

**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  
dennishalass@shaw.ca • www.halasroofing.ca

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

Weather-Tite  
GUTTER PROTECT  
BBB

**FREE!** *New Issue Every Week!*

**Coffee News**<sup>®</sup>

"News To Be Enjoyed Over Coffee"

**Camrose Edition**

**877-553-6397**

www.coffee-news.ca

Est. 1988

*Communities in Mind*

Co-op is working with the Mental Health Foundation to raise funds for mental health services in your community.

Donate at your local Co-op food store, gas bar, liquor store, home centre, or scan the QR code to **DONATE TODAY!**

**CO-OP**

Central Alberta, Cornerstone, New Horizon, South Country, Westview

Mental Health Foundation  
We have a better future in mind!

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

**FIREWOOD SALES**

**Countryboy PROJECTS**

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

GENERAL YARD & PROPERTY MAINTENANCE

**THIS SPACE FOR RENT**

OR SCAN HERE FOR MORE INFO



**Call 780-220-6397**

**200+ Delicious Meals Made for SENIORS!**

PLEASE ASK US FOR STARTER PACK

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

**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

**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

**Centra Cam's Vintage & Reuse Store**

**The Essentials Boutique**

4918-46 St. Camrose  
780.608.1681

Unique items arriving daily!

Donate your gently used goods to Centra Cam and support a great local charity

www.camrosevintage.ca | vintageandreuse@csell.ca

**Every Tuesday**

Kinsella Community Centre  
Kinsella, AB

Doors Open 5 p.m.  
Bingo Starts 7 p.m.

**Bingo**

Jackpot is at least \$1000 weekly!

Vol. 21 No. 8 February 19, 2024

**Everybody's Talking**

**Scribbled tattoo:** When getting a tattoo, clients choose designs that vary widely and, in the end, it's "to each their own." That's likely what many people say about tattoos by German artist Mykhailo, based in Berlin. One piece of this artist's work looks more like a child's scribbles, with squiggly looking flowers on scrawled stems, along with other lines that don't seem to have any connection to anything. However, the artist first drew the design with a marker, and the client said "yes" to it before the actual inking happened. Mykhailo said he knew the work would be controversial and provocative, which it proved to be on social media.

**Not a barn:** When apartment buildings allow residents to keep pets, that's usually understood to mean dogs, cats, birds, and maybe the odd goldfish. But a retired farmer in Sichuan Province, China, pushed the limits when he brought seven calves from his country home to keep as pets on his fifth-floor balcony. The presence of the mooing, smelly animals didn't go over well with the building's other tenants, who reported the man to the authorities. Luckily, the tenants' beefs were taken seriously, and the owner of the bovines had to give up his plan to keep the cows. However, he's tried to sneak them back in!

**Hummingbird haven:** An older lady from Mexico City is known for her ability to care for injured hummingbirds. In 2012, a friend brought one of the tiny birds to Catia Lattouf de Arida. Ever since then, she has been nursing the small pollinators back to health. When she realized this was her calling, she started researching the birds, and she has become an expert in their care. When they regain their health, she takes them to an unpopulated spot outside of the city to release them back to the wild. If they are unable to fly again, she provides a home for them in the refuge she has created in her apartment.

**Close call:** A father-son kayaking duo were in the right place at the right time when they came across an overturned boat in the Thompson River in the Canadian province of British Columbia. Chris Carlson and his teen son Ben found two men holding on to the capsized boat, yelling for help. One boater could not swim and the other's foot was tangled in a rope. The kayakers retrieved the boaters' life jackets, floating nearby, and managed to pull the men to shore. The boaters had been yelling but their shouts could not be heard from the shore over a nearby restaurant's loud music. Chris is proud of Ben for staying calm during the incident.

