

TOWNSEND
ELECTRICAL LTD
403-302-3721
We'll Turn You On!

- Residential
- New Builds
- Commercial
- Renovations

www.townsendelectricalalberta.com

This Space Is Available

Book NOW to ensure a spot in upcoming issues
Call Veronica now at **403.304.4767**



MacCleaners Dry Cleaning & Laundry Service

No Time for Laundry?

Residential Wash & Fold Bags Available Now Pick Up & Delivery

Repairs & Alterations

Rhonda Nadeau 403-845-3900 5109-49 St. Rocky

Mon-Thurs 9am-5pm Fri 9am-4pm Closed Holidays

GT CIVIC TIRE

NOW BOOKING WINTER CHANGEOVERS

Ken Cinnamon civic234@telus.net

4904 - 44 St. Rocky Ph: 403-847-1072 | M-F 8-5pm

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: Red Deer, Edmonton, 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/coffeenews

Congratulations to our most recent winners of a prepaid \$400 Visa card!

Braithwaite Boyle Injury Law 800-440-8298

It's The Only Law We Do - Since 1986

Free Initial Consultation

For contest rules, visit www.accidentinjurylawyer.com/coffeenews

Aug. 1 Draw Winners: Fiona L. from Edmonton, Paige H. from Red Deer, Ellery T. from Calgary

Sept. 1 Draw Winners: Emily J. from Sherwood Park, Preston H. from Edson, Sandy P. from Calgary

Oct. 1 Draw Winners: Cassi S. from Edmonton, Walter A. from Calgary, Karen P. from Okotoks

RE POWERS ENTERPRISES NETWORKS

Computer Refurbishing, Service, Sales & Repairs

Virus Free Operating System

403-746-0226 5114 - 50 St. Eckville

www.powersenterprises.com

FREE **Coffee News**

"News to be enjoyed over Coffee"

Rocky Mountain House/Nordegg
Caroline/Eckville/
Leslieville Edition

403.304.4767

countrycoffeenews@shaw.ca

Volume #16 Edition 45
November 2, 2023

For advertising information contact Veronica today.

Everybody's Talking!

Rock story: A young Canadian girl who likes to collect pretty rocks almost lost one of her favourites, but got it back. Georgia LeMasurier, from New Brunswick on the country's east coast, was visiting her grandmother in British Columbia on the west coast. As usual, she was carrying her favourite rock, but lost it on the airplane. Unfortunately, by the time she and her family realized the rock was missing, the plane had already taken off for London, England. Although the loss may have seemed trivial, LeMasurier's mom reported the loss to the airline. About a week later, they got a phone call. Someone had found the rock, after it took several trips to different cities.

Bird brains: If you have a pet macaw, don't let it fly free. A Taiwanese man discovered this after he took his two macaws to a local park. He set the birds free to fly around but one approached a jogger from behind, landing on his back. The startled jogger, who turned out to be a doctor, fell and hurt himself. While recovering, he had to miss work so he lost income. Not surprisingly, he sued the birds' owner. The owner, whom the court ruled should have better supervised the birds, received a short prison term and a fine of NT\$3.04 million. Hopefully, a responsible person will look after his macaws while he's serving time!

Shop crazy: Those who love shopping might want to try Gekås Ullared. This giant Swedish department store is said to be the biggest in the world. Larger than five football fields, it is located in the small town of Ullared, in the southern part of the country not far from Gothenburg. Opened in 1963, Gekås Ullared has made its namesake town famous, with millions of shoppers a year elbowing their way through the store. The mall-style store has departments for everything from toys to food to technology, along with home décor, clothing and much more. There's even a hotel for those who want to spend multiple days shopping for deals to their hearts' content.

Shhhh! Two of the quietest rooms in the world are found in the United States: one at Orfield Labs in Minneapolis, Minnesota, and the other at Microsoft's Audio Lab in Redmond, Washington. Both rooms are known as anechoic chambers, which are built to stop any outside noise from getting inside. Apparently, visiting one of these chambers is quite an eerie experience, as the only audible sounds are produced inside the room, such as a visitor's heartbeat, breathing, and stomach gurgles. Even extremely faint sounds seem loud because there is no background sound to muffle them. Most people can only stay in an anechoic chamber for a short time as it's disorienting and odd.

