

Bring your best. We'll give you ours.

Hiring Class 1 Logistics Drivers and Class 1 Driver/Operators in Fracturing, Cement, Coiled Tubing and Nitrogen.

Flexible schedules, immediate benefits, RRSP matching.




TRICAN | tricanwellservice.com

FUELLED BY GROWTH - DRIVEN BY OPPORTUNITY

FREE! **Coffee News**®

"News To Be Enjoyed Over Coffee!"

Sylvan Lake, Gasoline Alley, Springbrook and Penhold Edition

403.346.4141

e-mail: coffee.newsguy@hotmail.com
 online version at: coffeeonline.com/canada/centralalberta

Vol. 30 No. 3:16 April 15, 2024



PLANNING TO COMPLETION

SET INC.

We help with all aspects of construction projects on private and/or public land, ensuring smooth progress and client satisfaction

For a complete list of services we offer, visit www.site-eng.ca

Call or text Don: 403.597.1024

Site Engineering Technology Inc (SET Inc.)



Advocating growth and prosperity in Lacombe and district.

Lacombe and District Chamber of Commerce

Join us!

lacombechamber.ca




Everybody's Talking

Weird calls: Most people call emergency services for very legitimate reasons. The Welsh Ambulance Service decided to publicize some of the weirder, less legitimate reasons that folks call the 999 emergency number. Authorities want to spread the message that inappropriate calls may result in a delay in helping others with genuine emergencies. Some examples of silly calls include one caller who had eaten too much kebab and had an upset stomach. Another call for help was because they had gotten their ring stuck on their finger. Additionally, there was a fellow who got his hand stuck in his mailbox and a woman who had lost her dentures and wondered if she might have swallowed them.

Lots of Lego: Every kid loves Lego, right? Miloš Kreček, who lives in the Czech Republic, is a verified holder of a Guinness World Record because he owns nearly 7,000 different Lego sets. The man got his first set when he was 5 years old and has been collecting them ever since. You can imagine that that many Lego sets would take up most of your home, which is why Kreček established his first Museum of Bricks in Prague. He followed that by opening more branches in his homeland; currently, the museum has sites in five cities. The collector says he purchased about 90% of the sets, and the rest were gifts.

Long overdue: Hearing about library books being returned decades after their due date is not uncommon. At a library branch in Laurel, Maryland, a CD reappeared after 35 years; its original check-out date was in January 1989. The CD was British band Pink Floyd's 1975 album "Wish You Were Here." It was recently returned in excellent condition; the only sign of aging was that the CD booklet had yellowed. The library's tracking system had somehow missed cataloging the item as missing, and the facility has not stocked CDs for five years because most people no longer have players for them. So this "late return" won't be going back on the shelf.

Bird whisperer: A scientist in Tokyo went the extra mile to study the language and behavior of tit birds. For an entire year, the scientist would head into the Nagano Prefecture's woodlands wearing a bird mask over his head. His intention was to trick the creatures into letting him get closer. Bird behaviour specialists and ornithologists believe that some birds are so smart they can recognize human faces and can make warning cries to their fellow feathered friends. To his disappointment, the birds did eventually detect the scientist and started sounding the alarm.

velec E-Bikes have arrived!

AS LOW AS **\$1,999⁹⁹**

BATTERY BOSS .ca **403.343.3399**

#5, 7803-50 AVE., RED DEER

3-YR ANTI-THEFT INSURANCE INCL.



QUALITY AND AFFORDABILITY SINCE 2001

QUEST Signs & Decals Inc.

403.346.1011

office@questsigns.ca | www.questsigns.ca
 #6, 7476-49 Avenue, Red Deer

- Exterior Signage
- Channel Letters (Lit & Unlit)
- Custom Shapes
- Vehicle Graphics
- Custom Pylon Signs
- Retro-fit to LED AND MORE!

JV ROOFING & Exteriors

INSURANCE CLAIMS WELCOME!

ROOFING ♦ SIDING ♦ FRAMING ♦ DRYWALL ♦ MORE

CALL US FOR YOUR FREE, NO OBLIGATION QUOTE:
587.378.7663 • www.JVRoofingSiding.com



Award-Winning Service You Can Trust

Royal Glass

WINNER SMALL BUSINESS OF THE YEAR

- Windshields ♦ Mirrors
- Window Tinting ♦ Shower Doors
- Residential Windows
- Commercial Storefronts

MON-FRI 8-5

403.887.0190 Bay # 1, #2 Erickson Crescent



Looking for a personalized and **EFFECTIVE ONLINE PRESENCE** for your business?