**Quoteable Quotes**

"Act the way you'd like to be, and soon you'll be the way you act."  
—Leonard Cohen

"If you only read the books that everyone else is reading, you can only think what everyone else is thinking."  
—Haruki Murakami

**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

**Feb 23 - After Dark Night Market** The Alt After Dark Night Market is a monthly night market. With 35 local alternative vendors, artists and distilleries you are sure to find something unique and wonderful. 8426 Gateway Blvd 7pm-11pm

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. An epact is a period of time used to harmonize the solar and lunar calendars—T/F?
2. The famous cat at London's No. 10 Downing Street is Tabby, Larry, or Felix?
3. Who composed the opera Falstaff?
3. Who composed the opera Falstaff?
5. In the movie Casablanca, the cafe is called what?

(Flip bottom of page for answers)

**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**

85% SUCCESS RATE!

**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**

**Tinnitus Therapy** available using new Stytleto

**Rechargeable Hearing Aids Available**

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

Signia Stytleto

Unique and beautifully designed hearing aid

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

FINANCING FOR HEARING AIDS NOW AVAILABLE

**SHOP ONLINE!**  
**www.scubagearcanada.ca**

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

**The Dive Outfitters**

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

**Groggy mornings?**

Imagine starting each day refreshed, ready to conquer anything!

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

**RISE UP**

Free month trial then only \$1 a month

We design and build High Quality, Fast **CUSTOM BUILT COMPUTERS**

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

**Marg's Computers**

780.678.2338 | 4608-39 St., Camrose

We also fix your computers and laptops!

IN STOCK NOW!  
**REFURBISHED COMPUTERS WITH 3 YR WARRANTY**

**WOMENS WORKWEAR**

**www.womensworkwear.ca**

Workwear Built For Women  
**STORE NOW OPEN!**  
5403 Gateway Blvd NW, Edmonton

Enjoy The Experience

## Come and enjoy rural Alberta!

Tired of waiting for high cost accommodation in the big city?

We have vacancies to offer residents living outside of town!

Studio suites, all inclusive \$1986.00 (maximum) and one bedroom couples' suites \$3004.00 (maximum), all inclusive. Experience fresh air and country living.

**780.853.5706**

Contact our office at  
admin@vdhf.ca  
www.vdhf.ca  
5401-46 St., Vermilion



## 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!



prairiescentedcandles@gmail.com  
www.prairiescentedcandles.com

## 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](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

## 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**



## 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](mailto:barb@milletdenture.ca)

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)

## Karin Vassberg

REALTOR

ROYAL LEPAGE  
NORALTA REAL ESTATE

Helping You Is What We Do  
Serving Camrose and Area

Proud Sponsor of the Camrose Elks Lodge #70 Breakfast Every Second Sunday of the month, 9-Noon

Cell: 587-322-4879  
[Karinvassberg@ViewHome4u.com](mailto:Karinvassberg@ViewHome4u.com)

## Comfort For Your Lifestyle Needs

Scooters • Homecare Beds  
Lift Chairs • Stair Lifts  
Porch Lifts

**Silver Cross**  
RECYCLED & NEW HEALTHCARE EQUIPMENT

3715-98 Street NW, Edmonton  
780.450.6992 | [www.silvercross.com](http://www.silvercross.com)

INQUIRE ABOUT OUR FREE ASSESSMENT SERVICE!

# Your Weekly Horoscope

### ARIES

(March 20 - April 19)



Over the next year, an old wound may intersect with your life purpose. You may need to reach for the courage of Aries the Ram to navigate this dynamic now. Lucky numbers: 12, 13, 16, 22, 31, 37.

### TAURUS

(April 20 - May 20)



You may be very busy this week. Even so, try to be on the lookout for an opportunity that could give you a chance to exhibit new leadership skills. Lucky numbers: 4, 6, 7, 17, 31, 38.

### GEMINI

(May 21 - June 20)



Gemini's can sometimes be a victim of having too many options. Narrowing them to those that can be successful for you and others might be helpful for you now. Lucky numbers: 13, 14, 24, 30, 36, 42.