Quoteable Quotes

"Faith in oneself is the best and safest course." ~ Michelangelo

"Proper listening is the foundation of proper living." ~ Plutarch

What's Happening

Do you want an event, major attraction or sport publicized? E-mail countrycoffeenews@shaw.ca, Fax: 403-864-4459 or phone 403-304-4767 to have it printed here at NO CHARGE!

- Gingerbread Build Off:** Eckville Nov 16/23 \$10 entry. Registration closes Nov 13. Forms available: Eckville FCSS & Westland Insurance. Prizes 12 & under, 13-18 and 19+. Anything edible goes.
- Caroline Market:** Nov 3, 4-8pm Kurt Browning Arena, Over 60 Tables.
- Rocky Farmer's Market:** Every Saturday 10-1p Rocky Museum, lower level at rear.
- Christmas Adopt a Family:** Mountain Rose Women's Shelter. Anyone or Business interested in adopting a family or have questions. Please contact Carolyn or Paulette 403-845-5339.

Enter to Win \$40 gift certificate to be awarded each month

Identify the ad where the Coffee News Guy is hidden for your chance to win! Enter your name, address and phone number, along with where you read Coffee News to...

Country Coffee News
37 Forest Dr. Sylvan Lake, AB T4S 1H4
or e-mail countrycoffeenews@shaw.ca

October's contest winner was Joan Thomas. Joan will receive a \$40.00 Gift Certificate from The Co-op after spotting the hidden Coffee News Guy while reading the publication at The Box Car Grill. Congratulations!

Trivia

- The Nutcracker ballet is based on a book by this writer.
- Dalmatian puppies are born without spots—T/F?
- The Tour de France bicycle race began in 1903, 1933, or 1973?
- What is the largest lake in the world?
- An early, wooden ancestor of the tuba was called a serpent, frog, or duck?

(Flip bottom of page for answers)
© Published with permission by Country Coffee News

www.ecoasolar.ca

YOUR NEIGHBORHOOD FORD STORE

RAINBOW Ford

403-845-3673

Let's Get Social! www.rainbowford.ca

Skyline designs

TINT ETCH SIGNS GRAPHICS PAINT PROTECTION

HWY 11 ROCKY

403-845-7254

THE M.E.L. SOCIETY

Medical Equipment Lending

Open Monday to Thursday 9:00am - 5:00pm

Contact Us: 403-845-7470
melsociety@telus.net
www.melsociety.ca
403-845-2194

Bay 2, 4907 - 44 Street Rocky Mountain House, AB
Box 2227 Rocky Mountain House, AB T4T 1B6

Little Hart Designs Sewing School

Sewing Classes Ages 7+

~ Fabric & Notions ~ Alterations (Specializing in Bridal & Formal Wear)

780-972-2466 4814-49 St. Rocky
www.littlehartdesigns.com
Bonnie@littlehartdesigns.com

Mon & Fri 10-6
Tues-Thurs 10-4
Little Hart Designs @littlehartdesign

Caught ya lookin'??!

Coffee News advertising. It works.



HIGH ELECTRIC BILLS?

ecoasolar

A Division of Shunda Creek Contracting Ltd.

www.ecoasolar.ca 1-855-748-6321

Find Out How Much You Can Save Today!

• Serving Central Alberta •

FLAGS ★ FLAGS

Provincial International Military • Novelty Flag Poles

5215-54 Avenue, Red Deer
403.340.0109 • cyrher@gmail.com

C & R ENDEAVORS LTD.

Hoping this school year will be better, is not a plan.

Sylvan Learning 403-311-6110

Sylvan Learning Tutoring 2 hours per week, IS a plan.

reddeersylvanlearning.ca

See website for specials.

K-12 Tutoring, Camps and kids' technology classes.



RETIREMENT-LIVING
CHRISTENSON
Optional Meals • Personalized Services • On-site Care

Join Our Vibrant Community

The Ravines
AT PARK AVENUE
IN CREEKSIDE

Full Kitchens • Social & Recreation • Pet Friendly

5810-47th Ave, Rocky Mountain House
403-596-9044
CDLhomes.com



Coffee News®
Is Addictive

403.304.4767



LIL MULE LOGGING INC.

