

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

FREE! New Issue Every Week!

Coffee News®

"News To Be Enjoyed Over Coffee"

Lac La Biche and Area Edition

877-553-6397

www.coffee-news.ca

Est. 1988

Refreshing Pure Hydration

- 3 & 5 Gals of Reverse Osmosis & Alkalized Water
- 5lb & 20lb Bags of Ice

✓ Wholesale and Retail Sales
✓ Residential and Commercial Delivery Available

Pure

PREMIUM WATER & ICE

9609-100 Street, Plamondon
780.798.0444 | www.purepremiumwater.ca

Proudly serving Lac La Biche County, Athabasca County, Boyle, Wandering River, Grassland, Plamondon

Where Thrifty Dreams Come True

Mon - Fri 10 am - 6 pm
Saturdays 11 am - 5 pm

Lolly Pop Thrift Shop

4913-51 Street Athabasca

DONATIONS WELCOME

Supporting Children's Clubs, groups and organizations with their fundraising goals

THIS SPACE FOR RENT

OR SCAN HERE FOR MORE INFO

Call 780-220-6397

Need Help with the Digital Side of Business?

We Can Help - for Free!

- Google My Business
- Websites
- Social Media

Contact Community Futures or mel.digitalss@cfl1b.com

Community Futures Digital Economy Program Alberta Government

If You Have Room In Your Heart To:

- Provide a safe, loving, stable temporary home to an animal in need
- Care for an injured animal, expectant mom, abandoned senior or animal needing rehab;
- Nurture a young animal until it reaches an adoptable age;

BECOME A FOSTER!

The Humane Society Will Provide:

- Required food & supplies (bedding, litter/box, etc.)
- Veterinary care & expensed
- Ongoing monitoring & support of the animal/foster home

Lac La Biche REGIONAL HUMANE SOCIETY www.llbrhs.com or on Facebook Lac La Biche Regional Humane Society

yes tv

FREE LIVE STREAMING COMING THIS FALL

visit yesstv.com for details

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

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

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 1 - Winter Walk Day Join us for a 30 minute walk that starts outside the front steps of City Hall, weaves its way through the Fort Heritage Precinct, Legacy Park, and back to City Hall. Please come dressed for the weather!

May 1-7 - Mental Health Week Mental Health Week is an annual national event that takes place the first week in May to encourage people from all walks of life to learn, talk, reflect, and engage with others on all issues relating to mental health. Visit fortsask.ca for more info

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)

MENTION THIS AD FOR A DISCOUNT!

LET US HELP YOU QUIT SMOKING

Come learn the facts and make a plan

780-623-2158

10208-101 Ave., Lac La Biche
10 am - 6 pm, 7 days a week
Closed on holidays

OHMY VAPE LOUNGE

SUPPORT YOUR SPORT

ALBERTA SNOWMOBILE
EST. 1971

ONLY \$90!

...and get access to over 6,500 km of groomed trails!

Silver Sage Enterprises Ltd

Les Helm, RPFT

Cell 780.520.4000
Office 780.623.2494
Fax 780.623.2894
l.helmsilversage@gmail.com

Land Resource Planning

- Gravel Pits
- Mapping
- Reclamation
- Road Engineering

Lakeland EMPLOYMENT SERVICES

Unemployed? Underemployed? We can help. Contact us.

Lac La Biche office

10263 101 Avenue
780.627.3071
employabilities.ab.ca

EMPLOY Abilities

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/coffee news

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!

Visit us on Facebook-CoffeeNewsWeekly

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



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




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

Available on the App Store
GET IT ON Google Play





Home | Auto | Business | Farm

We're in your community

780.623.4246
10117 101 Ave, Lac La Biche
BrokerLink.ca
BrokerLink Insurance

©2023 BrokerLink Inc. *BrokerLink & Design is a registered trademark of BrokerLink Inc. All rights reserved.

BUY A HOME, BRING YOUR HOME OR RENT A HOME AT DEER MEADOWS

Call 780.594.4101 for more information




At Seller Direct® Northern Homes Realty, It's Not About Discounts, It's About OPTIONS!

How We Get Your House SOLD:

- ✓ 3D Tours & Professional Photos
- ✓ 300+ websites
- ✓ Social media ads
- ✓ 24/7 Info Direct # for your home...and MORE!

WE HELP BUYERS TOO!

FIND OUT HOW YOU CAN **SAVE UP TO 50%!**

Tracy Lord
Real Estate Agent

señerdirect
Northern Homes Realty
Diana Noble Owner/Broker

780.747.8372
PROUDLY SERVING LAC LA BICHE, PLAMONDON, WANDERING RIVER & SURROUNDING AREAS

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!



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

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

Coffee News is proud to support Make-A-Wish® Canada

Transform lives, one wish at a time.

Make-A-Wish
Visit makeawish.ca



MISSION VIEW FUNERAL CHAPEL LTD.

SERVING LAC LA BICHE, PLAMONDON, BOYLE, GRASSLAND AND SURROUNDING COMMUNITIES FOR OVER 25 YEARS

FUNERALS - CREMATION - MONUMENTS - PRE-PLANNING

CURRENTLY OFFERING UP TO **35% OFF** SELECT REMCO MONUMENTS

780-623-1815 • info@missionview.ca

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



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



inogen

CLAIM YOUR **14-DAY RISK-FREE TRIAL!**

PORTABLE OXYGEN FOR YOUR ON-THE-GO LIFESTYLE

Call us toll-free at **1-888-998-6714**

*14-day risk-free trial. Return within 30 days of purchase for a full refund of purchase price.
PM220469 EN, EX, USA | In Only © 2023 Inogen, Inc.
303 Cooper Drive, Golden, CO 80117
Inogen® is a trademark of Inogen, Inc. The usage of any Inogen, Inc. trademark is strictly forbidden without the prior consent of Inogen, Inc. All other trademarks are trademarks of their respective owners or holders.



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

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

LegalShield



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

Oct. | Draw Winners
Cassi S. from Edmonton
Walter A. from Calgary
Karen P. from Okotoks

Nov. | Draw Winners
Yolanda P. from Edmonton
Bob P. from Calgary
Sarah H. from Okotoks

Dec. | Draw Winners
Keisha W. from Edmonton
Wendy W. from Camrose
Tanya M. from Rimbey