

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

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

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

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

Transform lives, one wish at a time.

Make-A-Wish
 Visit makeawish.ca

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

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

Edward Jones

At Edward Jones, we do money differently.

- Planning for Retirement
- Wealth Strategies
- Business Owner Strategies

Garet Wood
 Financial Advisor
 780-679-2220

Let's talk

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

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 Mental Health Foundation

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

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

The World's #1 Restaurant Publication!

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

HIP OR KNEE REPLACEMENT?

THE DISABILITY TAX CREDIT ALLOWS FOR A

\$2,500 YEARLY TAX CREDIT
\$30,000 LUMP SUM REFUND

85% SUCCESS RATE!

Restrictions in Walking or Dressing may qualify.

FOR EXPERT HELP:
1-844-453-5372

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!

THIS SPACE FOR RENT

OR SCAN HERE FOR MORE INFO

Call **780-220-6397**

HONE

93.1 FM

LEDUC'S BEST COUNTRY

yes tv

FREE LIVE STREAMING COMING THIS FALL

visit yestv.com for details

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!

Proudly Serving Western Canada

Drainage Is Our Business

Weeping Tile Direct

780.371.9528
weepingtiledirect.com

We manufacture 100', 164', 250', and 3800' Maxi coils

Vol. 21 No. 9 February 26, 2024

Everybody's Talking

Long live the goldfish: Many folks, or someone they know, have owned a pet goldfish. But one special goldfish, named Tish, stands out from the rest because he lived to be 43 years old. While goldfish can live for a decade or two, Tish was the oldest goldfish ever recorded in captivity, although others may have lived longer. In 1956, Gordon Hand and Hilda, his mother, won Tish at a town fair in Doncaster, South Yorkshire, England. After Gordon grew up and moved away, Hilda took care of Tish, never overfeeding him. As he aged, his colour changed from bright orange to silver. Finally, after a long, peaceful life, Tish passed away in 1999.

Bitter taste: Bitter taste: We may laugh at the stereotyped idea of shoes getting chewed to smithereens by someone's pet pooch, but gnawing on things like shoes and boots can be unhealthy for dogs. With that in mind, Brizza, a Brazilian company that makes flip-flops, teamed up with some partners to develop what they are calling the Inedible Flip-Flop. One of the partners was a pet food company, with lots of experience in knowing what dogs will and won't eat. The newly developed flip-flops include an ingredient called denatonium benzoate, which makes the footwear taste extremely bitter, yet is safe and not harmful to pets.

Beautiful berry: After much trial and error over many years, a Japanese farmer named Mikio Okuda developed an amazing strawberry called Bijin-Hime. Nicknamed "Beautiful Princess," this berry is one of a kind. It is quite large and sports a perfect strawberry shape and red colour. In other strawberry varieties, the larger fruits tend to be less sweet and flavourful. Not so with the rose-scented Beautiful Princess. The farmer takes his strawberry-growing business seriously, ensuring that conditions are right for a perfect crop. These berries go for big bucks. One can sell for as much as \$500 USD, so this variety may be out of reach for mere mortals!

Hot dog aficionado: A hungry eater named Joey Chestnut can pack in a lot of food. Specifically, he demolished 62 hot dogs, along with their buns, at the well-known event called Nathan's Famous Hot Dog Eating Contest on Coney Island in Brooklyn, New York (U.S.). He did it in a mere 10 minutes. The contest has been held on July 4 for about 50 years, and this was Chestnut's 16th win. While proud of his performance, the big eater won in 2021 by downing 76 hot dogs. And in six other competitions, he consumed more than 70 of the beloved fast food. Obviously Chestnut is a huge fan of hot dogs!

Quoteable Quotes

"Don't go through life. Grow through life." —Eric Butterworth
 "Although the world is full of suffering, it is also full of the overcoming of it." —Helen Keller

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

Ongoing - City Hall Skating Free skating daily at City Hall rink starting at 5am until 11pm. Change room and skate rental availability differs so check edmonton.ca before heading out

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

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. Coronal mass ejections occur from the Sun, Mercury, or Jupiter?
2. C.S. Lewis or A.A. Milne wrote The Chronicles of Narnia?
3. Albion was an ancient name for France, Canada, or Great Britain?
4. The rival gangs in West Side Story are the Jets and Sharks—T/F?
5. A ballyhoo, carnyx, or warhammer is an ancient Celtic horn?

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

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



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

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

Alberta's Best

SENIORS' INTERNET PLAN

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



FREE HOME PHONE!

SIGN UP TODAY!

NORTHERN LIGHTS FIBER
NORTHERNLIGHTSFIBER.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

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?



Call for an appointment

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

New exhibit Opening March 16 at 1 p.m.

Thistle Hill Petting Zoo
10 a.m. - 12 p.m.

WEBSITES From \$129/Month

(780) 760-6922

FRONTLINECONSULTING.CA

Your Weekly Horoscope

ARIES (March 20 - April 19)



What have you learned from your journey? How does it connect to what you value? This week may offer an opportunity to communicate this to others on a similar path. Lucky numbers: 5, 23, 25, 26, 37, 33.

