

**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!

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

**Coffee News**®

"News To Be Enjoyed Over Coffee"

**Fort McMurray Edition**  
**877-553-6397**



www.coffee-news.ca Est. 1988

**WOMENS WORKWEAR**

**NOW OPEN!**

8130 Fraser Ave, Fort McMurray AB



Call today and receive a **FREE SHOWER PACKAGE PLUS \$1600 OFF**

**SAFE STEP WALK-IN TUB**  
**1-855-977-9805**

With purchase of a new Safe Step Walk-In-Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase. CSLB 1082165 NSCB 0082999 0083445

LOCALLY OWNED

**PREMIUM MEATS**

Proud SUPPLIERS OF ALBERTA BEEF

✓ Monthly Specials  
✓ Retail and Wholesale Pricing

**OPEN DAILY**

205-8706 Franklin Ave. 780-750-9622  
101-122 Millennium Dr. 780-748-1497

www.premium-meats.ca



A Great Adventure awaits you...

**Hunt Hog Wild!**

Book a Wild Boar Guided Hunt for Spring

✓ Bunkhouse Accommodates up to 8  
✓ Camping on site ✓ Year round availability  
✓ Company Retreats for Staff or Clients

Going strong for 30+ years!

**Hog Wild Specialties**

Avoid disappointment! Call Earl today:  
**1.888.668.9453**  
www.hogwild.ab.ca @hogwildspecialties

**GIFT CERTIFICATES**

European Wild Boar Products



**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

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



**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



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

Transform lives, one wish at a time.

**Make-A-Wish**

Visit makeawish.ca



Vol. 21 No. 10 March 4, 2024

**Everybody's Talking**

**Windy ride:** For a bike ride, most people choose a calm day with not much wind to slow them down. However, anyone who likes windy rides might enjoy participating in the Dutch Headwind Time Trial Championship. Participants all ride the same type of bike: upright and with only one speed. They ride an 8.5-kilometre (5.3-mi.) course located on the Oosterscheldekering storm barrier near the southwest city of Vrouwenpolder, Netherlands. The race originated in 2013 and is only held during storms when winds are expected to reach up to 120 km/h (74 mph). Only 300 participants are allowed, and the winner is the rider who completes the course with the fastest time.

**Running away:** Lots of young kids hate doing their homework, but most would choose to do their school work over being sent to an orphanage. Not so for a school boy in Chongqing, China. He was so angry at his mother for pestering him to do his homework that he went to a local police station to complain. He told the police that he wanted to go to an orphanage instead of living at home. The officers helped him calm down, got his address, and contacted the parents. With the father on the way, the officers had a little chat with the boy to convince him that returning home was a better choice.

**Perfectly round:** In the U.S. state of Florida is a lake so round that pilots gave it the nickname "Silver Dollar Lake." Officially called Kingsley Lake, it is located in the northeastern part of the state. The flocks of people who visit the lake on the ground may not be able to see its round shape, which is obvious from the air. The perfectly round shape is not artificial, but was formed by an ancient, spring-fed sinkhole. Ringing the lake are houses and cottages, all the way around the 2-mile (3.2-km) wide lake, which is 90 feet (27.4 m) deep at its centre. The homes have docks for swimming and boating

**Fruit artist:** Someone looking at the flowers sculpted by Vietnamese artist Nguyen Thi Thu could be forgiven for not realizing that the blooms emerge from papaya fruits. She has been practicing this traditional art for many years, with a 15-year break when she moved to another country where green papaya was not readily available. Glad to be back in Hanoi, she picked up the art again. This time, along with sculpting primroses, lotuses, and water lilies, she challenged herself to create many different types of chrysanthemums, which is a complicated process. The artist shows her work at public events, and she also teaches classes to show others the delicate art of sculpting papaya

**Quoteable Quotes**

"At some point, you've got to let go, and sit still, and allow contentment to come to you."  
—Elizabeth Gilbert

"What wisdom can you find that is greater than kindness?"  
—Jean-Jacques Rousseau

**What's Happening**

**Ongoing - Seniors Walk in Anzac** Every Tuesday Thursday from 11:00am-1:00pm Seniors can walk the track at no charge with complimentary coffee tea service! 237 Stony Mountain Rd, Anzac AB T0P1J0. Call 780-334-2424 for more info

**Ongoing - Tuesdays Women's Wellness** Slave Lake and Area Womens Wellness workshop. St. Peters Ecumenical Church, Slave Lake. Free and includes child care. Registration is required. For topic and to register, text Rebecca at 780-240-6245

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**

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!