We tailor each website and online store to reflect your unique customer base and brand identity. Wide range of options for diverse industries and budgets.

COSTAIN CORP 403.597.3372 | www.costaincorp.ca

WE ARE LOCAL



Trophy Loft

FLEXFIT

Blank Hats \$18⁹⁵ EMBROIDERY ADDITIONAL REGULAR \$22.95 + GST

BEST PRICE IN 5 YEARS!

403.347.5030 | trophyloft.com



Quoteable Quotes

"As for the future, your task is not to foresee it, but to enable it."
 ~ Antoine de Saint-Exupéry

"The influence of a beautiful, helpful, hopeful character is contagious, and may revolutionize a whole town."
 ~ Eleanor H. Porter

Behaviours in Dementia Toolkit

Practical & Evidence Informed

powered by: **CCSMH** Canadian Coalition for Seniors' Mental Health

Visit our **free** online library of 230+ resources about dementia-related changes in mood & behaviour today!

www.BehavioursInDementia.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




This Space Is Available

Book NOW to ensure a spot in upcoming issues

Call Matt now at **403.346.4141**



What's Happening

Non profit organizations and charities – promote your upcoming event here free of charge! Complete our event submission page at www.centralalbertacoffeenews.com. Please provide three to four weeks' notice.

Count Yourself In! The Town of Sylvan Lake is conducting a **Municipal Census** starting April 15 and we need YOU to participate! Visit us online to learn more about how to submit your census! Door knockers will be delivered to your home with more information!

Sylvan Lake Municipal Library has new board games hitting its shelves soon! Place a hold through the library's online catalogue, or stop by and see what else we have available. Over 100 games to choose from!

CENTRAL ALBERTA VINTAGE AUTO CLUB

53rd ANNUAL RED DEER **SWAP MEET 2024**

Westerner Park, Red Deer

Friday, May 3 | 1 - 8 p.m.
 Saturday, May 4 | 8 a.m. - 4 p.m.

600 Stalls • Free Parking
 Admission \$10 (under 12 years attend free)

Contact Don at 403.588.1565
 email cavacreddeer@gmail.com

VENDOR STALLS AVAILABLE

Car Parts • License Plates • Gas Pumps • Literature



ROCK SIGNS & Monumental

Unique Granite Boulder Headstones & Entrance Signs

Carrying a complete line of all monumental products including Memorial Plaques, Pet Monuments, Benches and more!

403.782.4883
info@rocksigns.ca
www.rocksigns.ca

FREE VASE with purchase when you bring in this ad





Where's Newman?

Identify the ad where "Newman" the Coffee News Guy is hidden for your chance to win.

ENTER TO Win A \$50 GIFT CERTIFICATE!

Actual size of the hidden graphic: 

To submit your entry today, visit the contest page at www.centralalbertacoffeenews.com



Stay young Be Active

Instant Fit. Bluetooth™ connectivity. Charge on-the-go. High-definition sound.

It's everything you're looking for in a hearing aid, that doesn't look like a hearing aid.

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

EYES + EARS OPTICAL + HEARING CO.

403.786.2020 • 3-5832 Hwy 2A, Lacombe | 403.887.5073 • #425, 3715-47 Ave., Sylvan Lake




Trivia

1. The Forbidden City is located in the capital of what country?
2. In 1975, Angola won independence from Belgium, Portugal, or Germany?
3. How many squares are usually on a bingo card?
4. Elisha G. Otis invented the escalator, passenger elevator, or home blender?
5. A coral reef is a plant – T/F?

(Flip bottom of page for answers)

© Published with permission by Costain Corp.

© Copyright 2024. No material, text or advertising may be reproduced without the express written consent of the Publisher.

