

Learn From the Best!

Explore the possibilities of DIY soap making, lotion making, and bath product creation

wixy
the Soap

Our classes are fully hands-on and also available online!

Sherwood Park
587.785.8878
shop@wixysoap.com | www.wixysoap.com

PRIVATE CLASSES AVAILABLE

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

DELIVERY PERSON NEEDED

...to deliver **Coffee News®!**

- Deliver CN to restaurants and other locations
- Part-time position

Interested?
Please email your résumé to info@coffee-news.ca

THIS SPACE FOR RENT

Call 780-220-6397

OR SCAN HERE FOR MORE INFO

Not sure what your marketing needs are?

Transform your business today with our **Elite Pro Marketing Package!**

Get a whole digital marketing team of specialists on your side.

Contact us for a **FREE consultation today!**

Frontline
web consulting
(780) 760-6922
FRONTLINECONSULTING.CA

SCAN ME

Covering the Peace Country and beyond... for 45+ years

Sterling Upholstery .ca

AND MORE!

- Oilfield
- Marine
- Restaurant
- Trucking
- Residential

780.539.0444

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

Management Software
ensuring world class professional management

Made in Canada with Canadian companies in mind

NOT a subscription!
NO monthly user fee!

- ✓ No surprises
- ✓ Web-based, installed on your own local server or with your cloud-based server
- ✓ Completely customizable and adaptable to your company needs

ZAZRA

Book a demo at zazra.ca or call 780.702.9900

FREE! **New Issue Every Week!**

Coffee News®

"News To Be Enjoyed Over Coffee"

Fort McMurray Edition
877-553-6397

www.coffee-news.ca

Vol. 21 No. 43 October 21, 2024

Everybody's Talking

Bird blockade: Trains traveling between the English centres of Brighton and London were delayed for at least 90 minutes for an unusual reason: a baby herring gull on the tracks needed to be removed. Officials turned off the power to the track during the removal process. Herring gulls are a common sight in the seaside town of Brighton, but they are on the red list compiled by the Birds of Conservation Concern, due to their declining population numbers. The incident initially led many to believe the reason for the train delays was a joke. The delayed passengers, though inconvenienced, were relieved to learn that the young bird was safely rescued and was unharmed.

Madonna superfan: Tara Berry, a dedicated Madonna fan, holds the Guinness World Record for the most tattoos of the same musician on the body, proudly displaying 18 portraits of the iconic singer. Her tattoo journey began in 2016 when Madonna sought out fans with tattoos of her image for a video. Inspired, Berry started with two tattoos, and then her collection rapidly expanded. She was motivated to surpass Nikki Paterson's record of 15 Eminem tattoos, leading her to invest nearly \$10,000 (USD) and 110 hours over six months. Despite her mother's shock, Berry's friends admired the artistic tribute. Her tattoos capture Madonna's memorable moments from the singer's worldwide career.

Alpaca escape: A herd of alpacas executed a daring escape plan, causing havoc on a highway near Cambridge, England. The animals had broken free from a local farm and were obstructing traffic on the busy road. Although police were called to the scene, by the time they arrived, the alpacas had been safely corralled back into their fenced field by the farmer. Motorists captured footage that showed the curious alpacas gazing at drivers, seemingly intrigued by the commotion they were unaware that they had caused. Meanwhile, some of the animals were happily munching on grass by the roadside, which added a touch of charm to the unexpected traffic jam.

Lucky lady: If you believe that good luck comes in pairs, then Christine Wilson is proof of that theory. The woman from Attleborough, Massachusetts (U.S.), won the lottery twice. The first time, she won \$1 million (USD) and she used some of her windfall to buy a car. Then, 10 weeks later, the lucky lady won another cool million dollars. In both cases, she had opted to receive her winnings as one-time payouts. Wilson earned her first lottery win by buying a \$50 ticket, and then she bought a \$10 instant ticket, which brought her the second big win. She said she plans to put her second windfall into savings.

Quoteable Quotes

"A lily or a rose never pretends, and its beauty is that it is what it is."
—Jiddu Krishnamurti

"Look closely. The beautiful may be small."
—Immanuel Kant

What's Happening

Nov 29 to Dec 1 - Syncrude Food Drive The 32nd annual Syncrude Food Drive will run 10am to 7pm at all grocery stores in Fort McMurray. Volunteers and trucks will be collecting food donations, with all donations going to the Wood Buffalo Food Bank. For more info: comm@woodbuffalofoodbank.com

Oct 25 to 26 - Weaver Park After Dark A haunted experience for the brave! Fundraising for Cenovus Energy Hub. Fri, Oct 25 from 5 to 10 p.m. Sat, Oct 26 from 7 to 11 p.m. Weaver Heritage Park, 4515 44 Street, Lloydminster,

Tickets: \$15. www.Lloydminster.ca **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

Enter one of three ways:
1. Scan the QR code
2. Visit www.coffee-news.ca
3. Mail your entry*

*Mail your entry 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. What kind of food is gazpacho?
2. If a carnivore eats meat, what is a frugivore?
3. This is the easternmost city in the U.S.
4. What is a female rabbit called?
5. How many years are in an undecennial—9, 11, or 20?