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

...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. Annulery, glove, or wedded is the medical term for the ring finger?
2. Cut, clarity, colour, and carat (the 4 Cs) refer to what stone?
3. The scientific name for a bird's wishbone is furcula, tibia, or aloha?
4. The spots on dice are called what?
5. Herpetophobia is the fear of foot pain, freckles, or reptiles?

(Flip bottom of page for answers)

Are you a business owner/office manager? Have 3-20 employees in your office? Paying too much for your current phone system?

**We can save you up to 50% off your current phone rates!**

How? We offer:  
✓ VOIP Solutions at a fraction of the traditional carrier cost  
✓ Long distance rates that outcompete the competition

**587.760.2800**  
<https://zettatelecom.com>

DEDICATED TO FINDING OUR CLIENTS THE BEST SOLUTIONS WITHIN THEIR BUDGETS




**THIS SPACE FOR RENT**

OR SCAN HERE FOR MORE INFO



**Call 780-220-6397**

**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

**Get More Traffic, Leads & Sales**



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

**Frontline** 780.760.6922  
frontlineconsulting.ca

**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

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**




**SUPPORT YOUR SPORT**

**ALBERTA SNOWMOBILE**  
EST. 1971

**ONLY \$90!** ...and get access to over 6,500 km of groomed trails!






# Your Weekly Horoscope

## ARIES

(March 20 - April 19)



For the next several weeks, be careful of impulsive speech or actions. You may find that you are easily angered, so take a deep breath and retreat if needed. Lucky numbers: 12, 14, 19, 22, 37, 41.

## TAURUS

(April 20 - May 20)



The universe may continue to present you with many opportunities, a rare and unusual situation. Perhaps consider one that will expand you beyond your comfort zone. Lucky numbers: 4, 7, 8, 11, 18, 24.

## GEMINI

(May 21 - June 20)



For the next few weeks, be extra cautious in your communications. Your quick mind and wit could put you in danger of saying something you might regret. Lucky numbers: 3, 13, 14, 20, 42, 45.

## CANCER

(June 21 - July 21)



The Cancer-born can tend to lead with their feelings. At the beginning of the week, you may be challenged to approach a situation with a more balanced heart and mind. Lucky numbers: 17, 18, 24, 35, 37, 39.

## LEO

(July 22 - Aug. 22)



Midweek, your thoughts and feelings may be out of sync for a few days. If you feel like you're at a stalemate, move beyond your own desires and help someone else. Lucky numbers: 10, 21, 37, 31, 33, 38.

## VIRGO

(Aug. 23 - Sept. 22)



You may have an opportunity at the end of the week to expand your comfort zone and tap more into your intuition. This might feel awkward and could require practice. Lucky numbers: 6, 12, 14, 20, 41, 43.

## LIBRA

(Sept. 23 - Oct. 22)



For the next several weeks, you may be seeing people "put their foot in their mouth." Therefore, leaning into your natural diplomatic nature might be even more important. Lucky numbers: 5, 14, 18, 27, 29, 32.

## SCORPIO

(Oct. 23 - Nov. 21)



Have you been reluctant to take off your safe mask and authentically face the world? Doing so is never easy, but this week might prove to be better than most. Lucky numbers: 7, 13, 17, 19, 27, 34.

## SAGITTARIUS

(Nov. 22 - Dec. 20)



Your natural optimism and enthusiasm may get a boost for the next several weeks. If new opportunities come up, carefully examine them and look before you leap. Lucky numbers: 9, 11, 21, 22, 31, 32.

## CAPRICORN

(Dec. 21 - Jan. 19)



Early in the week may be a good time to connect with those whose cooperation and assistance you need. Your serious demeanour and strong work ethic may be highlighted. Lucky numbers: 1, 3, 17, 37, 40, 48.