### CANCER

(June 21 - July 21)



Early this week, you may have the chance for an emotional reset. If you are retreating into your shell, this might be an opportunity to set new rules of engagement. Lucky numbers: 7, 8, 13, 17, 24, 36.

### LEO

(July 22 - Aug. 22)



During midweek, your natural enthusiasm and charm may be heightened. Your ability to shine could provide an opportunity to secure the help of others in your endeavours. Lucky numbers: 3, 12, 38, 41, 42, 46.

### VIRGO

(Aug. 23 - Sept. 22)



Are you a bit overwhelmed with everything on your plate? The end of the week may be a good time to sort out what to drop and what might be best to complete now. Lucky numbers: 1, 3, 19, 23, 42, 48.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 3.

## Did You Know...

**Deep spot:** The deepest ocean spot in the world is within the Mariana Trench, in the western Pacific Ocean. The Challenger Deep is approximately 10,935 metres (35,876 ft.) deep.

**Starting young:** American actor Burt Reynolds (1936-2018) had many television and movie roles during his acting career. Taking an acting class during college in the mid-1950s set him on the road to his well-known career.

**Mating call:** Male Gunnison sage-grouse put on quite a performance to attract a mate. They inflate air sacs on their necks, then slide the sacs under their wings and slap them together for swishing and plopping sounds.

**Tart berry:** Lingonberries are small, deep red, and quite tart. They grow in Scandinavia and northern North America. Rarely cultivated, they are harvested from the wild and used to make jams and jellies.

**Real ID:** Using a fake name when checking into a hotel in the American town of Buckeye, Arizona, is illegal. Even celebrities, who don't want to draw the attention of the public, must use their real names.

## On the Lighter Side

Flip: "Are your blinds drawn?"  
Flop: "No, they're real blinds."

Knock! Knock! Who's there? Colin. Colin who? Just Colin to see how you are doing.

Two parakeets were standing on a perch. One says, "Do you smell fish?"

Where did Robin Hood buy his flowers? Sherwood Florist.

Ceiling fans: "Wow, look at that ceiling! What a great paint job! It's so high up there!"

### Answers

**Trivia answers:** 1. True 2. Larry 3. Giuseppe Verdi 4. Tiber 5. Rick's

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

WHEN YOU GET PAID We Get Paid

# WHIPLASH

## COMPENSATION?

Get the whiplash compensation you deserve from a trusted team of experienced lawyers.

You pay nothing up front. Not all injury claims are capped.

**1-800-661-4902**

[WhiplashInformationCentre.com](http://WhiplashInformationCentre.com)

**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

ALBERTA OWNED AND OPERATED FOR OVER 35 YEARS



## CAMROSE



**jiffylube**

OPEN Mon - Fri, 9-6  
Sat, 9-5  
Closed Sun

- OIL CHANGES ■ FUEL FILTERS
- TRANSMISSION AND DRIVELINE SERVICE
- WINDSHIELD CHIP REPAIR

WARRANTY APPROVED  
NO APPOINTMENT NECESSARY!

**780.672.1274**

#140, 6800-48 Ave., Camrose

SENIORS GET  
**10% OFF**  
ANY OIL CHANGE PACKAGE  
WITH THIS AD

## 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



## Centra Cam

## SMASHING YOUR OLD COMPUTER IS A LOT OF FUN...



But personal & client data still remains on the hard drive!  
Don't take chances with sensitive information.

Trust Centra Cam's data destruction services to confidentially destroy hard drives and shred paperwork.

[www.camrosedatadestruction.ca](http://www.camrosedatadestruction.ca) | [datadestruction@ccsell.ca](mailto:datadestruction@ccsell.ca)

## Get More Traffic, Leads & Sales



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

**Frontline**  
web consulting

780.760.6922  
[frontlineconsulting.ca](http://frontlineconsulting.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](http://www.coffee-news.ca/editions)

**yes tv**

**FREE LIVE STREAMING COMING THIS FALL**

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