

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](http://www.coffee-news.ca/editions)

**FREE!** New Issue Every Week!

# Coffee News

"News To Be Enjoyed Over Coffee"

**Wetaskiwin - Millet Edition**  
**877-553-6397**



www.coffee-news.ca Est. 1988

Call today to book your appointment!

We only want to make you SMILE

## Millet Denture Clinic

780.387.3311 • 5022 - 50 Street, Millet  
BARB UNGER, DD • barb@milletdenture.ca

WETASKIWIN'S NEWEST VARIETY SHOPPE!

## HURRICANE HUSTLES

VARIETY SHOPPE

4802-49 Ave., Wetaskiwin  
Open Monday-Saturday, 11 a.m. to 5:30 p.m.

Something for everyone!  
Clothing Home Décor • Books • More!

**\$10** ALL NEW MERCHANDISE SURPRISE BAGS \$80-\$100 VALUE!  
**50-80% OFF** NEW TOOLS!

A&S PURIFIED BOTTLED WATER

## CONVENIENCE STORE AND GRAB & GO SNACKS

4712-57 St., Wetaskiwin | 780-446-0718

Large selection of:  
Nossack Pepperoni and Sausage  
Mundare Sausage • Pet Foods  
Chips and Pop • Coffee Products • Sandwiches

ASK ABOUT OUR COFFEE PROMOTION!

THIS SPACE FOR RENT

OR SCAN HERE FOR MORE INFO



Call 780-220-6397

PLEASE ASK US FOR STARTER PACK

## 200+ Delicious Meals Made for SENIORS!

NOW SERVING THIS COMMUNITY!

- ✓ Free Delivery\*
- ✓ No Obligations
- ✓ No Minimum Orders\*

\* Some conditions apply

Request your FREE MENU Catalogue today!  
**780-666-2336**  
TF: 1-800-704-4779

**HEART TO HOME MEALS**  
DELICIOUS MEALS MADE FOR SENIORS®  
www.hearttohomemeals.ca

**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](http://www.coldshotca.com)  
Passenger Website: [www.coldshot.ca](http://www.coldshot.ca)

TICKETS: 587-557-7719 | PARCEL: 587-557-7718

SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005

Karunia Counselling & Psychological Services  
PROFESSIONAL & CLIENT-CENTRED CARE



587-274-3939  
office@karunia.ca

You are welcome here

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](http://www.accidentinjurylawyer.com/coffeenews)

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
--	---	---

## Everybody's Talking

**Underground accommodation:** Wales is home to a hotel that is purported to be the deepest in the world. Aply named the Deep Sleep Hotel, it is located in an abandoned slate mine in the Snowdonia mountains. At 1,375 feet (419 m) below ground, getting there is quite an adventure for overnight guests. Guided by a trip leader, they have to hike for 45 minutes on mountain paths. Then, they are suited up with gear and taken down a challenging descent path in the mine. After that, they settle into very comfortable cabins and are provided with an expedition-style meal. The next day, staff members wake the visitors for the steep trek back up to the surface.

**Shoddy work:** In a village in India's Maharashtra state, residents have every right to complain about poorly done work. Folks in Karjat-Hast Pokhari had been looking forward to getting blacktop installed on the area's rough roads. So they were thrilled when a construction company arrived to do the work. However, the residents soon realized that the company had taken a huge shortcut in the job: they put down canvas material, then covered it with a very thin layer of asphalt. Several locals soon realized the situation when they lifted up a corner and it folded like a carpet. Villagers have made complaints against the contractor and the government department that hired them.

**White line fever:** The town may be small, but its authorities decided to fight hard to encourage speeding motorists to slow down. Baune, located in western France, sees many motorists speed over its streets as they navigate through the town's crossroads. Despite clear speed limit signs, drivers pay no heed and drive as fast as 100 km/h (60 mph) through the small town of 1,700 residents. To try to remedy the situation, the town painted confusing road lines. The continuous lines go this way and that, and often overlap. Drivers are slowing down to try to figure out what they are supposed to do. Hopefully motorists won't go back to their old ways anytime soon.

