How Can You Help?

Red Deer Food Bank SOCIETY

- **Food Raising** Donating food to be distributed to those in need.
- **Fund Raising** Donating to RDFB directly supports the provision of food to those in your community.
- **Volunteering** We call it Friend Raising. More hands at work mean more support provided directly to your community.

DONATE NOW!
Visit https://www.canadahelps.org/en/dn/11841

FREE! **Coffee News**®

"Bringing People, Families, and Communities Together."

Red Deer South Edition

403.346.4141
e-mail
coffeenewsguy@hotmail.com
online version at
coffeenewspaper.com

coffeenewspaper.com Vol. 32 No. 1:39 September 28, 2026

RICK DOUGLAS SAFETY

STUMP GRINDING

403-505-7297
rdouglassafetyltd@hotmail.ca | rickdouglassafety.ca

velec E-Bikes have arrived!

RED, TITANIUM or SAND

E3 AS LOW AS $2,599.00

BATTERY BOSS.ca

#5, 7803-50 AVE., RED DEER
403.343.3399

Senior Drop-in Bowling!

HERITAGE LANES

Seniors (50+) are invited to stop by for fun every **Tuesday** and **Friday** at 10 a.m. $10 fee includes two games of bowling, shoe rental, coffee/tea and snacks!
For more information, please call 403.309.6387

Come out and join us!

Who decided to replace the Alberta RCMP?
Not Albertans.

75% of Albertans want a province-wide referendum before any plan to replace the RCMP proceeds. **Visit AlbertansforRCMP.ca.**

USJE SESJ

Coffee News believes in providing space for diverse viewpoints. The views expressed in this advertisement do not necessarily reflect those of Coffee News.

FIRST CALL
Fence and Deck Services

30+ YEARS EXPERIENCE

For your staining and minor repair needs

BOOK TODAY, SAVE THE GST!

CALL OR TEXT LAURIE
403.373.0097

- ON-SITE QUOTES ONLY
- REFERENCES AVAILABLE UPON REQUEST

- Prompt Service
- Clean Sites
- Superior Results

403.550.2674

ROOF RUNNER ROOFING
roofrunnerroofing@hotmail.com

This Space Is Available

Book NOW to ensure a spot in upcoming issues

Call now:
403.346.4141

Everybody's Talking

Fishing prescription: In England, some health workers can now point patients toward a fishing session as part of care for anxiety or low mood. The option comes through Tackling Minds, a program started by Dave Lyons after fishing helped steady his own life. Instead of a clinic visit, people join small groups by the water with volunteer coaches who bring gear and show the basics. The focus is simple: get outside, slow down, and have something to do with your hands. The group works with the National Health Service under social prescribing, alongside other supports. It recently received the King's Award for Voluntary Service, a national honour. Organizers say they want more communities to have the same kind of access.

Language revival: In a remote part of northwest Australia, a small Aboriginal community is using a phone game to bring its traditional language back into daily life. Instead of classroom lessons, young players explore a digital landscape based on local landscapes while hearing words spoken by elders. Language is folded into simple tasks, letting learning happen through play. Community leaders chose this format knowing screens already hold kids' attention. Repeated interactions help rebuild familiarity with sounds and meanings that were fading. By tying words to places and everyday actions, the game keeps learning grounded. Organizers see it as an entry point for broader cultural learning using modern tools.

Hidden whales: Near Baja California, Mexico, scientists spotted two living ginkgo-toothed beaked whales, a species that had never been confirmed alive before. Researchers had recorded a strange underwater sound in the area for years but didn't know which animal made it. This sighting finally linked that sound to these whales, giving scientists a new way to track them. The team couldn't get a clear photo, so they used a very small skin sample to confirm the species. Beaked whales are hard to study because they surface briefly and avoid boats. Until now, most information came from whales found washed up on beaches after dying at sea. The discovery shows they regularly live off the coast of Mexico, not just far-off oceans.

Silent scores: In Germany, two short organ works believed to be early pieces by Johann Sebastian Bach have finally been performed after about 320 years in storage. The music surfaced in an archive as handwritten pages without names or dates, leaving their origin uncertain for years. Close study of the writing style later linked them to Bach's early training period. Once experts felt confident, the pieces were prepared for performance at a church closely tied to Bach's working life. Hearing them added fresh detail to a composer thought to be fully documented. The moment showed that archives can still hold surprises. For listeners, it offered new sounds from a familiar name.

