

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


FREE! *New Issue Every Week!*

Coffee News®

"News To Be Enjoyed Over Coffee"

Central Edmonton Edition

780-220-6397



www.coffee-news.ca

The World's #1 Restaurant Publication!

We Pay CASH For Your Scrap Metal!

Yes!

We accept ALL scrap metals

RICHMOND STEEL RECYCLING

16610-129 Avenue NW, Edmonton
587.689.3100 | richmondsteel.ca

BRING THIS AD IN WITH YOUR SCRAP AND GET \$5/NT MORE ON STEEL SCRAP AND/OR 0.05/LBS MORE ON COPPER SCRAP

4th ANNUAL CHARITY GOLF TOURNAMENT

Hosted by Whitetail Crossing Golf Club

Friday, September 8

Sign In 10 a.m. | Shotgun Scramble 11 a.m.
Dinner to follow (catered by Freson Bros.)

\$160 for Golfers (\$50 tax receipt)
18 holes with cart, banquet, prizes \$50 Dinner Only

Scan QR Code to Register or visit <https://whitetailcrossing.golfems2.com/event/rock-polynesian-golf-tournament-2023>

SUPPORTING The Rock Lutheran Inner City Society
Volunteers providing hot breakfasts to Edmonton's Inner City

50/50 PUTTING CONTEST MILLIGAN PURCHASE SILENT AUCTION

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 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

Residential & Commercial Security

Secure Your Summer Now!

- Eliminate pocket and lost keys
- Get notifications when children arrive home
- Monitor who is in your home or yard
- Greet visitors at your door without opening it
- Provide video evidence to police

Call 587-566-4922

TECHNICIAN DIRECT AUTOMATION

SECURITY SURVEILLANCE ACCESS CONTROL

Locally owned. Locally answered. No job too big or too small.

WHEEL OF FORTUNE

WEEKNIGHTS 7PM/6PST

yesTV



Creating Smiles That Last A Lifetime...

BECAUSE YOUR SMILE DESERVES IT!

- General Dentistry • Cosmetic Dentistry
- Restorative Dentistry • Botox Treatments

Dr. Derek Fika Family Dentistry

Call today to book your appointment:
587-760-4227
www.drderekfika.com

Visit us at 12943-97 Street NW, Edmonton

FREE TAKE HOME WHITENING KITS WITH EVERY ANNUAL EXAM AND MAINTENANCE VISIT

ELECTRICIAN FOR HIRE

Residential Light Commercial
Electrical Repairs and Renovations

Art de Leon Master Electrician

780.932.3858 Cell
ajdeleon63@gmail.com



Vol. 20 No. 33 August 14, 2023

Everybody's Talking

Roundabout way: Thank goodness a roundabout in Denbighshire, Wales, is only busy with traffic a couple of times a day. Otherwise, the people who live in the centre of it might have gone crazy by now. Clwyd Howatson and his wife and son occupy a bungalow situated smack dab in the middle of the roundabout, which was completed in 1980 after his parents, the late David John and his wife Eirian Howatson, had already lived on the spot for 20 years. The current occupants have other family members who visit often, and no one has any intention of giving up their unusual piece of property. It's their home, after all.

Viking mania: A Bosnian man changed his life goals after watching "Vikings," a television series that dramatized the life of Ragnar Lodbrok, a legendary Norse hero. The man binge-watched the TV series, becoming a huge fan in the process. Calling himself "Ragnar the Bosnian Viking," he started wearing tunics, grew a long white beard, and braided his hair. He embraced the Viking culture by making artifacts in his workshop, including a Viking boat and intricately designed Viking shields and axes, which he sells. A goal for this modern Ragnar is to build a Viking village, which he hopes will become a tourist attraction.

Desert oasis: There is a kind of Eden in the Gobi desert in Mongolia that has been nurtured by a man named Baraaduuz Demchig. About three decades ago, the now-elderly man wanted to find a way to grow crops in the arid environment. However, the plants would be blown away by the wind. To protect the area, he planted elms, and it worked. Today, the trees stand watch over such crops as apples, black currants, raspberries, and sea buckthorn. Reclaiming some of the desert land and making it productive provides an important source of food for locals, many of whom are also planting trees to protect their own crops.

Going backward: Driving in reverse is not the easiest thing to do, but it is a necessary skill that drivers should have. To prove that backwards driving is doable, a man named Chandramouli of India's Tamil Nadu state decided to try to break the record for the longest distance driven in reverse gear in less than 30 minutes. He accomplished the feat by going backwards within that time frame for 16 kilometres and 140 metres (approximately 10 miles) on a bypass road. He did the task safely. That was his motivation for challenging the record: He wants young drivers to be aware of the need to drive with skill and safety in mind at all times.

