

We Need Volunteers In Your Area!

Help us to advocate for a quality of life that all Alberta seniors deserve

Alberta Council on Aging

Contact us:
780.423.7781 | 1.888.423.9666

AN INDEPENDENT NON-PROFIT, CHARITABLE ORGANIZATION SINCE 1967



Alberta Council on Aging
Let's Stop Ageism

When YOU Get Paid We Get Paid

We're Here To Handle The Legal Complexity For You!



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



THIS SPACE FOR RENT

Call 780-220-6397

OR SCAN HERE FOR MORE INFO



WOMENS WORKWEAR



www.womensworkwear.ca

Workwear Built For Women

STORE NOW OPEN!

5403 Gateway Blvd NW, Edmonton

Enjoy The Experience

Scan QR Code To View Our New Website!

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!



priariescentedcandles@gmail.com
www.priariescentedcandles.com

Groggy mornings?

Imagine starting each day refreshed, ready to conquer anything!

Optimize your routine to elevate your morning and capitalize on time.



Free month trial then only \$1 a month



FREE Orthodontic/ Invisalign Consult
FREE Implant/ Implant Denture Consult

PEACE VALLEY DENTAL

Dr. Michael Ho, DMD

We are confident in the quality of our work and provide limited warranty for fillings (two years) and crown bridges (no charge for the first three years and 50% for up to five years from placement).

OUR TEAM HAS BEEN SERVING THE COMMUNITY FOR 20 YEARS

9811-100 Avenue
Peace River, Alberta
www.peacevalleydental.com

780.624.3355 • info@peacevalleydental.com

FREE!

New Issue Every Week!

Coffee News®

"News To Be Enjoyed Over Coffee"

Fairview Edition

877-553-6397



www.coffee-news.ca

Est. 1988

Vol. 21 No. 5 January 29, 2024

Everybody's Talking

Annoying renter: When rent is due, good tenants usually pay on time and in full. One renter in Australia pays on time, but not in full, which has so annoyed the landlord that he posted the situation on a peer chat group for advice. Apparently, the tenant shorts the landlord by one cent every month, which isn't much, but the landlord says it's the principle of the situation. He emailed the tenant, asking him to remedy the situation, but the tenant said the law lets him round up or down if amounts are between one and nine cents. The tenant even asked for certain repairs. When the lease expires, the landlord doesn't plan to renew it

Grainy home: Living in a grain silo doesn't seem like a comfortable option, but one near Odessa, Washington (U.S.), may appeal to outdoorsy people. Actually, the abode is comprised of four small silos, three of which are 1,325 square feet (123 sq. m) of interconnected living space; the fourth is a garage. The home, and the 386 acres around it, has many amenities and lots of space, including a fish pond and much rural land for hiking. The current owner, who fixed up the silos to be livable, uses the place as a summer home, but wants to sell it to someone who will be able to enjoy it more often.

Fixing imperfections: Who says a hole in a piece of clothing means the end of the garment? Certainly not Heather Cameron, a textile expert from Gabriola Island off the west coast of Vancouver, Canada. Cameron uses visible mending to fix problems in used clothing, which means that she decorates the flaws rather than hiding them. She might sew a sunburst of yellow stitches around an oval hole, or cover an imperfection with a patch shaped like a guitar or something else that holds personal meaning for the owner. The artist has held well-attended workshops in the area for like-minded people to learn the skill.

Flowery hair: How would you like to have your hair formed into a lily or a chrysanthemum? If so, a hair stylist for you is Nguyen Phat Tri of Vietnam. Although he has a degree in biotechnology, the stylist knew he had a knack for the arts that he needed to pursue. After studying makeup and hairdressing, he started experimenting with floral hair designs, which can take a couple of days or more to complete. He first sketches the design, finds raw material, and finally works with real hair. Many of his customers are bridal parties, who want unique hairstyles for the special day. Celebrities also like his services.

Quoteable Quotes

"Everyone has the fire, but the champions know when to ignite the spark."
—Amit Ray

"A good traveler has no fixed plans and is not intent on arriving."
—Lao Tzu

What's Happening

Feb 16-19 - Grande Prairie Alberta Winter Games The 2024 Winter Games will bring together youth athletes from across the province to compete in 18 different sport competitions all held within the City of Grande Prairie, County of Grande Prairie and MD of Greenview. Visit cityofgp.com for more info

Feb 17 - Winter Carnival Taking place in Festival Park from noon to 4pm. Come down for a free Winter Carnival in Whitecourt

Feb 10 - Tim Hortons Community Fun Night Dance Join us at the Allan Jean Millar Centre from 5:30-8:30pm for a free Valentine's Family Dance.