Quoteable Quotes

"If you tell the truth, you don't have to remember anything."
~ Mark Twain

"Almost everything will work again if you unplug it for a few minutes… including you." *~ Anne Lamott*

ARTISTRY IN GOLD DESIGN STUDIO LTD.
403.343.6544 | artistryingold.ca

What's Happening

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

☛ **Building Our Stronger Selves** is a FREE 8-week, part-time program designed to help you gain confidence, build self-awareness, and reconnect with your personal goals in a supportive group environment. Starts October 6 at EPSS, Red Deer, Tuesdays and Thursdays from 1 to 4 p.m. for eight weeks. Ready to take the first step toward understanding yourself? To learn more, call 403.343.6249 or email info!@epssworks.com.

Trivia

1. Which singer is known as "The Boss"?
2. What is the smallest state in the United States by area?
3. The human nose can detect more than one trillion different scents – T/F?
4. The Titanic began its maiden voyage from this English port in 1912.
5. This video-sharing website was acquired by Google in 2006.

(Flip bottom of page for answers)

© Published with permission by Central Alberta Coffee News

NEED TO DETOX?
DRUG TEST SUPPLIES

HEMP LOTION two 18 oz. bottles $40

NUMEROUS CANNABIS ACCESSORIES

HEMPNSTUF
403-342-HEMP (4367)
5211 GAETZ AVENUE, RED DEER. OPEN 10 AM-11 PM EVERY DAY

Trophy Loft

BACK TO SCHOOL SPORTS
HOCKEY • FOOTBALL • SOCCER • MORE

403.347.5030 | trophyloft.com

Happy World Heart Day
September 29

from your friends at Coffee News®

COLD SHOT
A DIVISION OF BALWARIA EMPIRE PVT. LTD.

PASSENGER & PARCEL SERVICES
GET YOUR REWARD CARD TO GET A FREE TICKET!
SHIP BY BUS
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

NOW OFFERING
C & R Endeavors Ltd.
RETAIL SALES OF NEW FIREARMS & AMMUNITION
AT THE FLAGS & MORE STORE
5215B 54 Avenue, Red Deer
Call 403.340.0109 or email info@crendeavors.ca
or visit our website at crendeavors.ca

Recipe of the month

Barbecue Chicken Sandwich

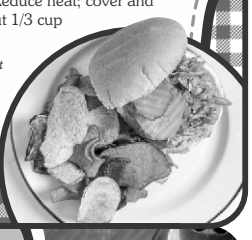
1/2 cup chopped onion
1/2 cup diced celery
1 garlic clove, minced
1 tablespoon butter
1/2 cup salsa
1/2 cup ketchup
2 tablespoons brown sugar
2 tablespoons cider vinegar
1 tablespoon Worcestershire sauce
1/2 teaspoon chili powder
1/4 teaspoon salt
1/8 teaspoon pepper
2 cups shredded cooked chicken
6 hamburger buns, split and toasted
Dill pickle slices, optional

Prep Time: 20 min Cook: 15 min Yield: 6 servings

❶ In a large saucepan, sauté the onion, celery and garlic in butter until tender. Stir in the salsa, ketchup, brown sugar, vinegar, Worcestershire sauce, chili powder, salt and pepper.

❷ Stir in chicken. Bring to a boil. Reduce heat; cover and simmer for 15 minutes. Serve about 1/3 cup chicken mixture on each bun.

There's no need to go to a restaurant for a tasty barbecue chicken sandwich when it's really simple to make one at home!



Source: https://www.tasteofhome.com

- **Monday**: Carpet Bowling 9:30 a.m., "500" and Line Crib 1 p.m., Cribbage 7 p.m.
- **Tuesday**: Tony Connelly Singers 10 a.m., Euchre 1 p.m.
- **Wednesday**: Carpet Bowling 9:30 a.m., "500" 1 p.m.
- **Thursday**: Cribbage 1 p.m., Bid Euchre 1 p.m.
- **3rd Thursday**: Cribbage Tournament, 10 a.m.
- **Friday**: Floor Curling 9:30 a.m., Whist 1 p.m., Bid Euchre 6:30 pm, 2X monthly
- **Saturday**: Jam Sessions 1-4 p.m. 1st & 3rd Saturday, Sept- May

EVERYONE WELCOME!

FACILITY RENTAL AVAIL.

LUNCH SERVED TUESDAY & FRIDAY, 11 a.m.-1 p.m. $10
SENIORS' DOWNTOWN HOUSE
Call 403.346.4043 for information | 5414-43 Street, Red Deer

© Copyright 2026. No material, text or advertising may be reproduced without the express written consent of the Publisher.

MANUFACTURED LOCALLY • RED DEER, AB
Wallah Memorials
SINCE 1983
403.343.1672
1.800.909.9927
• Bronze
• Granite
• Natural Stone
• Cremation Urns
• Vases
memorials@wallahsigns.com • www.wallahsigns.com

Your Weekly Horoscope

ARIES
(March 20 – April 19)

You may be feeling pulled in different directions now. Instead of immediately acting, consider what is churning below the surface for you. An old wound may emerge to be addressed. Lucky numbers: 6, 8, 27, 30, 31, 38.

