

Come and enjoy rural Alberta!

We have vacancies!

Studio suites and one bedroom couples' suites in our Lodge and one bedroom suites in our Self-Contained Manors. Experience fresh air and country living.

Call our office today!
780.853.5706

or contact our office at
admin@vdhf.ca
www.vdhf.ca

5401-46 St., Vermilion

Vermilion & District
Housing Foundation

FREE! *New Issue Every Week!*
Coffee News[®]
"News To Be Enjoyed Over Coffee"
Vegreville Edition
877-553-6397



www.coffee-news.ca Est. 1988

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

Oct 19 - Fall Craft Sale and Silent Auction 265 Fir Street, Oct 19, 9AM - 4PM. Come on out and see what crafty folk have for sale or bid on one of the auction items! Looking to market some of your handiwork Call Grace at 780-467-4856 to book a spot. Hosted by the cowboy church.

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

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

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



*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

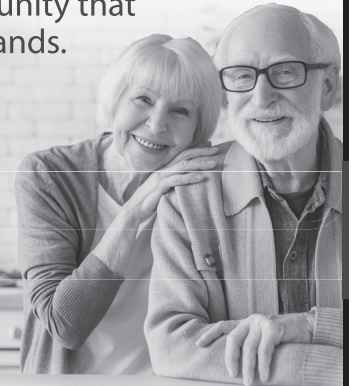
1. What kind of food is gazpacho?
2. If a carnivore eats meat, what is a frugivore?
3. This is the easternmost city in the U.S.
4. What is a female rabbit called?
5. How many years are in an undecennial—9, 11, or 20?

(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.

We Unleash Your Business's Full Potential

Transforming Business Owner Challenges Into Triumphs with Expert Coaching and Support

FourTree COACHING

587-986-5543 don@fourtreecoaching.com
www.fourtreecoaching.com



Get your free Business Self-Evaluation Tool
Don Vierboom, MEd, Business Coach

THIS SPACE FOR RENT

Call **780-220-6397**

OR SCAN HERE FOR MORE INFO



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)
3. Depression, anxiety, ADD or ADHD
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

Not sure what your marketing needs are?

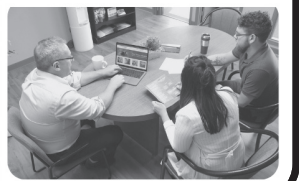


Frontline
web consulting
(780) 760-6922
FRONTLINECONSULTING.CA

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!



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

Visit us on Facebook-CoffeeNewsWeekly

CANADA'S BRAND YOUR COMFORT
NAPOLEON
GEMCO FIREPLACES & WHOLESALE HEATING PRODUCTS
PH: 780-465-9719 9281-50 STREET, EDMONTON, AB
WWW.GEMCOFIREPLACES.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

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

Lakeland EMPLOYMENT SERVICES

Unemployed? Underemployed? We can help. Contact us.

Vegreville office

- 5025 50 Street
- 780.631.1471
- employabilities.ab.ca

EMPLOY Abilities

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

Friendly service your family can trust!

✓ JJ's Value Drug Mart
 INDEPENDENT PHARMACY

Transferring prescriptions is as easy as a phone call

#205, 5342-50 Avenue, Vegreville
 Galleria Shops | 587-790-7777

JJ Begalke
 Over 20 years of experience as a pharmacist

FREE DAILY DELIVERY!

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

Looking for a Good **Realtor?**

So are we.

Exclusive space now available in this edition for a realtor

Call **780.220.6397** or visit www.coffee-news.ca

NOW ACCEPTING **The Canadian Dental Care Plan (CDCP)**

INSURANCE FOR DENTURES

ASPEN HILLS DENTURE CENTRE

SKYE-LEE FELAND, DD

780-645-9775
 office@aspenhillsdenture.ca

5117-50 Avenue, St. Paul

A NEW Denture Clinic is opening in St. Paul!

- ✓ Financing Available
- ✓ Affordable Fees

WE DIRECT BILL ALL INSURANCE

HOURS
 Mon-Thurs, 9 a.m. to 5 p.m. | Fri, 9 a.m. to 1 p.m.

A Place To Call Home

Let us welcome you to your new home at the Homestead Lodge in Vegreville!

Independent Living Lodge Facility
 Single or Double Rooms Offered
 Homecare Services
 Homestyle Meals, Dietician Approved
 Housekeeping Services

Book A Tour Today!

Call **780-652-6211** or email admin@minburnfoundation.ca

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

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.

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.

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.

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.

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.

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.

CANCER (June 21 - July 22)
 You may feel the desire to retreat for a few days this week. If that's possible, honouring this need and decompressing from your daily routine might be helpful to you. Lucky numbers: 8, 12, 30, 38, 39, 41.

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.

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.

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.

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.

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

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

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

Home | Auto | Life | RRSP/TFSA | Group | Business | Farm | Travel

Did You Know There Have Been Changes to Fire Department Charges?

- ✓ Limited coverage for fire department charges included with your standard coverage
- ✓ Home, Farm, Commercial
- ✓ Don't wait until the fire is already burning to make sure you are covered
- ✓ Call in to verify your limit

co-operators®
 Investments. Insurance. Advice.

Todd T. Fournier
 Owner | Financial Advisor
 Fournier Financial & Insurance Inc.

Vegreville 780.632.3240
 Ardrossan 780.922.1788
 Lamont 780.895.7303

Claims Line 1.877.682.5246

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

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

Edmonton.CMHA.ca

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!

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

Learn From the Best!

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

wixy 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

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

Friendly service your family can trust!

✓ JJ's Value Drug Mart
 INDEPENDENT PHARMACY

Transferring prescriptions is as easy as a phone call

#205, 5342-50 Avenue, Vegreville
 Galleria Shops | 587-790-7777

JJ Begalke
 Over 20 years of experience as a pharmacist

FREE DAILY DELIVERY!

Zone 20 - Vegreville