**Long race** One ultramarathon starts from the pier in Santa Monica, California (U.S.), and ends at the welcome sign to the city of Las Vegas, Utah. Called The Speed Project, the length of the run is 340 miles (548 km) through the area's hot deserts, including Death Valley. The race is not advertised, there are no rules, and the participants must be invited to compete. Runners do not have to follow a particular route, but they are not allowed to run on highways. Started by Nils Arend and Blue Benadum in 2013, the race can be run solo, but it started out as a relay race for six team members.

## Quoteable Quotes

"Whether or not you know it, you're the infinite potential of love, peace, and joy."  
—Amit Ray

"Everything that irritates us about others can lead us to an understanding of ourselves."  
—Carl Jung

## What's Happening

**Ongoing - Climate Cafe** Chat about climate issues and anxieties in an informal, relaxed setting. Tea coffee are provided; please bring your own mug. 1st Tuesday of the month at the Camrose Public Library 4710 50 Ave

NON PROFIT organizations may submit fundraising events for FREE at [www.coffee-news.ca](http://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](http://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 Greek goddess of peace was Athena, Eirene, or Aphrodite?
2. Singer Elvis Presley had a twin brother—T/F?
3. How many limbs does a squid have?
4. Toad Hall is featured in this children's book.
5. "The Lady and the Unicorn" tapestry is Musee de Cluny, the Met, or the Smithsonian?

(Flip bottom of page for answers)

PROVEN EXPERTISE

## HALAS ROOFING

Dennis Halas Agencies Ltd.  
NEW & RE-ROOFING

- Top rated roofing materials
- Family run for 25+ yrs.
- Licensed, insured & WCB

Edmonton Area: 780.893.9751 • Wetaskiwin Area: 780.312.8074  
dennishalas@shaw.ca • [www.halasroofing.ca](http://www.halasroofing.ca)

Halas provides a 50 Year Extended Warranty including a 25 Year Workmanship Warranty!

Weather-Tite  
EPP  
CERTIFIED ROOFER

FREE ESTIMATES

BBB

AT OUR CLIMATE QUEST

## Our Climate Quest

1000 sq. ft. of interactive Exhibit

January 8 to January 20, 2024  
Mon.-Fri. 9AM-8PM, Sat. 9AM-5PM, Sun. 1-5PM

See Our Facebook @VisitMilletMuseum For More Details.

CLIMATE QUEST

We will be closed for Christmas break from December 23 to January 8

yes tv

## FREE LIVE STREAMING COMING THIS FALL

visit [yestv.com](http://yestv.com) for details



**WOMENS WORKWEAR**

www.womensworkwear.ca

Workwear Built For Women

STORE NOW OPEN!  
5403 Gateway Blvd NW, Edmonton

Enjoy The Experience



We design and build High Quality, Fast CUSTOM BUILT COMPUTERS

We also fix your computers and laptops!

> We find affordable, powerful LAPTOPS to meet your needs  
> There are still good, fast low priced sweet spots available

IN STOCK NOW!

## Marg's Computers

REFURBISHED COMPUTERS WITH 3 YR WARRANTY

780.678.2338 | 4608-39 St., Camrose



We've got the inside track on your outdoor needs!

FIREWOOD SALES SNOW REMOVAL

**Countryboy PROJECTS**

CALL STEVE AT **780.608.8256**  
countryboyprojects22@gmail.com

GENERAL YARD & PROPERTY MAINTENANCE



SHOP ONLINE!  
[www.scubagearcanada.ca](http://www.scubagearcanada.ca)

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

SNORKELLING AND SCUBA DIVING LESSONS

## The Dive Outfitters

Scuba Diving & Snorkeling

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

11781-156 St., Edmonton 780.483.0044

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





## 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!

## CONGRATULATIONS

to all the 2023 monthly winners of a \$400 prepaid Visa card:

**May 1 Draw Winners:** Chelsey M. from Edmonton, Cindy C. from Sylvan Lake, Jay Z. from Edmonton

**July 1 Draw Winners:** Rodney B. from Lethbridge, Brian P. from Edmonton, Natasha W. from Red Deer

**June 1 Draw Winners:** Frank H. from Sylvan Lake, Sandy P. from Calgary, Steven R. from Lethbridge

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

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

**October 1 Draw Winners:** Cassi S. from Edmonton, Walker A. from Calgary, Karen P. from Okotoks

**November 1 Draw Winners:** Yolanda P. from Edmonton, Bob P. from Calgary, Sarah H. from Okotoks

**December 1 Draw Winners:** Keisha W. from Edmonton, Wendy W. from Camrose, Tanya M. from Rimbey

**You could be our next winner!** SCAN HERE:



**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  
For complete contest rules, please visit [www.accidentinjurylawyer.com/coffeenews](http://www.accidentinjurylawyer.com/coffeenews)

## 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!


## 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

RISE UP



**Edward Jones**

At Edward Jones, we do money differently.



Garet Wood  
Financial Advisor  
780-679-2220

- Planning for Retirement
- Wealth Strategies
- Business Owner Strategies

**Let's talk**

[www.edwardjones.ca/ca-en/financial-advisor/garet-wood](http://www.edwardjones.ca/ca-en/financial-advisor/garet-wood)

## 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**

**PORTABLE OXYGEN FOR YOUR ON-THE-GO LIFESTYLE**

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

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 | © Only © 2023 Inogen, Inc. 301 Conover Drive, Coletta, CA 95317. 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.

# Your Weekly Horoscope

**ARIES (March 20 - April 19)**  
How can you bring your purpose in line with your values? Look to any old wounds that may be clouding your judgment about next steps to achieve something worthwhile. Lucky numbers: 10, 11, 21, 30, 39, 40.

**LIBRA (Sept. 23 - Oct. 22)**  
For the next two weeks, addressing any challenges to your finances or in a relationship may be important. Making needed changes now could reduce potential future issues. Lucky numbers: 12, 19, 20, 21, 37, 40.

**TAURUS (April 20 - May 20)**  
A sudden or unexpected opportunity may surface this week. You might want to examine it carefully, especially if you are unsure if this possibility is what you want. Lucky numbers: 11, 16, 22, 27, 33, 41.

**SCORPIO (Oct. 23 - Nov. 21)**  
For the next few weeks, you may feel conflicted about who you are. Consider a deep dive into your psyche to gain understanding, seeking help if you need it. Lucky numbers: 3, 12, 15, 24, 38, 47.

**GEMINI (May 21 - June 20)**  
Your intuitive and intellectual skills may be heightened in the next few weeks via the placement of Mercury, your ruling planet. How could you use these additional energies? Lucky numbers: 13, 17, 24, 26, 30, 32.

**SAGITTARIUS (Nov. 22 - Dec. 20)**  
Your thought processes may be sharper and more clear for the next several weeks. How can you use this opportunity to initiate positive change within yourself, heading into the future? Lucky numbers: 7, 11, 19, 25, 31, 36.

**CANCER (June 21 - July 21)**  
At midweek, your heart may be pulled in one direction and your head in another. You might consider waiting a few days to see if the current stalemate will ease. Lucky numbers: 5, 6, 9, 11, 20, 25.

**CAPRICORN (Dec. 21 - Jan. 19)**  
At midweek, your mind and emotions may be in sync. For a few days, this might provide an opportunity to start a project in alignment with your values. Lucky numbers: 8, 10, 13, 14, 23, 30.

**LEO (July 22 - Aug. 22)**  
For the next several weeks, you may have an opportunity to reach for a goal that aids others. But this might require that you put aside your own goals for now. Lucky numbers: 7, 11, 20, 25, 36, 43.