Now buying Spruce, Pine, Tamarack and Birch.
20 acres min.

Selective logging and timber purchasing.

Call Shawn Stone today **403.318.4346**



PROTECT
WHAT MATTERS MOST

Whether you are home or away, protect what matters most from unexpected power outages with a Generac Home Standby Generator.

REQUEST A FREE QUOTE
CALL NOW BEFORE THE NEXT POWER OUTAGE
(866) 942-0485

FREE 7-year Extended Warranty* - A \$945 Value!

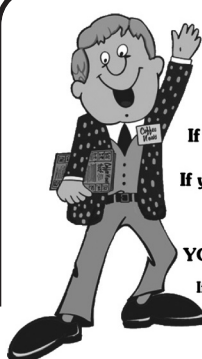
GENERAC



DO THE MATH

If you advertise in a monthly publication, Your ad is seen 12 times a year.
If you advertise in a bimonthly publication, Your ad is seen 6 times a year.
If you advertise in Coffee News, YOUR AD IS SEEN 52 TIMES A YEAR!

If it takes the average person 8-10 times to see a message and retain it...Where would you want your ad to be? Call Coffee News Today!



HY-TEK COMPUTERS
IT SPECIALISTS SINCE 1996

- COMPUTER SALES & REPAIRS
- VIDEO SECURITY
- MANAGED IT SERVICES
- WEB DESIGN & HOSTING
- SOFTWARE DEVELOPMENT
- CUSTOM CABLING

sales@hytekcomputers.com
403-845-4677
4920-51 Ave. Rocky

www.hytekcomputers.com
www.sparksignal.net

Your Weekly Horoscope

ARIES
(March 20 - April 19)

At midweek, you may come face to face with an unpleasant truth from the past. It may be encouraging you to adjust your view of the situation and release it. Lucky numbers: 6, 10, 12, 21, 29, 35.

TAURUS
(April 20 - May 20)

Some who are Taurus put up with an upsetting issue for a long time, then suddenly reach a boiling point. Be aware that such a potential exists this week. Lucky numbers: 11, 13, 19, 24, 41, 47.

GEMINI
(May 21 - June 20)

For the next three weeks, you may find your emotions are in conflict, seeing between two views. Be careful about projecting this conflict onto others as you interact. Lucky numbers: 4, 6, 7, 9, 43, 47.

CANCER
(June 21 - July 21)

Cancers are often good at nurturing people. At midweek, you may be tempted to be overly indulgent to others. Be careful of them taking advantage of it. Lucky numbers: 5, 9, 11, 29, 33, 42.

LEO
(July 22 - Aug. 22)

Your natural enthusiasm may expand for the next few weeks, especially in communications with others. To avoid repercussions, be sure you can deliver on promises you make. Lucky numbers: 6, 8, 9, 14, 18, 24.

VIRGO
(Aug. 23 - Sept. 22)

Your detail-oriented nature may be heightened early this week. Consider a solo project where this is useful. Try not to be overly critical when interacting with others. Lucky numbers: 12, 15, 26, 28, 46, 47.

LIBRA
(Sept. 23 - Oct. 22)

Love is in the air. Venus, which rules Libra, will be in your sign for the next three weeks. Who and what you love may be a focus for you during this time. Lucky numbers: 9, 16, 18, 19, 31, 40.

SCORPIO
(Oct. 23 - Nov. 21)

Your ability to see deeply into people and situations may be heightened at week's end. Be aware of this when interacting with others and act accordingly. Lucky numbers: 3, 5, 6, 28, 35, 42.

SAGITTARIUS
(Nov. 22 - Dec. 20)

Mercury, planet of communications, is in Sagittarius for the next few weeks. You may be busy, and might have an opportunity to successfully communicate with others. Lucky numbers: 12, 17, 18, 29, 35, 36.

CAPRICORN
(Dec. 21 - Jan. 19)

This week you may find yourself in deep thought or having serious discussions. Speak from your values, and others might respect your arguments even if they disagree. Lucky numbers: 2, 6, 11, 23, 29, 33.

AQUARIUS
(Jan. 20 - Feb. 18)

The next few weeks may have a potential that allows you to develop deeper emotional connections to others. But you might need to actively reach for the opportunity. Lucky numbers: 1, 4, 13, 28, 42, 44.