TAURUS
(April 20 – May 20)

At the beginning of the week, your energy level will likely be very high. Give some thought as to how you want to direct it for the few days this potential is in effect. Lucky numbers: 12, 30, 38, 41, 43, 48.

GEMINI
(May 21 – June 20)

You may find things are shifting in sudden and unexpected ways this week. Finding solid ground again may require that you adjust your viewpoint to match this new dynamic. Lucky numbers: 10, 11, 16, 26, 38, 41.

CANCER
(June 21 – July 22)

At week's end, you may feel like hiding in your shell, imitating the crab image that symbolizes your sign. Quiet retreat and self-care are never a bad choice. Lucky numbers: 1, 6, 24, 28, 36, 44.

LEO
(July 23 – Aug. 22)

Leos usually prefer charm to confrontation. At week's end, however, you may be spoiling for a fight. Take a deep breath and consider whether the issue is really worth it. Lucky numbers: 3, 11, 17, 23, 31, 42.

VIRGO
(Aug. 23 – Sept. 22)

Virgos are admired for their analytical skill and attention to detail. Perhaps you have been fully satisfied with this before but the next few weeks may leave you craving more. Lucky numbers: 2, 9, 21, 31, 34, 41.

LIBRA
(Sept. 23 – Oct. 22)

At week's end, look for a subtle opportunity to deepen your romantic relationship. It may feel a bit uncomfortable at first but may be worth it if you can stay flexible. Lucky numbers: 9, 16, 17, 20, 31, 39.

SCORPIO
(Oct. 23 – Nov. 21)

There may be a lot of intensity in your romantic relationship this week. If you sense it could be close to a breaking point, focus on finding a gentler balance point. Lucky numbers: 4, 5, 6, 24, 26, 40.

SAGITTARIUS
(Nov. 22 – Dec. 21)

You may experience the classic head versus heart dilemma at mid-week. If you can't find a way to break the stalemate, wait until this dynamic fades in a few days. Lucky numbers: 5, 6, 21, 31, 41, 45.

CAPRICORN
(Dec. 22 – Jan. 19)

You may find your ambition flagging at week's end. While you may resist, taking care of what you need is important. You don't have to always be the strong one. Lucky numbers: 18, 23, 25, 33, 41, 48.

AQUARIUS
(Jan. 20 – Feb. 18)

You may feel an urgency now to initiate and communicate about a project on behalf of the larger community. Be sure you are confident about the details or wait to act. Lucky numbers: 8, 14, 17, 18, 41, 47.

PISCES
(Feb. 19 – March 20)

Pisces can have a dreamy, other world quality that makes it difficult to manifest goals. What have you let slip away in the past and what would do differently? Lucky numbers: 11, 13, 19, 23, 36, 47.

Lucky numbers this week: This week's odds favour Taurus winners, with the luckiest number being 30.

Did You Know...

Lucy legacy: St. Lucia stands alone as the only sovereign nation named for an actual woman, St. Lucy of Syracuse. Its earlier Indigenous title was later replaced as European sailors followed the custom of giving islands the names of saints.

Border pull: About 90 per cent of Canadians live within roughly 160 kilometres (100 mi.) of the U.S. border. This broad stretch offers gentler weather and easier connections, which is why most of the country's largest cities grew there rather than farther north.

Shifting stone: In India, the Taj Mahal's marble can look different as the light changes, giving the building soft tints from morning to evening. Its reflective Makrana stone is the reason for this shift, creating a subtle colour change throughout the day.

Granite glow: Grand Central Terminal in New York City (U.S.) gives off a tiny bit of radiation from the granite used in its construction. The stone holds small amounts of uranium, yet the levels remain low enough that visitors and staff stay within normal yearly exposure.

Ancient champion: Egypt's Great Pyramid of Giza kept the title of tallest human-made structure for over 3,800 years. Its height stayed unmatched until a cathedral in Europe eventually rose past it, ending its long architectural streak.

On the Lighter Side

What kind of shoes do ninjas wear? Sneakers.

Knock! Knock! *Who's there?* Leslie. *Leslie who?* Leslie town and take the train.

A nickel and a penny jumped off a moving train together. But not the quarter. It had more cents.

Harry: What would you get if you crossed a baseball player with a Boy Scout?
Larry: I don't know, but I bet he could pitch a tent!