**AQUARIUS (Jan. 20 - Feb. 18)**  
The end of the week may be a good time to communicate your goals to others, including those that will aid your community. Outline a plan they can help manifest. Lucky numbers: 6, 14, 15, 18, 24, 39.

**VIRGO (Aug. 23 - Sept. 22)**  
Virgos often focus on small goals and objectives. For the next few weeks, you may have an opportunity to envision something larger. It might require that you adjust your viewpoint. Lucky numbers: 9, 12, 26, 36, 39, 44.

**PISCES (Feb. 19 - March 19)**  
This week is full of energies that may help you find new opportunities, initiate action, and ask others to help. You might need to adjust your view of the goal. Lucky numbers: 1, 7, 15, 21, 36, 40.

Lucky numbers this week: This week's odds favour Aquarius winners with the luckiest number being 39.

Lucky numbers this week: This week's odds favour Aquarius winners with the luckiest number being 39.

## Did You Know...

**Garlicky goodness:** While white garlic is well known, black garlic is made by carefully aging raw bulbs for a few weeks in hot and humid conditions. This process gives them a sweet and savoury flavour.

**Boundary:** The region between the U.S. and South America is called "Central America." But geographically, the North-South boundary is Panama's southern border, so Central America technically is in North America.

**Plant meanings:** Over eons, different flowers and plants carried different meanings, like red roses for love and orchids for beauty. Less positive associations include aloe for grief and striped carnation for refusal.

**Unfinished palace:** Neuschwanstein Castle in Schwangau, Bavaria, Germany, looks like the quintessential fairy tale castle. Bavarian King Ludwig II commissioned the palace, but died in 1886 before it was completed.

**Five kids:** Paul McCartney of Beatles fame has five children: Heather, Mary, Stella, and James (whose mother was Linda McCartney), and Beatrice (whose mother is Heather Mills). Beatrice was born in 2003.

## On the Lighter Side

Never was there a more groundbreaking invention than the shovel.

My cellar is so damp that when I lay down some mouse traps, I catch fish!

Ernie: "Does your dog have a licence?"  
Bernie: "No, she's not old enough to drive."

Knock! Knock! *Who's there?* Rice. *Rice who?* Rice and shine, it's the first day of school!

Einstein developed a theory of space. And it was about time, too!

**Answers**  
Trivia answers: 1. Eirene 2. True 3. 10 4. The Wind in the Willows 5. Musée de Cluny

For available franchise opportunities - visit [coffeenewscanada.com](http://coffeenewscanada.com)  
© Published with Permission by Capital Marketing Ltd

## 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



## Get More Traffic, Leads & Sales



SCAN ME

- Website Development
- Google Ads
- Facebook Advertising
- Social Media Management
- SEO & Content Marketing
- Reporting & Analytics

**Frontline** 780.760.6922  
frontlineconsulting.ca

## HONEY 93.1 FM

LEDUC'S BEST COUNTRY

## 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](mailto:prairiescentedcandles@gmail.com)  
[www.prairiescentedcandles.com](http://www.prairiescentedcandles.com)

TOYS | CANDY | WOOL | YARN | GIFTS

## STAR STORE

Gifts & Wool

at The Wetaskiwin Heritage Museum Downtown

100% OF PROCEEDS SUPPORT OUR PROGRAMS AND SERVICES

Head for the Star on Main Street: 5007 - 50 Ave.

NOW SERVING BEANS COFFEE and TEA!

## 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**

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



Transform lives, one wish at a time.

**Make-A-Wish.**  
Visit [makeawish.ca](http://makeawish.ca)

## Tinnitus Therapy

available using new Stylleto

Rechargeable Hearing Aids Available

Did you know all seniors and low income adults qualify for \$900-\$2400 towards hearing aids?

Signia Stylleto Unique and beautifully designed hearing aid

**EYES + EARS**  
OPTICAL + HEARING CO.  
403.790.2020 • 4502-50 Street, Ponoka

FINANCING FOR HEARING AIDS NOW AVAILABLE