

FREE! *New Issue Every Week!*
Coffee News[®]
 "News To Be Enjoyed Over Coffee"
Downtown Edmonton Edition
780-220-6397
 www.coffee-news.ca

jerry forbes
 Centre for Community Spirit

HOME FOR 25 CHARITIES & NON-PROFITS

93,000 SQ. FT. OF SHARED SPACE
 SERVING OVER 200,000 ALBERTANS

Dear Edmonton,
 We're having a great time and the people here are amazing. You should come for a visit!

Sincerely,
 JFC

jerryforbescentre.ca

Super Combo
 BBQ Pork & Sausage
 \$9.95 + GST
 Includes Fried Rice & Chow Mein Noodles!

Chinese BBQ Done Right!

THE BBQ HOUSE
 9711-118 Avenue
 780.477.6113
 www.bbqhouse.ca

Mon-Sat 10:30 am - 6:30 pm (Takeout Only)

FREE Wonton Soup!
 with any \$10 purchase when you present this ad Expires 04.30.23

BBQ Pork
 BBQ Sausage
 BBQ Ribs
 BBQ Duck
 and more...

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

WE COME TO YOU!

NERDS2YOU
 VIRUS REMOVAL & COMPUTER REPAIR

ONSITE COMPUTER REPAIR

Your on-site computer and network service specialists. Virus removal, network setup, repairs and more.

587-772-NERD(6373)

FAST, FRIENDLY AND PROFESSIONAL
 DEBIT, VISA AND MASTERCARD ACCEPTED
 NERDS2YOU.CA

TELL a Polio Survivor About US!

Wildrose Polio Support Society
 780.428.8842 | www.polioalberta.ca

WINTER CLEARANCE
 Save Up To **50%**
 Off Our Already Low, Low Prices

Direct Workwear Ltd.
 5361 Gateway Blvd NW, Edmonton AB
 Open 7 Days A Week

Don't know where to start...?

WE CAN HELP!
 CONTACT THE EXPERIENCED PROFESSIONALS AT

HOME & OFFICE ANDYMAN services

780.940.2127 | www.HOHS.ca

Give Us Your List. We'll Do The Rest.

When YOU Get Paid We Get Paid

Helping You Maximize Your Financial And Physical Recovery!

Braithwaite Boyle Injury Law 800-440-8298

It's The Only Law We Do - Since 1986

Free Initial Consultation

Offices in: Edmonton, Red Deer, and Calgary

WIN one of three \$400 prepaid Visa cards awarded monthly

Scan Once Weekly for Max. Entries

For contest rules and recent winners, visit www.accidentinjurylawyer.com/coffeeneews

Vol. 20 No. 16 April 17, 2023

Everybody's Talking

Big, nice dog: People who want a dog that looks like a wolf might consider a Tamaskan. In the 1980s in Britain, breeders mixed several different kinds of dogs, including the German Shepherd, Siberian Husky, Alaskan Malamute, and Samoyed, and possibly some Czechoslovakian Wolfdog, resulting in the new, domesticated Tamaskan breed. These large, high-energy dogs grow to between about 24 and 28 inches (61 to 71 centimetres) tall, and typically live for 14-15 years. They are friendly, loyal, and gentle, and also very intelligent. Because they are so smart, they are well suited for training and need lots of exercise. So owners have to be prepared to provide them with ample mental stimulation.

Colourful sight: Butterfly lovers might want to plan a visit to the Pismo Beach Monarch Butterfly Grove in the state of California (U.S.). The best time to go is between the months of October and February. That is when thousands of the endangered, orange-and-black insects congregate to enjoy the sunny, warm weather of the area, which is located between the cities of San Jose and Los Angeles. The butterflies gather in clusters in the eucalyptus trees that populate the grove. To get there, the butterflies have migrated long distances to avoid the cold and frigid conditions of winters in the northern United States and Canada.

Biodegradable bags: Lucy Hughes, an engineering student at University of Sussex in Brighton, England, has invented a product that eventually may help reduce the prevalence of single-use plastic. Called MarinaTex, the product is made of fish scales and skin, which are waste materials at fish processing plants. It uses red algae as a binding agent. This new "plastic" is biodegradable in about six weeks. Like other widely used plastic bags, the MarinaTex ones are transparent, so users can see what kind of sandwiches are packed in their lunches. Another good thing about this invention is that, quite literally, tonnes of raw materials are available. For her work, Hughes won a James Dyson Award for design engineering.

Peacock frenzy: Car owners in the city of Surrey, British Columbia (Canada), have been having trouble keeping their vehicles dent-free. They're not worried about fender benders, hail, or vandals. The problem is wild peacocks. When the birds that live in the area see their own reflections in the shiny cars, especially dark-coloured vehicles, they mistake them for other peacocks and go into attack mode, using their talons and beaks on car doors and windows. This phenomenon, along with the noise from the peacocks' shrieking, has caused many dollars worth of damage and many sleepless nights for area residents. Experts say not much can be done, except to discourage anyone from feeding these birds.

