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Canadian Mental Health Association

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Vol. 20 No. 48 November 27, 2023

Everybody's Talking

Beanbag garment: Have you ever wanted to sit down for a rest, but no chair or couch is available? Now a garment company in Japan called Takikou Sewing has made a beanbag, which are called "bead cushions" in Japan, that is wearable. With arm and neck holes, the garment curves outwards like a pear around the wearer's body. Someone sporting the creation can plunk themselves down anywhere and be assured of a comfy pillow, all the way around their body. Social media postings piqued people's interest. The beanbag outfit comes in several sizes and colours for kids and adults. The larger ones weigh about 5 kg (11 lbs.).

Subway dog: Heather Hamm of New York City had been thinking about getting a dog and had started to investigate where she might obtain one. Then she opened one of her social media accounts to find a post from someone explaining that a dog had been abandoned, tied to a railing, at a subway stop. Hamm immediately headed to the location and found two police officers investigating the situation. She asked if she could take the dog home, and they let her because the pup seemed to like her. The woman and the dog proved to be a great match. Hamm called her new best friend "Peaches," and now they are inseparable.

Protective jeans: If motorcyclists are involved in an accident, they are much more vulnerable to injury than motorists are. That is why a Swedish company called Mocycle decided to develop a new kind of airbag. Unlike the ones that pop out of a car's dashboard, this creation pops out of a pair of jeans. The Airbag Jeans are made of special material that looks like denim, with airbags built into the thighs and torso of the pants. The protection covers the bottom part of the spine, along with the thighs and hips. If the bags activate during an accident, they can be deflated and reused. The company also makes an Airbag Vest.

Big bird: Pets can be a variety of shapes and sizes, but only a few people are likely to have a crane for a companion. Mohammed Arif is one of them. From Uttar Pradesh state in India, Arif found an injured sarus crane in a field where he was working on the harvest. He took the feathered creature home with him and rendered some tender loving care. The bird lived in an outbuilding while recuperating, and whenever Arif came home from work, the crane would come to him and stay by his side. Back to good health now, the bird follows Arif everywhere, flying near him on motorcycle rides and accompanying him to the fields.

Quoteable Quotes

"The difference between hope and despair is a different way of telling stories from the same facts." —Alain de Botton "In youth we learn; in age we understand." —Marie von Ebner-Eschenbach

What's Happening

Nov 25 - Annual Santa Claus Parade The Whitecourt District Chamber of Commerce presents the annual Santa Claus Parade open to all businesses, service clubs and non- profit organizations to decorate a night-time float to promote and advertise their business. Downtown Whitecourt 7-8pm

Ongoing Drop-in Art Time The Lesser Slave Lake Regional Arts Council is holding free drop-in art times for people to work on any project they have on the go. On Wednesdays from 7-9pm at Old Tru Value, Main St. Slave Lake



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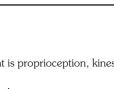
NON P{ROFIT organizations may submit fundraising events for FREE at www.coffee-news.ca. Please submit a minimum of 4 weeks in advance.



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...or send your entry by snail mail to: CN Guy Contest, 9768 170 Street, Suite 303, Edmonton, AB TST 5LA. Be certain to include your full name, complete mailing address (including postal code), phone number, email address and your birth date. ABso include the name of the ad in which you found the hidden Coffee News Guy





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1. Sensory awareness of your body's movement is proprioception, kinesthesia, or both?

2. This mountain has the highest peak in Malawi.

3. Arthur Conan Doyle or Agatha Christie wrote The White Company in 1891?

4. World's Fair is an international exposition of industrial, scientific, cultural items—T/F?

5. What was the first commercial company to send humans to space?

(Flip bottom of page for answers) © Published with Permission by Capital Marketing Ltd (Over)

Trivia



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Your Weekly Horoscope

(Sept. 23 - Oct. 22)

3, 5, 9, 10, 13, 14.

(Oct. 23 - Nov. 21)

numbers: 2, 12, 20, 26, 35, 41.

(Nov. 22 - Dec. 20)

SAGITTARIUS

7, 12, 13, 34, 46, 47

(Dec. 21 - Jan. 19)

CAPRICORN

SCORPIO

The qualities of Libras

can make them good

leaders. If you have been

reluctant to step into this

role, you may have an

opportunity to do so in

The deep intuition of

Scorpios sometimes results

in relationship difficulties.