Rustic, handcrafted furniture. *Beautifully built.*

CABIN-ISH
Custom Wood Works

Furniture Swings & Rockers Birdhouses & Feeders

Bay 2, 5201 49A Ave., Bentley
403.875.2382 | www.cabin-ish.com
Tues-Fri, 9 am - 5 pm | Sat, 10 am - 5 pm

All Makes & Models
FULL SERVICE
REPAIRS & ACCESSORIES

✓ TUNE-UPS
✓ EXHAUST
✓ TIRES
✓ DIESEL PERFORMANCE

A/T
TIRE & PERFORMANCE

Bay 9, 4 Erickson Cres., Sylvan Lake
403-887-8793 • www.attireperformance.com

ACREAGE FOR SALE

Well treed 2.92 acres with private ravine.
Newly renovated house and shop.
Under five minutes to Red Deer.

Visit realtor.ca | MLS #82104786

FLAGS ★ FLAGS

Provincial International Military • Novelty Flag Poles

5215-54 Avenue, Red Deer
403.340.0109 • cyrher@gmail.com
C & R ENDEAVORS LTD.

KNOWLEDGEABLE EXPERT CUSTOMER SERVICE TEAM!
One stop shopping for all your
OFFICE SUPPLIES

Prairie **OP office plus**

403.347.2286
orders@prairieop.com
www.prairieop.com
Visit our showroom!
100 - 6660 Taylor Dr., Red Deer
100% CANADIAN OWNED AND OPERATED

OVERHEARD ABOUT Coffee News...

“Great company, long standing history providing advertising to Red Deer and area.”
~ Len Stevenson, Get in the Loop

For advertising info, call Matt today at **403.346.4141**

Coffee News **CONTEST WINNER**

MICHELLE ARNOLD is our February Rural Contest Winner!

Michelle will receive 2 medium gourmet pizzas and 4 non-stop soft drinks (approx. \$70 value*) from our contest sponsor

Boston Pizza
403.887.2018
61 Beju Ind. Drive Sylvan Lake

*Not to be used in conjunction with other discounts or promotions.

Hoping this school year will be better, is not a plan.
Sylvan Learning Tutoring 2 hours per week, IS a plan.
reddeersylvanlearning.ca
K-12 Tutoring, Camps and kids' technology classes.

Sylvan Learning
403-341-6110

Your Weekly Horoscope

ARIES

(March 20 – April 19)



Have you put a plan into place yet, for the next year, to advance your values and life purpose? If not, this is the week when that train may be leaving the station. Lucky numbers: 1, 4, 5, 9, 10, 18.

TAURUS

(April 20 – May 20)



Your birth month is a good time to set goals for the next year. This year, you may want to focus on an area that expands your comfort zone into new horizons. Lucky numbers: 3, 9, 13, 27, 35, 41.

GEMINI

(May 21 – June 20)



Gemini can have difficulty bringing their ideas to fruition. How might you use the next month's energy, which could encourage you to create a more grounded reality? Lucky numbers: 5, 8, 18, 19, 28, 35.

CANCER

(June 21 – July 22)



Over the next month, you may want to create something new and unique. Such endeavours are not limited to art. Give your self time and space to nurture this impulse. Lucky numbers: 2, 9, 16, 21, 36, 40.

LEO

(July 23 – Aug. 22)



You may be tempted early in the week to toot your own horn. While this may be justified, you might be better off asking someone else to sing your praises. Lucky numbers: 4, 11, 15, 17, 30, 41.

VIRGO

(Aug. 23 – Sept. 22)



The past month may have left you feeling confused and muddled. This dynamic might continue for a few more weeks, but midweek could offer a brief respite. Lucky numbers: 7, 12, 22, 25, 31, 38.

Lucky numbers this week: This week's odds favour Cancer winners, with the luckiest number being 9.

LIBRA

(Sept. 23 – Oct. 22)



Your natural diplomacy and tact may be heightened at the end of the week. For a few days, this could provide you an opportunity to make headway on a relationship issue. Lucky numbers: 8, 13, 16, 27, 42, 45.

SCORPIO

(Oct. 23 – Nov. 21)



Now is about six months after your birthday. Did you put a new plan into place at that time? How well is it going and what might you need to adjust? Lucky numbers: 6, 11, 14, 22, 38, 46.

SAGITTARIUS

(Nov. 22 – Dec. 21)



You may feel stressed and lacking confidence in yourself at midweek. What behavioural change might you implement to mitigate this dynamic? Look inward and ask. Lucky numbers: 9, 17, 18, 19, 41, 42.

CAPRICORN

(Dec. 22 – Jan. 19)



Do you define success as recognition and material resources? Midweek may offer a chance to focus your ambition on something with a higher purpose. Lucky numbers: 15, 18, 29, 42, 43, 48.