Feb 19 - Family Day Fun Free Family Day fun at the Westlock Rotary Spirit Centre. 9603 100 St Westlock AB

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

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. The British parliament has 365, 425, or 650 members?
2. Skylab was the first U.S. space station—T/F?
3. How thick is a hockey puck in the National Hockey League?
4. Louisa May Alcott or L.M. Montgomery wrote the book Little Women?
5. On a Ouija board, a planchette, pick, or strum spells out the words?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

WEBSITES From \$129/Month

(780) 760-6922
FRONTLINECONSULTING.CA

Call us for all your safety training needs



Scan for courses and dates

Public, private and on site classes available

TRAINING SESSIONS

BOOK 5, GET THE 6th FREE

CALL US FOR DETAILS!



Servicing from Whitecourt to High Level, Grande Prairie to Fort Nelson, we call the Peace Region our Home

DXP | HSE INTEGRATED

780.532.2088
<https://hseintegrated.com>
gptraining@dxpe.com

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

Travel Assistance for Remote Medical Appointments



Do you need to travel for medical reasons? Angel Flight Alberta can possibly assist.

If you:

- are in need of transportation to a medical appointment
- are a pilot and would like to join our flight team
- would like to make a donation ...then contact us today!

We are an organization of volunteer pilots, aircraft owners and ground support. We are unified to help Albertans get to and from their medical appointments efficiently, reducing stress, and at **NO COST** to the patient or family.

780.756.0086 | info@angelflightab.ca | www.angelflightab.ca

The staff at Denture & Implant Cottage hope your homes are filled with *Laughter and Love* your hearts are filled with *Joy and Peace* this wonderful Christmas Season!

Wishing you all things Bright, Happy & Healthy in the coming New Year!

With Gratitude

9803-98 Ave., Peace River T8S 1J5 | 780.624.4573

Everyone has the right to live free of violence and abuse

Our shelter offers women a safe and secure environment where they can access counselling, housing and other supports



PEACE RIVER REGIONAL WOMEN'S SHELTER

1-877-624-3466

www.prrws.com

WHEN HOME IS NOT SAFE - WE HAVE A SHELTER FOR YOU

AUTOMOTIVE LIGHT TRUCK REPAIR

■ Out of Province Inspections - \$225
■ Rate: \$125/hour
■ We service most vehicles, beginning at \$39.95*
*For labour only. Services include a 34 point inspection. Oil and filters extra.

SERVING THE COMMUNITY FOR OVER 25 YEARS

TRINITY REPAIR LTD.
780.338.3848
Open Tuesday - Friday, 8 a.m. - 5 p.m.
5029 - 51 Street, Berwyn, AB • www.trinityrepair.ca

Return to a Gentler Time...

Stay in one of our cozy rooms with delightful vintage detail. Invite your friends for breakfast, or for charcuterie by the fire, or plan a dinner party.

We'll prepare a sit down meal for up to 10, or a fireside schmooze for as many as 30. Or plan something af fresco and we'll prepare a gourmet picnic for you!

Built in 1935, for the W. P. Loggie family, Miramichi House was designed by architect Richard Blakey, who also had a part in designing the Alberta Legislature buildings.



Miramichi House
BED & BREAKFAST

11120-103 Avenue, Fairview

miramichihouse@gmail.com | www.mhbnb.ca

The World's #1 Restaurant Publication!

THC POTTERIE *open Everyday*
10 a.m. to 8 p.m.
until 10 p.m. on Fridays
(except Rycroft)

Grimshaw 4905-55 Ave.
Fairview 10916-102 Ave.
Falher 113 Main St. SW
Rycroft Husky Esso

www.thepotterie.ca

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

WIPE OUT INFLATION, GET THE CREDIT!

