

**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

**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

**Running for office?**

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

Call for opportunities in your local community.

VOTE

**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](mailto: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**  
Kelly Kadla from Edmonton

**Coffee News®** Fun Reading. Serious Advertising.

**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](http://www.coldshotca.com)  
Passenger Website: [www.coldshot.ca](http://www.coldshot.ca)

TICKETS: 587-557-7719 | PARCEL: 587-557-7718

SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005

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

Transform lives, one wish at a time.

**Make-A-Wish.**

Visit [makeawish.ca](http://makeawish.ca)

**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](http://nordeggvacationrentals.ca)

**Coffee News®** is proudly delivered by

**WDACS**  
Wetaskiwin and District Association for Community Service

Coffee News® Part of your community.

**FREE!** **New Issue Every Week!**

**Coffee News®**

"News To Be Enjoyed Over Coffee"

**Wetaskiwin - Millet 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**

**Apr 14 - Centra Cam's Annual Bowl-a-thon Fundraiser** Help us reach our goal of \$23,000 in 2023 to purchase a 7 passenger van plus related expenses. Please support our clients when you see them out in the community. For more info or to make a donation contact Centra Cam @ 780 672-9995

**Mar 29 - Annual STARS Benefit Dance** Admission by donation. Telford House 4907-46 St, Leduc, 6:45 - 8:45 pm on Wednesday, March 29. Public is welcome to attend, to support STARS, watch the dancing, enjoy the music and even get out on the floor to give modern square dance a try.

NON profit organizations may submit events for FREE at [www.coffee-news.ca](http://www.coffee-news.ca)

**Hidden Coffee News Guy ADVENTURE**

To enter, visit [www.coffee-news.ca](http://www.coffee-news.ca)

Submit your birth date and we'll send you a birthday card with valuable offers on your special day!

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

**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

(Over)

www.scubagearcanada.ca

**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](http://www.smallmiraclesadoption.com)

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

**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](mailto:barb@milletdenture.ca)

**THIS SPACE FOR RENT**

**780-220-6397**

**Congratulations** to January's **Coffee News Guy** contest winners!

Your prizes are in the mail!

Fay Masse  
Diana Dohei  
Ron Diakur  
Brian Dompe

Enter today for your chance to win at [www.coffee-news.ca](http://www.coffee-news.ca)

TOYS | CANDY | WOOL | YARN | GIFTS

**STAR STORE** Gifts & Wool

at The Wetaskiwin Heritage Museum Downtown

100% OF PROCEEDS SUPPORT OUR PROGRAMS AND SERVICES

Head for the Star on Main Street: 5007 - 50 Ave.

NOW SERVING BEANS COFFEE and TEA!

**WHEEL OF FORTUNE**

WEEKNIGHTS 7PM/6PST

yesTV

**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

Visit us on Facebook-CoffeeNewsWeekly



**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  
a RAY of Fragrance  
prairiescentedcandles@gmail.com  
www.prairiescentedcandles.com

**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](mailto: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!*

**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

**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**

**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](http://coffee-news.ca)

**inogen**

**FREEDOM. TO BE YOU.**

Call **1-888-998-6714** for a free consultation.

**Dragons of the Past**  
Book Four of The Dragons of Nibiru

Available now at your local bookstore  
[www.dragonsofnibiru.com](http://www.dragonsofnibiru.com)

# 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](http://coffeenewscanada.com)  
© Published with Permission by Capital Marketing Ltd

**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](http://www.coffee-news.ca/editions)

**Get More Traffic, Leads & Sales**

SCAN ME

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

**Frontline** 780.760.6922  
frontlineconsulting.ca

**Recipe of the month**

**Baked Ham with Honey-Chipotle Glaze**

1 fully cooked bone-in ham (8 to 10 pounds)  
1 cup packed brown sugar  
3 tablespoons honey  
2 tablespoons cider vinegar  
2-1/4 cups ginger ale

4 chipotle peppers in adobo sauce, minced  
3 garlic cloves, minced  
1-1/2 teaspoons Dijon mustard  
3/4 teaspoon ground cinnamon  
3/4 teaspoon ground cumin

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

- 1 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.
- 2 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.
- 3 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>

**PROVEN EXPERTISE**

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

Edmonton Area: 780.893.9751 • Wetaskiwin Area: 780.312.8074  
[dennishalasshaw.ca](mailto:dennishalasshaw.ca) • [www.halasroofing.ca](http://www.halasroofing.ca)

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

**THE HONEY 93.1 FM**  
LEDUC'S BEST COUNTRY

**SHOP ONLINE!**  
[www.scubagearcanada.ca](http://www.scubagearcanada.ca)

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

**The Dive Outfitters**  
Scuba Diving & Snorkelling  
11781-156 St., Edmonton 780.483.0044

**A&S PURIFIED BOTTLED WATER**

**CONVENIENCE STORE AND GRAB & GO SNACKS**

4712-57 St., Wetaskiwin | 780-446-0718