TAURUS (April 20 - May 20)



Sudden or unexpected opportunities may appear this week. Use your grounded Taurus nature to help sort through them. The best one should align with your values. Lucky numbers: 16, 30, 36, 41, 42, 46.

GEMINI (May 21 - June 20)



Gemini often have a quick and sharp mind which can sometimes frustrate people who don't. You may have an opportunity to connect to others and communicate your ideas. Lucky numbers: 2, 8, 11, 16, 18, 46.

CANCER (June 21 - July 21)



What is your most heart-felt wish? This week may be a good time for a deep dive to explore that desire and how you might be able to manifest it. Don't let fear stop you. Lucky numbers: 9, 11, 13, 24, 27, 41.

LEO (July 22 - Aug. 22)



This week you may find yourself out of sync when communicating with others. Can you adjust your view of the situation, to communicate more effectively toward a solution? Lucky numbers: 7, 12, 14, 28, 37, 46.

VIRGO (Aug. 23 - Sept. 22)



You may feel out of sorts and not your usual grounded self right now. While this might soon pass, consider expanding your comfort zone about the nature of reality. Lucky numbers: 4, 14, 27, 30, 37, 43.

LIBRA (Sept. 23 - Oct. 22)



Can you manage to take a few days off at the beginning of this week? Focus on some much needed relaxation and self-care. Your mind and body will thank you. Lucky numbers: 6, 14, 24, 25, 27, 36.

SCORPIO (Oct. 23 - Nov. 21)



Things may get very intense for you during the middle of the week. Take a deep breath and a step back. Maybe temporarily retreat from a person or situation, if necessary. Lucky numbers: 10, 14, 19, 21, 32, 43.

SAGITTARIUS (Nov. 22 - Dec. 20)



You may be encouraged, at the end of the week, to reexamine your beliefs. Do you need to make any changes to your endeavors, to be in line with your beliefs? Lucky numbers: 8, 10, 36, 41, 42, 48.

CAPRICORN (Dec. 21 - Jan. 19)



The Capricorn view of the world is often driven by hard facts and figures. This week you may be able to expand your world view by seeking out intuitive insights. Lucky numbers: 16, 19, 21, 27, 38, 46.

AQUARIUS (Jan. 20 - Feb. 18)



At week's end, you may be in a verbal power struggle with others. By making a conscious effort, you might find an opportunity to forge a reasonable compromise. Lucky numbers: 1, 7, 13, 18, 41, 47.

PISCES (Feb. 19 - March 19)



Pisces sometimes have difficulty translating their intuitive insights to others. However, this week you may find this process easier. If so, take advantage of it while you can. Lucky numbers: 3, 19, 21, 24, 25, 46.

Lucky numbers this week: This week's odds favour Taurus winners with the luckiest number being 30.

Did You Know...

Greenland trivia: Greenland, the world's largest island, is part of the North American continent. But politically, it is an independent territory of Denmark. Nuuk (Godthaab), its capital, is on the southwest coast.

Perfumed plants: Gardeners with shaded yards might want to try growing lily-of-the-valley. This ground cover does well in shade and slowly spreads. They have a pleasant, fragrant scent, but are toxic in large quantities.

Famous writer: In addition to *Breakfast at Tiffany's*, American Truman Capote (1924-1984) also wrote *In Cold Blood*. The book helped pioneer the true crime genre, as well as using fiction techniques in nonfiction stories.

Strange monkey: A monkey that lives in South America's Amazon basin is the bald uakari. They have reddish-brown, shaggy coats, but no hair on their bright red faces, looking almost as though they are wearing masks.

Time to prime: Planning to paint a room in your house? Experts recommend applying a coat of primer before applying the colour. Along with covering minor imperfections, primer helps the paint adhere to the wall.

On the Lighter Side

Knock! Knock! *Who's there?* August. *August who?* August of wind almost blew me away!

Did you hear about the founder of the flea circus? He started it from scratch.

Towels can't tell jokes. They have a dry sense of humour.

Two plants decided to grow next to each other. After all, they were buds.

Billy: "What does your mother do for a headache?"

Silly: "She sends me outside to play."

Answers

4. True 5. Carnyx
Trivia answers: 1. Sun 2. C.S. Lewis 3. Great Britain

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

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



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

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.
PM230469 EN, EX, USA | In Only © 2023 Inogen, Inc.
3030 Cowan Drive, Colton, 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.



PURIFIED BOTTLED WATER

CONVENIENCE STORE AND GRAB & GO SNACKS

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

ASK ABOUT OUR COFFEE PROMOTION!

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

Karunia Counselling & Psychological Services
PROFESSIONAL & CLIENT-CENTRED CARE



587-274-3939
office@karunia.ca

You are welcome here

SHOP ONLINE!

www.scubagearcanada.ca

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

SNORKELLING AND SCUBA DIVING LESSONS



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

Scuba Diving & Snorkelling
11781-156 St., Edmonton

780.483.0044



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

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



CALL STEVE AT 780.608.8256
countryboyprojects22@gmail.com

GENERAL YARD & PROPERTY MAINTENANCE



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!