AQUARIUS

(Jan. 20 – Feb. 18)



You may run into challenges at week's end. Stop and ask if they reflect some underlying fear that you have. If so, tackle that fear to help resolve the situation. Lucky numbers: 10, 11, 13, 22, 27, 31

PISCES

(Feb. 19 – March 20)



If you actively seek it, you may find an opportunity this week to shine. Communicate to others what you are looking to accomplish and ask their help for your goal. Lucky numbers: 5, 11, 18, 30, 40, 41.

Did You Know...

Cool sleep: How about sleeping in a hotel made completely of ice? Hôtel de Glace in Québec City, Québec, is the place to go. From January to March, it welcomes overnight guests who may enjoy its Grand Hall, chapel, ice slide, and Ice Bar.

Egg phobia: Alfred Hitchcock, famous for his scary movies, was himself frightened of a common item: eggs! He was quoted as saying he was “worse than frightened” of them, calling the yolk’s yellow liquid “revolting.”

Good soup: Mexicans love to enjoy a big bowl of pozole. The main ingredient of this soup-like dish is hominy, large dried corn kernels. Other ingredients might be meat, seafood, herbs, lettuce, onion, avocados, lemon, and more.

Nice gesture: U.S. musician Billy Joel reserves the front row tickets to his shows. Before the show begins, his staff finds avid fans who could only afford back row seats. Some fans, to their amazement, get moved to the front row.

Less lean: In December 2001, the Leaning Tower of Pisa in Italy reopened after experts spent over 10 years working to ensure it was safe for the public. At the time, the “lean” on the tower was considered dangerous.

On the Lighter Side

Ernie: “My uncle can play the piano by ear.”

Bernie: “That’s nothing. My uncle can fiddle with his whiskers.”

Knock! Knock! Who’s there? Doughnut. Doughnut who?

Doughnut open this until your birthday.

How did the magician cut the sea in half? He had a sea saw.

What happened to the duck who flew upside down? He quacked up.

Answers

Trivia answers: 1. China 2. Portugal 3. 25 4. Elevator 5. False

© Published with permission by Costain Corp.
For available franchise opportunities, visit www.coffeenewsCanada.com

Local Charity, International Impact

Get involved with a charity that uses each dollar with integrity.

Helping rescue children in need in Africa.



For more information, scan the QR code or call 403.314.1214.

Meant 4 More is a book by Red Deer author, Brian Thomson about how he started the charity, Home of Hope. Cost: \$25.

homeofhope.ca/meant4more/

Leverage the power of social media to **AMPLIFY YOUR BRAND ONLINE**



COSTAIN CORP
403.597.3372 | www.costaincorp.ca

We harness Instagram, Facebook, LinkedIn, Twitter (X), and TikTok as strategic tools to spotlight your brand's unique identity. Wide range of options for diverse industries and budgets.

LOCAL SUPPORT

OPENING SPRING 2024

Kids' Playground

Drop'n'Hop PLAY CAFE

Drop-In Childcare • Interactive Sensory Play Sand Table
2 Multisport Simulators • Indoor Playground Structure
dropnhop.ca | 2120, 29 Beju Ind. Dr., Sylvan

Experience our Difference

RED DEER MOTORS

6720 Johnstone Drive / Red Deer
403.347.7777 | www.reddeermotors.com

Work like a bear

BEARCO MACHINERY

Conveniently located in Bowden, see us for all your acreage, farm and construction machinery needs.

403.507.0191 | bearmachinery.ca

Individual Office Spaces For Rent

Various sizes to choose from. Includes Internet, reception greeting your clients. Ideal for consultants/professionals. Non-retail.

Access to a la carte amenities. 1 year lease. Shorter terms available as well as Virtual Office Space offered. Furnishings available on request. Also available for hourly, half-rated day or full day.

Offices start at \$300

LEGACY BUSINESS CENTRE

VIEWING BY APPOINTMENT ONLY

For more info, please call 403.341.4702 Ext. #1106

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.

Christmas • New Year's
Weddings • Valentine's
Grad • ...and more!

Make Your Special Occasion Unforgettable with

ARROW LIMOUSINE
SEDAN AND PARTY BUS LTD.
Call 403-346-0034 to reserve