favour Libra winners with the luckiest number being 7.

Did You Know...

Mushroom madness: "Burn morels" are mushrooms that grow exclusively in burned conifer forest areas in the western United States. Many mushroom foragers scour burned areas to find the delicacy.

Fabric fight: During World War II, wool, silk, and other materials were rationed or unavailable. Clothing made of alternate fabrics became common, such as viscose, rayon, or fabric found in the home, like curtains.

Bothersome thumb: A common spot for osteoarthritis is the thumb joint. The associated pain can make opening jars or turning doorknobs difficult. Treatments include medications and the use of a splint to stabilize the thumb.

Race horse: Seabiscuit was a famous racehorse during the Great Depression in the 1930s. He won 33 of the 89 races in which he participated. He was the father of 108 foals.

Colourful place: At Pigment, an art store in Tokyo, artists can find thousands of colours in the form of pigment, a concentrated dust that is used to give colour to such things as paint, fabric, and ink.

On the Lighter Side

Gardeners hate weeds because if you give them an inch, they'll take a yard.

Knock! Knock! Who's there? Myth. Myth who? I myth you when you're gone.

Did you hear about the restaurant on the moon? The food is good but it has no atmosphere.

Juliet: "Romeo, oh Romeo, wherefore art thou?"
Romeo: "Down here in the flowers. The trellis broke!"

How does Big Foot tell time? With a Sasquatch.

Answers

Trivia answers: Exercises pianists' fingers 2. Neolithic 3. Solomon Islands 4. 1962 5. Romulus

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

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

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!
Reader of the Month
Kelly Kadla from Edmonton
Coffee News® Fun Reading. Serious Advertising.

Come and enjoy rural Alberta!
We have vacancies!
• Studio suites and one bedroom couples' suites in our Lodge and one bedroom suites in our Self-Contained Manors.
Experience fresh air and country living.
Call our office today!
780.853.5706
or contact our office at admin@vdhf.ca
www.vdhf.ca
5401-46 St., Vermilion
Vermilion & District Housing Foundation

Dragons of the Past
Book Four of The Dragons of Nibiru
Available now at your local bookstore
www.dragonsofnibiru.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

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