## AQUARIUS

(Jan. 20 - Feb. 18)



Things may be very busy for you this week. Consider prioritizing what serves your highest values, rather than someone else's agenda. This may be scary to do. Lucky numbers: 2, 12, 17, 18, 22, 38.

## PISCES

(Feb. 19 - March 19)



This may be a good time to evaluate your current endeavours. Are some less important now? Consider completing your critical projects and letting go of the rest. Lucky numbers: 11, 24, 27, 33, 36, 48.

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

## Did You Know...

**Islands in the sea:** The island nation of the Maldives, in the north-central part of the Indian Ocean, includes approximately 1,200 islands. About 200 of the sandbanks and coral islands are inhabited.

**Saving energy:** Similar to hibernation, an animal going into a dormant state because the environment is too hot or dry is called aestivation. The aestivating animal stops eating and does not move around.

**Small but mighty:** A tiny insect called the oribatid mite can lift over 1,000 times its own body weight. Also called the armoured or beetle mite, is only about the size of a grain of sand or two human hairs placed side by side.

**Popular condiment:** In Mexico, a condiment called chamoy is very popular. This hot, sweet, tangy sauce contains dried chilies, lime juice, and some kind of fruit, such as mango, apricot, or plum.

**Talented man:** Brian May, who became famous as a member of the British rock band Queen, is regarded as one of the best guitarists around. May earned a Ph.D. in astrophysics from Imperial College London.

## On the Lighter Side

Why were the scissors smiling? Because they have their work cut out for them.

An astronomer watched the moon rotate for 24 hours. Then he got bored and called it a day.

My new diet consists of only aircraft. It's a bit plane.

Diner: "I'd like an elephant sandwich, please."  
Waiter: "I'm sorry, sir, we've just run out of bread."

Knock! Knock! Who's there? Hugo. Hugo who? Hugo first and I'll go second.

## Answers

**Trivia answers:** 1. Annular 2. Diamond 3. Furtula 4. Pips 5. Reptiles

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

Home | Auto | Business | Farm

## We're in your community

780.790.1578

604 Signal Rd, Fort McMurray  
BrokerLink.ca

BrokerLink Insurance

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

Looking for a place to rent?  
Looking for someone to manage your property?



Call us today!  
780.598.1360

RESIDENTIAL REMEDIES INC.  
O/A 3% Realty Fort McMurray

It's not just a generator. It's a power move.

Receive a free 7-year warranty with qualifying purchase\* - valued at \$945.

Call 888-688-0973 to schedule your free quote!

\*Terms and Conditions apply.

GENERAC



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



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](http://www.smallmiraclesadoption.com)

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.

85% SUCCESS RATE!

FOR EXPERT HELP:

1-844-453-5372



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

Ray's Coins and Stamps

THE CHOICE OF DISCERNING COLLECTORS

BUY and SELL

Coins

Graded coins and collectable coins from the Royal Canadian Mint and a few other mints

Tim Hortons Hockey Cards

...available to finish your set. Text 780.2619.2929 with your list!

Paper Money  
Graded Canadian currency

Cell: 780-619-2928

rgrikinis@yahoo.com | [www.rayscoinsandstamps.com](http://www.rayscoinsandstamps.com)

Check our showcase # letter "I" at Old Strathcona Antique Market, 10323-78 Ave.

yes tv

FREE LIVE STREAMING COMING THIS FALL

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

For all your real estate needs!

INTEGRITY • HARD WORK • PROFESSIONALISM

3% REALTY FORT McMurray

Kathy Bowers  
BROKER/OWNER  
780.881.1649  
kathybowers@gmail.com

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

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.  
PM2 20469 EN, EX, USA | In Only © 2023 Inogen, Inc.  
303 Corner Drive, Golden, CO 80431  
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?

- You don't have an up to date will
- You don't understand the difference between a trust and a will
- The CRA selects you for an audit
- You need a letter written on your behalf by a lawyer
- You receive a speeding ticket
- 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

Warmest, driest socks...Ever

On an adventure. At the worksite. On the farm.

OCANADA BISON WOOL CORP

[ocanadabison.ca](http://ocanadabison.ca)

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, North Horizon, South Country, Westview

We have a better future in mind™