PISCES
(Feb. 19 - March 19)

Pisces often understand the invisible realm, but struggle to communicate it. This week, tweaking your communication style may let you successfully express your understanding. Lucky numbers: 11, 14, 24, 32, 35, 36.

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

Did You Know...

Slang start: Most everyone says "OK" multiple times a day. That started in 1839 when the Boston Morning Post in Massachusetts (U.S.) used it for "oll korrekt," a then-popular, intentional misspelling of "all correct."

Female pilot: In 1911, journalist Harriet Quimby received a pilot's licence, the first American woman to do so. The following year, she was the first woman to fly across the English Channel.

Money makers: The blockbuster movie Jaws hit theatres June 20, 1975. It made more money than any previous movie. Of course, that record has been broken a number of times since, including by Avatar and Titanic.

Walking wire toy: A toy still popular today is the Slinky, that coil of wire that can "walk" down a set of stairs. It was the brainchild of Richard James, a mechanical engineer who invented it in the 1940s.

Scary story: Readers were first able to buy the famous book Dracula in 1897, when it was made available in bookshops in London, England. The classic novel was written by Irishman Bram Stoker.

On the Lighter Side

- Knock! Knock! Who's there? Noise. Noise who? Noise to see you. How are you?
- What do you get when you cross a cat with a lemon? A sour puss.
- People who scuba are a divers group of people.
- Did you hear about the pig on the baseball team? She played snort stop.
- Pet shop customer: "Do any of your dogs go cheap?" Owner: "Sorry, all our dogs go woof."

Answers

Trivia answers: 1. E.T.A. Hoffman 2. True 3. 1903 4. Caspian Sea 5. Serpent

© Published with permission by Country Coffee News

Your Convenience Store with More!

Something for Everyone!

Cotton Candy, Popcorn, Ice Cream
Candy Galore,
Mini Donuts & Snacks
Coffee & Slushies
28 Years Serving Rocky
Rolf's Groceries
5337-59 Ave Rocky
403-845-4577
10am-11pm Daily



Quick Lane
TIRE & AUTO CENTRE
LOCATED NEXT TO RAINBOW FORD

Now Carrying
Omnecraft
Quality Parts For All Makes & Models!

2-Year Unlimited Mileage Warranty!

Trust Omnicraft For All Mechanical Parts!
-Brake Pads -Rotors
-Filters -Starters
-Alternators -& More!

ALL MAKES. ALL MODELS. ANYTIME.

Rocky Quick Lane
Tire & Auto Centre
403-845-3673



Kid's Cuts start at \$15
Bring the Family
Cut's for Men & Women • Great Prices
Senior's Discount • Friendly Service

Mon - Fri
9:00 - 5:00p
Sat 9 - 4p

Sylvan Lake Barber Shop
Owner
Sherry Thomas
403-887-4112

5008 - 50 St
Sylvan Lake
(Main Street)



JK Customs

- Hand Tooled Steel & Leather Work
- Kimperfections Crafts

403-896-5527 • jkcustoms.ca



New in the Ear Rechargeable Bluetooth Hearing Aids

Signia Active Pro
Charge on-the-go
High Definition Sound

• Tinnitus Therapy and testing
• Financing for hearing aids now available

EYES + EARS
OPTICAL + HEARING CO.

Railway Plaza,
Rocky Mountain House
403 871 2020
eyesandearsrocky@outlook.com

Sylvan Lake 403 887 5073
Ponoka 403 790 2020

Book Your Free Hearing Screen Today!



Donna's DENTAL HYGIENE CLINIC

Services Provided
Professional Teeth Cleaning
Dental X-Rays / Assessments

Follows Current Dental Fee Guide
Dental Insurance Accepted
Referrals - No Dentist on Site

Call or Text (403) 845-4901
donnasdentalhygiene.ca
4528 D - 47 Ave RMH



SERVICE FIT FOR ROYALTY
Now Offering... commercial and residential window tinting!

Royal Glass

- ♦ Windshields ♦ Mirrors
- ♦ Shower Doors ♦ Residential Windows
- ♦ Commercial Storefronts

MON-FRI 8-5

403.887.0190

Bay #1
#2 Erickson Crescent
Sylvan Lake, Alberta

