

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

FREE! *New Issue Every Week!*

Coffee News®

"News To Be Enjoyed Over Coffee"

Stony Plain Edition
780-220-6397

www.coffee-news.ca

Vol. 21 No. 43 October 21, 2024

The World's #1 Restaurant Publication!

Are you or someone you know struggling with drugs?
We can help.

Narcotics Anonymous

1.855.421.4429
www.eana.ca

Time is running out... Celebrate and support the diabetes community at this blue-tie event!

Join us for a luxurious evening honouring those making a difference in the diabetes community. Enjoy a gourmet meal, live entertainment, and exclusive gifts. This is an event you won't want to miss!

The Hummingbird Awards Gala

November 14 | The Enjoy Centre, 101 Riel Dr., St. Albert

Looking to showcase your brand? Sponsorship opportunities are still available.

Reserve your spot: www.albertadiabetesfoundation.com

yes tv

FREE LIVE STREAMING COMING THIS FALL

visit yestv.com for details

THIS SPACE FOR RENT

Call **780-220-6397**

OR SCAN HERE FOR MORE INFO

The Dive Outfitters

Scuba Diving & Snorkeling
780.483.0044
11781-156 St., Edmonton
www.thediveoutfitters.ca

Learn to Scuba Dive!

Scan to start your course online today

MERIDIAN CREEK RV STORAGE

Secure, Clean, Easy-Access Storage at a Fair Price

53322 SH779, Parkland County

Serving Parkland County at the same convenient location right off Highway 779 since 2010.

780.960.1110 | www.meridiancreekrv.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

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

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

Edmonton.CMHA.ca

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 11 - Remembrance Day Service Join The Royal Canadian Legion Branch 281 to remember and honour those who served, who continue to serve and who made the ultimate sacrifice to defend our country. 10am at the South Field in the TransAlta Tri Leisure Centre, 221 Jennifer Heil Way.

Nov 16 - Craft Sale Saturday, November 16 at the Spruce Grove Pioneer Center 301 Jespersion Avenue. Sale from 9:00 am to 2:00 pm. Many hand crafted items made by the Craft Club. Proceeds to the Spruce Grove Golden Age Club. Everyone welcome.

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

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)

CANADA'S BRAND YOUR COMFORT

NAPOLEON

GEMCO FIREPLACES
& WHOLESALE HEATING PRODUCTS

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

Your Community Woodworking Hub

Workshops, Classes & Camps
Birthday Parties & Private Events

Memberships:
Introductory Rate of \$50/month for shop and tool access, \$600/year. Seniors/Student and Family Rates also available!

Interested in:

- Creating Something Unique
- Repair and Refurbish
- Discovering a New Creative Outlet

Come to The Den!

THE BUILDER'S DEN
DREAM IT BUILD IT

45B South Avenue, Spruce Grove
780.885.5850 | www.thebuildersden.ca | @thebuildersden

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

THE ONE 88.1 FM

PARKLAND'S BEST COUNTRY

Moonstone & Amethyst Unique Gifts!

- ◆ Sensory and Early Education
- ◆ Crafts and Puzzles
- ◆ Meditation Items
- ◆ Candles ◆ Incense

825.966.6369
moonstoneandamethyststore@gmail.com
Unit 205 86 Boulder Blvd., Stony Plain

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

The kids are back to school...
Now it's your turn for something fabulous!

Find your fit with our amazing team and treat yo'self!

Call now to book your fitting:
780-962-4944

Romantic Notions Inc.
#30, 210 McLeod Ave., Spruce Grove
Toll Free: 1.855.962.4944
@romanticnotionsab

Visit us on Facebook-CoffeeNewsWeekly

Affordable-Effective-Exclusive-CALL NOW!

Specializing in Home Health Care Since 1970

- Ostomy
- Incontinence
- Mastectomy
- Compression
- Walkers
- Rentals
- Wheelchairs
- Accessibility
- Repairs
- ...and more!

PICK UP AND DELIVERY

Visit us at 10550 Mayfield Road NW

Congdon's Since 1970 Aids to Daily Living 780.483.1762 congdon.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

NWT SAFETY SUPPLIES

FIRE SALES & SERVICE
EXTINGUISHER

BAW 2, 1906-4 ST. NISKU 780 955 8797
X
50 SHEP ST. SPRUCE GROVE 780 962 1778

nwtsafety.com

GOING THE DISTANCE FOR OUR CLIENTS!

Digger REAL ESTATE

Renee Degenhardt
REALTOR/Associate

Isaac Kristensen
REALTOR/Associate

FREE MARKET ANALYSIS
FREE BUYER CONSULTATION

587.989.0292
780.454.7700
renee@teamdigger.ca
renee.teamdigger.ca

Offering full-service selling and buying services for residential, country residential, recreational, homestead, and bare land.

Let's Make A Deal!

We pawn, buy, sell, trade and consign a wide variety of products at our new location in Stony Plain!

Gold'n Loan Pawn Shop CALL TODAY! 587-521-4653

201, 5007-48 Street | Stony Plain goldnloan.com

WHAT WOOD YOU DREAM?

RDS Kitchens and Woodworking

Specializing in kitchen cabinets & bathroom vanities

Contact us today for an estimate:
780.963.4480 | patricia.rdswood@gmail.com

Proudly serving the GPRC since 1987

WE BUY USED GOLD AND DIAMONDS

Blue Diamond Jewellers

780.968.0040
Main Street, Stony Plain
www.bluediamondjewellers.com

BUSINESS IT SUPPORT, COMPUTER SALES & REPAIRS

ISP COMPUTERS

ISP COMPUTERS - Your Tech 911

780-960-2150
Email: iaine@ispcomputers.ca
Website: www.ispcomputers.ca

124B South Ave., Spruce Grove, AB T7X 3A9

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, honouring 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

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

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

Taste the Organic Difference!

YOUR LOCAL ORGANIC BAKERY

Homegrown Foods LTD.
GLUTEN FRIENDLY AVAILABLE

#10 - 19 Granite Dr. Stony Plain
780.963.5305

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 (arthritis, lupus, 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

St. Michael's HEALTH GROUP

Grove Manor Seniors' Apartments

Move in today!

Moderately-priced, spacious studio, one and two bedroom suites for the independent senior. This secure and accessible one-level building offers plenty of common areas, outdoor space and other amenities.

780.962.6672
600 King Street, Spruce Grove, AB • grovemanor@smhg.ca

smhg.ca

Do what you do best, we'll take care of the rest!

- Receipt Management
- Accounts Payable/Receivable
- Account Reconciliations
- Government Remittances
- Year End Prep
- Payroll

ADMINISTRATION SHERIFF

780.722.4987
pamela@administrationsheriff.com
www.administrationsheriff.com

CATCH UP SERVICES