Quoteable Quotes

"The more elaborate our means of communication, the less we communicate."
—Joseph Priestley

"If you can give your child only one gift, let it be enthusiasm."
—Bruce Barton

What's Happening

Aug 24 - Central Lions Seniors Association Open House
We are hosting our annual Open House to encourage seniors and their families living in surrounding communities a chance to experience all that CLSA has to offer! www.centrallions.org 780-496-7369 info@centrallions.org

Sept 10 - Ovarian Cancer Canada Walk of Hope in Edmonton! Join us for a 5km walk in Edmonton's River Valley to raise awareness and funds for Ovarian Cancer in Canada. We will meet at Kinsmen Park at 9am. Register and donate at http://noca.convio.netsite/TR2023WalkofHopeGeneralpentryfr_id1889

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. A hexagon has four, six, or eight sides?
2. Thomas Edison invented the phonograph—T/F?
3. The game mahjonn originated in what country?
4. Brontophobia is fear of brontosaurus, thunder, or dump trucks?
5. This is the vertical post that divides window panes.

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd
(Over)

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



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

THIS SPACE FOR RENT

OR SCAN HERE FOR MORE INFO



Call 780-220-6397

THINKING OF BUYING OR SELLING?

CALL KATIE
Your Central Edmonton Agent:
780.519.0668
www.realtybykatie.com

Living & working in Central Edmonton!

Katie Adams Local REAL ESTATE

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

PROMOTIONAL & PRINTING

OUIPRINT.COM

YOU THINK IT, OUI PRINT IT.

780 865 3212

Central Lions Seniors Association Come See What We Are All About!

Open House!

Thursday August 24th 10 am - 3 pm

Free Lunch, Door Prizes
Tradeshow, Demonstrations,
Prize Wheel, and Loads of Fun!

www.centrallions.org 780-496-7369 11113 1st St, Edmonton

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.



WIPE OUT INFLATION, GET THE CREDIT!

FOR EXPERT HELP:
1-844-453-5372

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

Reliable Service for 25+ Years

Expert repairs, maintenance and installations on any residential or commercial plumbing or HVAC equipment.



RBA MECHANICAL INC.
780.474.7481

Customer Reviews

SHOP ONLINE!



Limited Time Offers • Quotes
www.rbamechanical.ca

Super Combo

BBQ Pork & Sausage
\$12.00 + GST

Includes Fried Rice & Chow Mein Noodles!

FREE Wonton Soup! with any \$10 purchase when you present this ad. Expires 08.31.23

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

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)

Your Weekly Horoscope

ARIES
(March 20 - April 19)



Where is an old emotional issue causing a problem in your current relationship? Think about what common pattern is shared in both situations and then make adjustments as needed. Lucky numbers: 4, 21, 23, 30, 32, 42.

TAURUS
(April 20 - May 20)



You may come across an opportunity to take a risk on a new project, but may also run into a challenge requiring you to believe in yourself and your endeavour. Lucky numbers: 10, 31, 42, 44, 45, 47.

GEMINI
(May 21 - June 20)



You might find it easier to get in touch with your emotions at midweek. In doing so, information may bubble to the surface that was hidden in your subconscious. Lucky numbers: 6, 13, 14, 18, 26, 38.

CANCER
(June 21 - July 21)



How do you see yourself as a romantic partner? An opportunity may emerge for you to shape your role in a way that better suits who you are now. Lucky numbers: 8, 12, 22, 38, 47, 48.

LEO
(July 22 - Aug. 22)



At midweek, you may have an opportunity to do a monthly reset of your emotions. This time you may want to direct that reset to your beliefs around love and marriage. Lucky numbers: 13, 14, 24, 26, 27, 33.

VIRGO
(Aug. 23 - Sept. 22)



The motivation for Virgos is usually accomplishing a goal rather than taking credit for it. Now may be a good time to toot your own horn, so that others remember your value. Lucky numbers: 11, 31, 32, 42, 44, 45.

LIBRA
(Sept. 23 - Oct. 22)



Your charm and diplomacy may be highlighted now. You can use these to help others, but make sure you don't take on more than you can handle as you do so. Lucky numbers: 12, 16, 19, 23, 25, 38.

SCORPIO
(Oct. 23 - Nov. 21)



You may find you have a high level of ambition now. If there is a goal you haven't been able to manifest before, now may be the time to try. Lucky numbers: 14, 27, 29, 38, 40, 42.

SAGITTARIUS
(Nov. 22 - Dec. 20)



Your Sagittarius optimism may get a boost midweek. How do you want to use this energy to plan something new? You may want to wait a bit to implement it. Lucky numbers: 1, 4, 10, 34, 39, 46.

CAPRICORN
(Dec. 21 - Jan. 19)



Capricorns often project a serious attitude. Right now you may have the potential to incorporate a more relaxed energy to achieve a balanced viewpoint about your life situation. Lucky numbers: 3, 9, 23, 41, 45, 47.

AQUARIUS
(Jan. 20 - Feb. 18)



The energy pattern at midweek radiates warmth and optimism. How can you incorporate these qualities positively into your communications with others, now and once this influence passes? Lucky numbers: 7, 21, 30, 37, 42, 44.