COLD SHOT
A DIVISION OF BALWARIA 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

REAL ESTATE APPRAISALS
COMMERCIAL • INDUSTRIAL • RESIDENTIAL

AGM VALUATIONS GROUP LTD.
OFFICES IN GRANDE PRAIRIE AND PEACE RIVER

Phone: 780.624.0020 Andre Cell: 780.274.1133 Adam Cell: 780.897.0391
www.amvaluationsgroup.com

SERVING: Grande Prairie, Sexsmith, Clairmont, Wembley, Beaverlodge, Hythe, Grovedale, Rycroft, Spirit River, Fox Creek, Whitecourt, Peace River, Grimshaw, Fairview, High Prairie, Valleyview, Manning, Slave Lake, High Level, La Crete, Fort Vermilion, Rainbow Lake, Dixonville, Hines Creek, Fahler, Donnelly, Nampa, Girouxville, Eaglesham, McLennan, St. Isidore.

SHOP ONLINE!
www.scubagearcanada.ca

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

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

Learn to SCUBA DIVE at our Edmonton location - call for details

SCUBAPRO | SHERWOOD | GARMIN | SHEARWATER | AKONA | HENDERSON | SEALIFE | TUSA

Canadian Mental Health Association
Alberta Northwest Region

Through your donations, CMHA ANWR supports all people in our communities to experience good mental health and well being.

9713-100 Avenue, Grande Prairie, AB T8V 0T5
780.814.2349 | www.gpcmha.ca

If It Needs Glass, We Can Provide It!

Professional, top quality workmanship | Interior and exterior services | Residential and commercial applications

Mobile service and installation specialists with over 25 years of experience!

ALL PRO Glass Ltd.

Windows	Doors
Skylights	Wet Rooms
Glass Railings	Shower Doors

780.978.0088 www.allproglass.ca

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

Your Weekly Horoscope

ARIES
(March 20 - April 19)

You may find yourself in some type of stalemate at the beginning of the week. Be careful about being impulsive or angry in conversations. Tact could go a long way now. Lucky numbers: 9, 16, 20, 23, 28, 30.

TAURUS
(April 20 - May 20)

Taurus-born usually offer practical, grounded viewpoints. Midweek, you may have an opportunity for intuitive insights. Consider incorporating them into your repertoire. Lucky numbers: 6, 11, 15, 24, 28, 29.

GEMINI
(May 21 - June 20)

At week's end, you may find that your heart and your mind are in a stalemate about a situation. Postponing an important decision for a few days might be helpful. Lucky numbers: 7, 19, 32, 41, 42, 46.

CANCER
(June 21 - July 21)

This week you may be having communication difficulties with others. Does this situation mirror a conflict within yourself? If so, adjust your view accordingly. Lucky numbers: 14, 15, 21, 25, 28, 44.

LEO
(July 22 - Aug. 22)

About six months have passed since your birthday. Did you initiate new endeavours then? If so, how are they progressing? Are there any that you should consider ending? Lucky numbers: 3, 4, 7, 11, 12, 34.

VIRGO
(Aug. 23 - Sept. 22)

This week you may have an opportunity to shine by communicating to others your attention to detail. Be sure to get credit for your contribution to any joint effort. Lucky numbers: 4, 9, 15, 24, 30, 41.

LIBRA
(Sept. 23 - Oct. 22)

Your tact and diplomacy might be useful at the beginning of the week to resolve a situation. Just make sure that the agreement is fair to all involved, including you. Lucky numbers: 1, 3, 6, 12, 15, 30.

SCORPIO
(Oct. 23 - Nov. 21)

Intuitive insights may come at you very quickly in the middle of the week. Use discretion and discernment about how much of them you want to share with others. Lucky numbers: 17, 19, 23, 28, 36, 37.

SAGITTARIUS
(Nov. 22 - Dec. 20)

This may be a good week to consider, or reconsider, what you truly believe in. How might you want to align your belief system with your goals and endeavours? Lucky numbers: 2, 6, 7, 16, 20, 46.

CAPRICORN
(Dec. 21 - Jan. 19)

Your serious demeanour and attitude may be best channeled into your work this week. In communicating with others, displaying a lighter tone and view might be helpful. Lucky numbers: 6, 14, 23, 24, 39, 41.

AQUARIUS
(Jan. 20 - Feb. 18)

Aquarians can sometimes use a lofty style to communicate their humanitarian goals. This week, however, you may be able to seek out a more grounded way to connect. Lucky numbers: 5, 11, 12, 30, 39, 44.

PISCES
(Feb. 19 - March 19)

Sometimes your intuitive nature has a difficult time connecting with those who don't share it. Midweek may bring an opportunity to approach them in a more grounded way. Lucky numbers: 8, 14, 29, 35, 41, 47.