Quoteable Quotes

"Happiness makes up in height for what it lacks in length."
 —Robert Frost

"Mistakes are a fact of life. It is the response to the error that counts."
 —Nikki Giovanni

What's Happening

Apr 29-30 - Melodies at the Manor Join the South East Edmonton Seniors Association as they present Melodies at the Manor on the 29th 7pm and the 30th 1pm. Visit seesa.ca for more information

Ongoing - Abbotsfield Rec Centre The Youth Gym is for kids 12-17 years old to play their favorite sports, get physically active, and make friends! This event takes place every Tuesday, Thursday and Friday from 4-7pm. For more info please contact 780-239-8523 or visit beverlytown.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!

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. ____ was the horse of fictional character Don Quixote.
2. What is the medical term for the kneecap?
3. Actor Ben Kingsley's birthname was ____.
4. What is the diameter of the planet Venus?
5. The Grimaldis are the family who have ruled Monaco since 1297—T/F?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

Exclusive Offer!

Coffee News Readers - Receive \$100 OFF their Website Development!

*Mention this ad to redeem!

Frontline
 web consulting
 (780) 760-6922
www.frontline.ca

25 WORDS OR LESS
 WEEKDAYS 3PM
 yesTV

THIS SPACE FOR RENT
780-220-6397

SAVE YOUR FAMILY memories

Transfer your old film, VHS, DVR, & reels to a digital format.

For more information & pricing email: info@thecreativehive.ca

780.996.7510 | www.hive-media.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

New Year, New Vision
 Ensure you're seeing clearly!

WE DIRECT BILL MOST INSURANCE COMPANIES
 SENIORS' & CHILDREN'S EYE EXAMS COVERED BY AS HEALTH CARE

- Comprehensive Eye Exams
- Diabetic Retinal Exams
- Glaucoma Treatment
- Dry Eye Treatment
- Emergencies
- Driver's Vision Reports
- Eyeglasses, Sunglasses, Contact Lenses

Corner of 120 St. NW & 101 Ave.
ALLIN EYE CLINIC
 Dr. SIMRAN KHROD & Dr. MANDEE CHEEMA
780.701.5525 allineyeclinic.ca

ELECTRICIAN FOR HIRE

Residential
 Light Commercial
 Electrical Repairs and Renovations

Art de Leon Master Electrician
780.932.3858 Cell
ajdeleon63@gmail.com

PROMOTIONAL & PRINTING

OUI PRINT

.COM

YOU THINK IT, OUI PRINT IT.

780 865 3212

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**

TLC Health and Wellness Fair

Age Well, Live Fully

June 7, 2023
8 AM - 4 PM

Join us for our first annual
TLC Health and Wellness Fair

Registration Opens
April 1, 2023

Keynote Speaker
Gord Steinke

★18 Sessions to Choose From
★Tradeshow Featuring 40 Vendors
★Coffee Breaks and Lunch provided

Central Lions
Seniors Association

www.centrallions.org 1113 113 St, Edmonton

inogen

FREEDOM. TO BE YOU.

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

MKT-P0240

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

Your prizes are in the mail!

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

Megan Stayko
Donna Taves
Anson Yukit
Lana Gatward

Running for office?

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

Call for opportunities in your local community.

VOTE

DELIVERY PERSON NEEDED

...to deliver **Coffee News®** in downtown Edmonton!

Ideally suited for retired or semi-retired couple!

- Deliver CN to restaurants and other locations
- 8-10 hours/month

Interested? Please email your résumé to info@coffee-news.ca

Your Weekly Horoscope

ARIES
(March 21 - April 20)



You may be enthusiastic and even ambitious about planning your goals for the next six months. However, you might need to let go of an old pattern first. Lucky numbers: 1, 7, 29, 34, 39, 42.

TAURUS
(April 21 - May 21)



Your birthday month presents an opportunity to reset the circumstances of your life. What do you want to accomplish over the next year, and how do you plan to get there? Lucky numbers: 8, 17, 23, 32, 34, 46.

GEMINI
(May 22 - June 21)



Geminis have a natural talent for gathering information from the ethereal realm. This is heightened for you now. Be aware of how you could use this to achieve your goals. Lucky numbers: 15, 17, 19, 24, 26, 43.

CANCER
(June 22 - July 22)



The Cancer-born can be reticent about asking for help. Midweek, you may experience an opportunity to change that pattern. Be sure to clearly communicate your needs to others. Lucky numbers: 5, 16, 17, 21, 42, 45.

LEO
(July 23 - Aug. 23)



You may feel your self-confidence challenged during the next month. This could signal that there are changes you may want to consider to be more successful in the future. Lucky numbers: 9, 13, 19, 20, 28, 40.