Answers

Trivia answers: 1. Bruce Springsteen 2. Rhode Island 3. True 4. Southampton 5. YouTube

© Published with permission by Central Alberta Coffee News
For available franchise opportunities, visit www.coffeenewspaper.com

TEST YOUR MEMORY
After reading Coffee News®, put it aside for a moment. Then challenge yourself or a friend to remember as many ads as you can.
Your Score:
Less than 6 – Keep trying
7-10 – Getting better
11-15 – Excellent
16 or more – Genius!

Delivering innovative aerial imaging and drone services designed to elevate your perspective.
Combining precision, safety, and cutting-edge technology, we help businesses capture smarter data and stunning visuals from above.
RISE DRONE SOLUTIONS
780.340.0330
risedronesolutions26@gmail.com
Elevate Your Wedding Memories!

unplugged
Parents United for a Smartphone-Free Childhood.
One easy choice at your fingertips that could be the best thing for your child's mental health.
Learn more about this parent-led grassroots movement in Canada by clicking here
unpluggedcanada.com

• 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

Where's Newman?
ENTER TO Win A $50 GIFT CERTIFICATE!
Identify the ad where "Newman" the Coffee News Guy is hidden for your chance to win.
Actual size of the hidden graphic:
Enter Here
or visit the contest page at coffeenewspaper.com

BIBLE PROPHECY
JESUS IS COMING SOON!
LEARN WHAT THE THEOLOGIANS SAY
Don't be left behind
FREE CHARTS
Bobby D, Prophecy Teacher - 30 Yrs.
END TIME EVENTS What you need to know
QUESTIONS ANSWERED Understanding Bible Prophecy
Rapture • Judgment Seat of Christ • Tribulation - 7 Years
AntiChrist Revealed • Peace Treaty - Israel
Great White Throne Judgment
Second Coming of Christ • Millennium Reign (1000 Years)
New Heaven and New Earth • Rewards - Eternal
Email your Bible prophecy questions to rcjcoilfield@gmail.com

WORTH OILFIELD CONSTRUCTION LTD.
LANDSCAPING, FARM & OILFIELD CONSTRUCTION
403-747-3700
worth.oilfield@gmail.com
Alix, Alberta

Planning a Move Before the Leaves Change Colour?
BUYING. SELLING. OR JUST CURIOUS?
INFORMATION CHANGES SITUATIONS
Get the latest market info sent directly to your phone
HOME VALUES. MARKET TRENDS. EXPERT ADVICE.
James Torrens
Real Broker | Realtor®
403.877.1868
TORRENS
Scan here ...to get direct info on your area – Lancaster, Vanier, etc.

WHAT IF YOUR lifestyle COULD STAY AS VIBRANT AS YOU ARE?
Wellings OF RED DEER
VIBRANT 55+ LIVING
VISIT US TO DISCOVER MORE
455 Timberlands Dr., Red Deer • 587-875-0714

Explore. Empower. Evolve.
Professional, compassionate therapy for individuals, couples, and families – whether you're navigating trauma, anxiety, life transitions, relationships, or just feeling stuck.
KG Counselling
Direct billing to 13 insurance companies
Kyle Garnett, MSW, RSW
THERAPIST
403.340.9177 kgcounsellingreddeer@gmail.com
Info: kgcounsellingreddeer.ca
Book at: kgcounselling.janeapp.com

All Natural Plant-Based Products
Essential Oil Blends
Face and Body Soap
Shampoo Bars
...and more!
Better Naturally Wellness & Soap Co.
RED DEER
250.667.4889
betternaturally2020
Dorothy Sansall Better Naturally

Youth Employment Connection Program
ARE YOU 18-30 YEARS OLD? STRUGGLING TO FIND WORK WITH NO EXPERIENCE?
Finally, there is a no-cost program to break the cycle in just 16 weeks!
Join the Youth Employment Connection Program!
- Full-time program
- One-on-One employability support and life skills assistance
BOOK A CONSULT TODAY
403-341-7811
Funded in part by the Government of Canada's Youth Employment and Skills Strategy | Canada CAN

Coffee News® CONTEST WINNER
JEANNE BAILLY is our July Online Contest Winner!
Jeanne will receive a $50 gift card from our contest sponsor
WOW EATS KITCHEN | BAKERY | AND MORE
587.272.0767
3751-50 Avenue, Red Deer

Experience our Difference
RED DEER MOTORS
6720 Johnstone Drive / Red Deer
403.347.7777 / www.reddeermotors.com

STOP THE COMMUTE. START THE CAREER.
Hiring Journeyperson HET's
Red Deer Frac Shop. Clean, local shop.
Top-tier benefits. 8/6 schedule.
COLLICUTT Energy
403.309.9250 | hr@collicutt.com
collicutt.com
* Red Deer South