Lucky numbers this week: This week's odds favour Virgo winners with the luckiest number being 9.

Did You Know...

Looking larger: Decorators have tricks to make small rooms look larger. These include using at least two sources of light, hanging a large mirror, and using a dark paint colour. Darker shades make things look farther away.

Fifth ocean: The Atlantic, Pacific, Indian, and Arctic Oceans were considered the four oceans of the world until 2000. That year, a fifth ocean was recognized: the waters around Antarctica were designated as the Southern Ocean.

Code names: Each country participating in The Olympic Games has a three-letter code used during the games. Some include: Canada (CAN), United States (USA), Bolivia (BOL), Ghana (GHA), and Malaysia (MAS).

Paint set: When French artist Henri Matisse was young, he worked as a law clerk, but didn't like it. He started painting at about age 20, when his mother gave him a box of paints while he was recuperating from an illness.

Bird toes: Birds usually have four toes, with three in front and one behind. Some birds, like parrots, owls, and woodpeckers, have four toes arranged in a "K" or "X" formation, which helps them climb.

On the Lighter Side

Want to hear a joke about paper? Never mind, it's tearable.

Why can't a bike stand on its own? It would but it's two tired.

What's the tallest building in your city? The library. It has a lot of stories.

Lizzy: "My mom has the worst memory?"
Susy: "She forgets everything?"
Lizzy: "No, she remembers everything!"

Knock! Knock! Who's there? Sheep. Sheep who? Sheep-ers, it's just me!

Answers

Trivia answers: 1. 650 2. True 3. 1 inch (2.54 cm) 4. Louisa May Alcott 5. Planchette

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

PEACE RIVER VISION CLINIC

Eye Exams
Designer Frame Lenses
Contact Lenses
Glaucoma Eye Evaluations
Diabetes Eye Evaluations
Safety Glasses

Family Eye Care
■ New Patients and Walk-ins Welcome!
■ Direct Billing

780-624-4265
www.dr.mikehopperoptometry.com
Open Mon to Fri, 8:45 a.m.-5:00 p.m.

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

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

Oct. 1 Draw Winners Cassi S. from Edmonton Walter A. from Calgary Karen P. from Okotoks	Nov. 1 Draw Winners Yolanda P. from Edmonton Bob P. from Calgary Sarah H. from Okotoks	Dec. 1 Draw Winners Keisha W. from Edmonton Wendy W. from Camrose Tanya M. from Rimbey
---	--	--

yes tv

FREE LIVE STREAMING COMING THIS FALL
visit yestv.com for details

We've moved... VISIT US IN OUR NEW LOCATION!

Gifts and Gadgets

NOW AT 28-308 WESTGROVE DR., SPRUCE GROVE
BEHIND MCDONALD'S

YOUR ONE STOP KITCHEN AND GIFT SHOP
780.962.5220 | www.giftsandgadgets.ab.ca

Alberta's Best SENIORS' INTERNET PLAN

- \$70/MONTH - VERY FAST SPEED, UNLIMITED USAGE
- FREE HOME PHONE SERVICE
- FREE NETWORK PROTECTION

NORTHERN LIGHTS FIBER
NORTHERNLIGHTSFIBER.CA

FREE HOME PHONE! SIGN UP TODAY!

Has Long Run Exploration Failed to Pay You Rent in 2020 or 2021?

We can assist with any and all unpaid rental amounts, including your entitlement to interest

KMSC LAW LLP
LongRunClassAction.ca

Radio BINGO
NORD-OUEST FM

DIMANCHE SOIR A 19H
SUNDAY EVENINGS 7 P.M.

DANS LE CONFORT DE VOTRE FOYER IN THE COMFORT OF YOUR HOME

POUR PLUS D'INFORMATION SCANNEZ LE CODE QR
SCAN THE QR CODE FOR MORE INFORMATION

NORD-OUEST FM CKRP 95.7

EN SYNTONISANT LE 95.7 97.5 ON THE FM DIAL A L'AIDE DE L'APPLICATION USING THE APP RADIO PLACE EN DIRECT SUR NOTRE SITE WEB
LIVE STREAM THROUGH OUR WEB PAGE

www.nordouestfm.ca

OU COMPOSEZ LE/ OR CALL 780.837.2346