Right now you may have

an opportunity to find a

mentor to offer techniques

Sagittarians are excellent

at communicating big

ideas, but might overlook

the details necessary for manifestation. Now may

offer a potential to add a

This week you may be

tempted to dig in your

heels on something. Per-

haps you should ask your-

self if this is in alignment

the next two months. Lucky numbers:

to improve those interactions. Lucky

more grounded energy. Lucky numbers:

ARIES

(March 20 – April 19) Aries sometimes impulsively speak before they completely think through their words. Be aware of this dynamic for the next

two months because it may create a conflict for you. Lucky numbers: 7, 15, 22, 28, 30, 31. TAURUS

(April 20 – May 20)

Taurus-born are usually well grounded in their beliefs and actions. This week may present you with a situation that requires you to make an

adjustment to ensure greater success. Lucky numbers: 11, 16, 33, 34, 36, 39. **GEMINI**

(May 21 - June 20)

The beginning of this week may be a good opportunity to complete an endeavour you have worked on for the previous month. Evaluate

what to change, but wait to act. Lucky numbers: 4, 10, 15, 16, 27, 34. CANCER

(June 21 – July 21)

You may find yourself particularly emotional at midweek. Express this productively, if you can. Otherwise, take a step back for a few days until

this energy passes. Lucky numbers: 14, 15, 20, 38, 40, 47. LEO

(July 22 - Aug. 22)

Your ability to express the joy of your personality may be heightened at week's end. If you have time, perhaps you can seek an opportunity to

take an enlightening journey. Lucky numbers: 10, 13, 15, 19, 21, 28. VIRGO

(Aug. 23 - Sept. 22)

Unlike some other signs, Virgos generally don't seek out the spotlight. However, for the next couple of months, your precise and detailed work

style could be positively highlighted. Lucky numbers: 7, 12, 15, 23, 35, 46.

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

Did You Know...

Small but mighty: Eagles and hawks often come to mind as birds of prey. But Southeast Asia's black-thighed falconet (Microhierax fringillarius), only 14-16 centimetres (5.5-6.3 in.) long, can pounce on lizards and small birds.

Distance traveled: Most drivers know that a car's odometer shows how far the vehicle goes. Samuel McKeen of Nova Scotia, Canada, invented an early version of this instrument in 1854.

Indian food: Café Lota, in the New Delhi National Crafts Museum, is almost as much of a draw as the museum! The café features an array of dishes from all across India, such as Uttarakhand black bean curry.

Sundogs: Those beautiful, arched beams of coloured light that may appear beside the sun on a cold day are called "sundogs." They occur when the sun's light is refracted by ice crystals in the air.



with your highest values, and act accordingly. Lucky numbers: 5, 17, 23, 34, 40, 42. **AQUARIUS** (Jan. 20 - Feb. 18) Aquarians often focus on serious issues of concern to large groups or humanity overall. While these are serious, you may want to consider adding more jov to achieve balance. Lucky numbers: 1, 2, 6, 9, 25, 29. PISCES

(Feb. 19 - March 19)

You may feel confused this week about how to proceed. Consider an adjustment to align your endeavours and efforts with whatever objectives you are passionate about achieving.

Lucky numbers: 6, 9, 35, 38, 46, 47.







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CONGRATULATIONS TO OUR MOST RECENT CONTEST WINNERS!

Sept. | Draw Winners Emily J. from Sherwood Park ton H. from Edson Sandy P. from Calgary

Oct. I Draw Winners Cassi S. from Edmonton Nov. I Draw Winners da P. from Edmontor Walter A. from Calgary Karen P. from Okotoks Bob P. from Calgary Sarah H. from Okotoks

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Great painter: Canadian artist Lawren Harris (1885-1970) was an original member of the Group of Seven Canadian landscape painters in the 1920s and 1930s. The group's pioneering style was internationally known.

On the Lighter Side

Knock! Knock! Who's there? Yellow. Yellow who? Yellow! And how are you today?

What's the last thing a writer will ever write? The End.

I didn't know she had false teeth until things came out. In the conversation.

A chicken crossing the road is poultry in motion.

Patient: "What's wrong, doc?" Doctor: "You have 'pedestrian eyes.' They look both ways before they cross."

Answers

Doyle 4. True 5. SpaceX Trivia anewers: J. Both Z. Mt. Mulanje 3. Arthur Conan

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