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

Reach out to us for free dementia-friendly guidance, resources, and a community that understands.

Alzheimer Society
ALBERTA AND NORTHWEST TERRITORIES

Contact us today at 1-866-950-5465 or visit alzheimer.ab.ca to learn more.

Home | Auto | Business | Farm

We're in your community

780.790.1578

604 Signal Rd, Fort McMurray **BrokerLink Insurance**

BrokerLink.ca

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

Need to talk?
988 is here for you. 24/7

Suicide & Crisis Helpline
Call or text: 9-8-8

Edmonton.CMHA.ca

DIRECT WORKWEAR LTD. & WOMENS WORKWEAR

NEW SECOND LOCATION NOW OPEN!
Open 7 Days A Week

Unit 503 - 8600 Franklin Avenue, Fort McMurray, AB T9H 4G8
Located Inside of River City Centre, Just Down From Shoppers Drug Mart

BRING THIS AD IN-STORE TO GET 10% OFF YOUR REGULAR PRICED PURCHASE!

Opening Specials \$99 EACH
Offer Ends September 30, 2024

Womens Atlas FR Coveralls SKU: AT-1172RB
Mens Atlas FR Coveralls SKU: AT-1072

www.directworkwear.com www.womensworkwear.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
Passenger Website: www.coldshot.ca

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

SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005

Recipe of the month

Fall Garden Medley

4 large carrots, cut into 1-1/2-inch pieces
3 fresh beets, peeled and cut into 1-1/2-inch pieces
2 medium sweet potatoes, peeled and cut into 1-1/2-inch pieces
2 medium onions, peeled and quartered

1/2 cup water
2 teaspoons salt
1/2 teaspoon pepper
1/4 teaspoon dried thyme
1 tablespoon olive oil
Fresh parsley or dried parsley flakes, optional

Prep Time: 20 min Cook: 5 hours Yield: 8 servings

1 Place the carrots, beets, sweet potatoes, onions and water in a greased 3-qt. slow cooker. Sprinkle with salt, pepper and thyme. Drizzle with olive oil. Cover and cook on low for 5-6 hours or until tender.

2 Stir vegetables and, if desired, sprinkle with parsley.

The perfect Fall side - colourful, tasty and healthy and complements many different meat dishes.

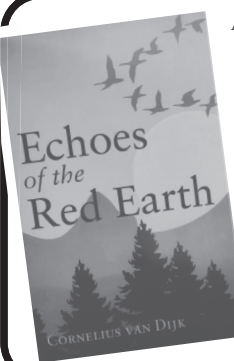

Source: <https://www.tasteofhome.com>

A Bold and Imaginative Collection of Post-Apocalyptic Tales

Echoes of the Red Earth

Written By Canadian Author Cornelius van Dijk

Available in paperback and digital copy

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



LEAKY GUT?

DO YOU SUFFER WITH ANY OF THESE...

1. Digestive issues (gas, bloating, diarrhea, irritable bowel syndrome)
2. Autoimmune disease (arthritis, lupus, psoriasis, celiac disease, ADD or ADHD)
3. Depression, anxiety, skin issues
4. Seasonal allergies or asthma
5. Chronic fatigue or fibromyalgia
6. Hormonal imbalances (PMS, PCOS)
7. Skin issues
8. Food allergies/intolerances


"Death begins in the colon" ~ Mechnikov

LEARN MORE HERE

Heal Your Gut, Improve Your Well Being!

Rebecca McCord gut health coach

250.329.8116 | www.HealthyBellyCoach.com

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



Transform lives, one wish at a time.

Make-A-Wish

Visit makeawish.ca

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



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



For all your real estate needs!

INTEGRITY • HARD WORK • PROFESSIONALISM

3% REALTY

Kathy Bowers
BROKER/OWNER
FORT MCMURRAY
780.881.1649
kathybowers@gmail.com



Coffee News® is proudly delivered by

wjs Canada


Coffee News® Part of your community.



Your Weekly Horoscope


ARIES (March 20 - April 19)

Important information may emerge from your unconscious at the end of the week. Pay attention to it because it might help you find a new solution to an old issue. Lucky numbers: 2, 4, 14, 30, 40, 45.




TAURUS (April 20 - May 20)

Surprises may abound for you as the week begins. The Taurus-born generally are not fond of change, but going with the flow right now may be in your best interests. Lucky numbers: 7, 13, 14, 21, 31, 48.




GEMINI (May 21 - June 20)

Do you feel your confidence is being shaken now? What adjustment might allow you to express your authentic self? To do so, you may need to push past your fear. Lucky numbers: 4, 6, 10, 13, 19, 23.




CANCER (June 21 - July 22)

You may feel the desire to retreat for a few days this week. If that's possible, honoring this need and decompressing from your daily routine might be helpful to you. Lucky numbers: 8, 12, 30, 38, 39, 41.




LEO (July 23 - Aug. 22)

A desire for having fun may continue this week. If possible, try to accommodate this, if you haven't done so yet. If you have, is now the time to get back to work? Lucky numbers: 1, 5, 27, 28, 39, 48.