VIRGO
(Aug. 24 - Sept. 23)



The astrological pattern over the next month is a well-grounded one. This resonates with your Virgo energy, and you could use it to help you more easily achieve your goals. Lucky numbers: 6, 8, 17, 19, 23, 42.

LIBRA
(Sept. 24 - Oct. 23)



Are you frustrated by the behaviour of someone in your life? Can you approach them with a positive resolution? If not, wait a few days so you don't lash out unnecessarily. Lucky numbers: 7, 23, 29, 31, 45, 48.

SCORPIO
(Oct. 24 - Nov. 22)



Over the next few weeks, you may feel stuck and unable to make progress. What could you learn from this period that might help you move forward when it ends? Lucky numbers: 10, 19, 20, 29, 31, 46.

SAGITTARIUS
(Nov. 23 - Dec. 21)



Sagittarians often act on faith when making decisions. However, right now a more intellectual approach may be helpful, especially one that incorporates data into the process. Lucky numbers: 4, 5, 11, 24, 42, 44.

CAPRICORN
(Dec. 22 - Jan. 20)



Information may surface from your unconscious that could have an important effect on your life. You may want to ponder on it for a month or so before acting. Lucky numbers: 13, 28, 38, 41, 44, 46.

AQUARIUS
(Jan. 21 - Feb. 19)



Are others putting obstacles in the way of what you are trying to accomplish? You may have to decide between getting to a "win-win" solution or just proving them wrong. Lucky numbers: 16, 25, 30, 33, 43, 47.

PISCES
(Feb. 20 - March 20)



Pisces-born are good at "building castles in the air." The next month may be conducive to building a concrete foundation for your dreams. How do you want to proceed? Lucky numbers: 2, 23, 25, 29, 36, 45.

Lucky numbers this week: This week's odds favour Taurus winners with the luckiest number being 17.

Did You Know...

Purring pets: Petting a purring cat is calming. They purr at a frequency of 25 to 150 Hz (vibrations per second), which is just right to help relieve stress. All felines purr, except lions, tigers, jaguars, and leopards, who roar.

Early signs: Before cats arch their backs and hiss, they usually show preliminary signs of fear or irritation. For example, their ears may be pressed flat against their heads and they may whack their tails on the ground.

Spiral staircase: A structure in Southern Jutland, Denmark, looks like a 25-metre (82-ft.) tall DNA molecule. Called Marsk Tower, it sits in a marshland. Visitors can take an elevator or climb the winding staircase to the top for views of Wadden Sea National Park.

Lower fat: Lots of people love ice cream, which is fairly high in milk fat. A non-dairy alternative is sorbet, which is made from fruit, sugar, and flavourings. Sherbet is similar, except that it contains a small amount of dairy.

Arctic rodents: Collared lemmings are small rodents that live in Arctic and subarctic areas. They don't hibernate, but their thick fur coats keep them warm all winter. They make their burrows out of frozen ridges of snow.

On the Lighter Side

Knock! Knock! Who's there? Sincerely. Sincerely who? Sincerely this morning I've been waiting for you to open the door!

Why was the shoe late? It was a little tied up.

Captain: "This boat makes 20 knots an hour."
Passenger: "How long does the crew spend untying them?"

How do you make an hourglass run faster? Fill it with quicksand.

Keep skunks, bankers, and politicians at a distance.

Answers

Trivia answers: 1. Rocnante 2. Patella 3. Krishna Pandit Bhanji 4. 7,521 mi. (12,104 km) 5. True

For available franchise opportunities - visit 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

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

LegalShield

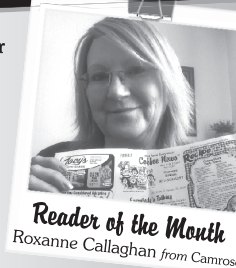
Call **LOYD KENNEY**, Independent Associate, to find out how LegalShield can help you!
1-877-579-9449

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:
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
Roxanne Callaghan from Camrose

Coffee News® Fun Reading. Serious Advertising.

STOP STREAMING! IT'S FUNNIER LIVE
AT THE COMIC STRIP
BOURBON STREET, WEST EDMONTON MALL

PURCHASE TICKETS ONLINE AT thecomicstrip.ca

Rick Bronson's THE COMIC STRIP
DRINK · DINE · LAUGH

QUIT SMOKING TODAY!

Free juice bar with over 200 flavours to sample

Incredibly helpful staff who will set up your new device and teach you how to use it

Liberty Vape
eCig · eJuice · Tech

about 20 steps north of Jasper Ave. on 105 St.

Hours
• Mon- Thurs 11 am-9 pm
• Friday 11 am-10 pm
• Saturday 12 pm-10 pm
• Sunday 12 pm-5 pm

780.893.1838
libertyvape.ca

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

- 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>

COLD SHOT
A DIVISION OF BALMARIA 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