PISCES
(Feb. 19 - March 19)



Pisces can sometimes be a bit of a "wet blanket." At week's end, however, you may have an opportunity to adjust your demeanour to radiate the best qualities of this sign. Lucky numbers: 5, 10, 22, 24, 35, 42.

Lucky numbers this week: This week's odds favour Scorpio winners with the luckiest number being 27.

Did You Know...

Night treat: Queen of the Night is a nickname for the cactus *Epiphyllum oxypetalum*. This plant produces beautiful white flowers, but only at night, and the flowers wilt before the sun comes up. It's a rare event to witness.

Coffee alternative: Someone who wants the taste of coffee but not the caffeine could choose chicory as an alternative. This root, which is roasted and ground, can be steeped like tea or brewed like coffee.

Yummy fruit: The Kiwano, also called the horned melon, is native to sub-Saharan Africa. True to its name, its orange skin is covered with horny protuberances. The flesh tastes like a cross between a cucumber and a lemon.

Rock band manager: Brian Epstein (1934-1967), who was manager for the rock group The Beatles, was working in his family's Liverpool, England, record store when he met the group. He became their manager in 1962.

Icy treat: The world did not always have what are known as Popsicles. In 1905, an 11-year-old American boy named Frank Epperson accidentally left a soda drink outside overnight, with a stick in it, and the liquid froze.

On the Lighter Side

A really bad gymnast walked into a bar.

Patient: "Doctor, I am having trouble sleeping."
Doctor: "Lie on the edge; you'll eventually drop off."

What do you call a bird stuck at the North Pole? A brrrrrrrd.

Words that soak into your ears are whispered, not yelled.

Knock! Knock! *Who's there?* Ivan. *Ivan who?* Ivan working on the railroad.

Answers

Trivia answers: 1. Six 2. True 3. China 4. Thunder 5. Million

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

Massage! HELLO
Relaxation Deep Tissue Hot Stone
RMT w/2200hrs experience \$80 CAD for 60 mins.
Open 9 am - 10 pm 7 days a week
Rosewater Massage & Physio Clinic
12406-112 Ave. NW. Unit 158, Edmonton (Westmount area)
825.823.1818 | rosewatermassage.ca

Exclusive offer for Facebook and Google Ads
Get **FREE** set-up (up to a \$500 value!)
We are a local digital marketing agency specializing in paid ads.
SCAN ME
Contact us today for your **FREE** no obligation consultation!
Frontline 780.760.6922

When YOU Get Paid We Get Paid
We're Here To Help You When You Need Results!
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
YOUR CONTACT INFORMATION IS SAFE WITH US!
For contest rules and recent winners, visit www.accidentinjurylawyer.com/coffeenews
CONGRATULATIONS TO OUR MOST RECENT CONTEST WINNERS!
May 1 Draw Winners: Chelsey M. from Edmonton, Cindy C. from Sylvan Lake, Jay Z. from Edmonton
June 1 Draw Winners: Frank H. from Sylvan Lake, Sandy P. from Calgary, Steven R. from Lethbridge
July 1 Draw Winners: Rodney B. from Lethbridge, Brian P. from Edmonton, Natasha W. from Red Deer

WESTMOUNT (by Pizza Hut and Dairy Queen)
NEW SPROUT PHARMACY Now Open!
13328-114 Ave., NW Edmonton
Diabetes Care
780-540-9215
newsproutpharmacy@gmail.com
Mon-Fri, 9-7 | Sat, Sun, Statutory Holidays, 10-4
Anastasia Bakunina, Owner/Clinical Pharmacist
Joseph Kamel, Owner/Clinical Pharmacist

RETIREMENT LIVING CHRISTENSON
Optional Meals • Personalized Services • On-site Care
Join Our Vibrant Community
W
VILLAGE AT Westmount
Full Kitchens • Social & Recreation • U/G Parking
13326-114th Ave, Edmonton
780-540-9500
CDLhomes.com
CHRISTENSON COMMUNITIES

Making Your Dreams A Reality
Full suite of construction, renovation and maintenance services, including:
• Kitchens
• Bathrooms
• Additions
• Siding
CONTACT US TODAY FOR A FREE QUOTE!
TORGUNRUD CONSTRUCTION 780.996.4050
www.torgunrud.ca
VETERAN OWNED AND OPERATED BUSINESS

inogen

FREEDOM. TO BE YOU.

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



MKT-P0240

In need of dentures? We can help.



NAIT's Dental Clinic has been providing quality, low-cost denture services for nearly 50 years. Get superior dentures at an affordable rate while giving our students valuable hands-on experience.

To book an appointment, call **780.471.7786** or email dentalclinic@nait.ca

WOMENS WORKWEAR



www.womensworkwear.ca

STORE NOW OPEN!
5403 Gateway Blvd NW, Edmonton
Enjoy The Experience

Don't know where to start...?

WE CAN HELP! CONTACT THE EXPERIENCED PROFESSIONALS AT

HOME & OFFICE HANDYMAN services

780.940.2127 | www.HOHS.ca



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