VIRGO (Aug. 23 - Sept. 22)

This weekend may be a good time to tackle something that needs to be organized. This could be anything from a closet to thoughts that are running around in your head. Lucky numbers: 9, 15, 20, 33, 38, 45.




LIBRA (Sept. 23 - Oct. 22)

The week may offer an opportunity to unearth information from the depths of your unconscious mind. This process is intended to serve your spiritual development. Lucky numbers: 11, 15, 33, 37, 40, 48.



SCORPIO (Oct. 23 - Nov. 21)

If you set goals at the time of your birthday last year, how well did you succeed at them? This month may be a good time to establish new ones for the next year. Lucky numbers: 12, 13, 15, 17, 19, 26.




SAGITTARIUS (Nov. 22 - Dec. 21)

The eternal optimism of Sagittarius may want to ignore the hard truth of a situation in their life. Right now, though, you may be given opportunities to finally face it. Lucky numbers: 14, 16, 19, 28, 39, 45.




CAPRICORN (Dec. 22 - Jan. 19)

If you are in conflict with yourself or someone else this week, step back and take a deep breath. Ask yourself what this dynamic might be trying to tell you right now. Lucky numbers: 10, 13, 22, 23, 31, 40.




AQUARIUS (Jan. 20 - Feb. 18)

Are you experiencing a conflict with someone in a position of authority? Think carefully about whether your position is correct or the other person has a valid argument. Lucky numbers: 1, 10, 15, 22, 37, 41.



PISCES (Feb. 19 - March 20)

Organization is generally not a Pisces strong suit. At the beginning of this week, the energy supports catching up on your outstanding tasks, so take advantage of it. Lucky numbers: 3, 10, 17, 20, 35, 46.



Lucky numbers this week: This week's odds favour Taurus winners with the luckiest number being 21.

Did You Know...

Pocket watch: The small pocket inside the right side pocket of blue jeans is called a watch pocket. When Levi Strauss designed the trousers back in the late 1800s, men used pocket watches and could safely store them there.

Clay comforts: Baby pacifiers have been around for at least 3,000 years. They once were made of all sorts of materials that neither parents nor pediatricians would recommend today, such as clay, silver, and coral.

Loonie legacy: In Canada, the one-dollar coin, which replaced the paper bill in 1987, quickly gained the nickname "loonie" because it has a loon on the coin's reverse side. The image was created by wildlife artist Robert-Ralph Carmichael.

Presidential whiskey: After his tenure as U.S. president from 1789 to 1797, George Washington operated a highly lucrative whiskey distillery on his farm in Mount Vernon, Virginia. Today, staff continue to produce this historic whiskey.

Same birthday: Unless you were born on February 29, you are sharing your birthday with a lot of people around the globe: around 20 million people! If you are a Leap Year baby, then you share your special day with about 5 million people.

On the Lighter Side

One day the office computers broke down. Everyone had to think.

Doctor: "How is the patient who swallowed the coins?"
Nurse: "No change yet."

Knock! Knock! Who's there? Quiche. Quiche who? Want a hug and quiche?

What goes around the yard but stays in place? A fence.

The tree was glad when fall and winter passed. In fact, it was re-leafed.

Answers
4. Doe 5. 11
Trivia answers: 1. Soup 2. Fruit eater 3. Eastport, Maine

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

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

INOGEN® PORTABLE OXYGEN CONCENTRATORS

Call us toll-free at **1-888-998-6714**

30-day risk-free trial! Return within 30 days of purchase for a full refund of purchase price.

PM230469 EN, EX, USA | Rx Only © 2024 Inogen, Inc. 8309 Wood Drive, Suite 200, Coalinga, CA 91111. 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.



MS Office Training

Live FREE Sessions on Fridays during October & November

Scan QR Code below to attend

Explore the possibilities...

- Excel • Word • Outlook • PowerPoint
- Teams • OneNote • Smart Phones

Know it Sooner Computer Training

www.knowitsooner.com/events

BOOST YOUR CAREER - FROM HOME!



Ray's Coins and Stamps

THE CHOICE OF DISCERNING COLLECTORS

Coins: Graded coins and collectible 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

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



Love Coffee News?

Send a selfie of yourself with your weekly edition of the paper, and your picture may appear here!

Send your selfie to contests@coffee-news.ca
Please put "Readers" in the subject line.

Please include:
• Your name • Your phone number and • Your address so that we can send you some cool prizes if your photo is chosen to appear in the paper!

Readers of the Month
Todd & Julia Lewis from Ponoka

Coffee News® Fun Reading. Serious Advertising.



SHOP ONLINE!

www.scubagearcanada.ca

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

The Dive Outfitters
Scuba Diving & Snorkelling
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



CANADA'S BRAND YOUR COMFORT

NAPOLEON

GEMCO FIREPLACES & WHOLESALE HEATING PRODUCTS

PH: 780-465-9719 9281-50 STREET, EDMONTON, AB
WWW.GEMCOFIREPLACES.COM



HERE WHEN YOU NEED US

When You Get Paid, We Get Paid

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
1-800-440-8298
ALBERTA OWNED AND OPERATED FOR OVER 35 YEARS

