New Issue Every Week!

FREE! Coffee News®



"Bringing People, Families, and Communities Together."

Kamloops Nicola Edition

604-704-5865

kamloopsshuswapcoffeenews.com
Coffeenewstns@gmail.com

Volume 3:52 October 26, 2026

Everybody's Talking!

Hedgehog hotel: In a small Scottish town, a couple turned spare rooms and outbuildings into a place where injured hedgehogs can recover before returning to the wild. What began as caring for a few animals at home grew as neighbors learned there was somewhere local to bring hedgehogs in trouble. The pair added space, equipment, and volunteers, reshaping their property to handle many animals at once. They now manage daily feeding, cleaning, and basic health checks, sending animals to vets only when specialized care is needed. Along the way, they've also taught residents how gardens and roads affect hedgehog safety. The effort has helped many European hedgehogs that might not have survived otherwise.

Crop robot: In Osaka, Japan, researchers are teaching farm robots to slow down and think before grabbing a tomato. Instead of rushing in, the machine scans how each fruit sits among the stems and leaves. It weighs which direction offers the cleanest path, rather than guessing blindly in tight spaces. When one angle doesn't work, the robot can shift and come in from the side, much like a person adjusting their hand. This approach cuts down on plant damage and wasted effort. The system treats harvesting as a set of small choices instead of a single move. Over time, it could let robots handle fruit while people focus on the trickier parts of the job, saving time and improving efficiency overall.

Ancient shave: In England, a roughly 2,000-year-old iron razor from Roman times is drawing attention by offering a glimpse into everyday grooming long ago. The tool, shaped to fit a finger or hang from a belt, shows how men removed stubble before modern blades existed. For many Romans, a smooth face was tied to status and city manners, especially among wealthier families. Coins and statues from the period often show leaders without beards, reflecting this preference. Shaving also carried risk, since barbers worked close to the throat in tense political times. Beyond daily use, the first full shave marked a formal step into adulthood. Today, the razor stands as a rare reminder of personal care in the ancient world.

Denim portraits: In Orlando, Florida (U.S.), an artist is giving old jeans a second life by turning them into detailed portrait art. Small denim pieces are cut and sorted by color, then placed together to form faces and animals. Instead of paint, the work relies on natural color changes in the fabric, which adds texture to each image. Every piece is made by hand, so no two artworks can be exactly the same. The subjects include familiar public figures as well as wildlife, all built from everyday clothing. By reusing worn fabric, the artist shows how simple materials can become lasting artwork. The process also highlights care, reuse, and steady effort behind each finished piece.

Quoteable Quotes

"You can't stop the waves, but you can learn to surf."
— *Jon Kabat-Zinn*

"There is no innovation and creativity without failure. Period."
— *Brené Brown*

What's Happening

Halloween Swing Dance - Live music by Beyond brass. Friday, Oct 30th, 7-11 PM @ St. Paul's Cathedral, 360 Nicola street Kamloops. events@lindyintheloops.com 250-682-2063

Halloween Adventure at Riverside Park - Oct.31 Witches, warlocks, and zombies are taking over the South Thompson River! There will be organized trips at 12, 2, and 4pm for a Halloween adventure combining a river paddle, Halloween treats, and roller skating at Riverside Park. visit www.interactive-adventures.com for details.

Drop in Badminton at the OLPH Gym 635 Tranquille Rd. Drop in fee is $5.00 with a one-time $30.00 insurance fee, every Tuesday night from 7:00 pm to 8:30 pm. Call Robert at 250-579-0193 for more information.

Directed by the fabulous Heidi Muendel and featuring Paul Petchnickon on the Bag Pipes, the Kamloops Happy Choristers are performing in their annual Remembrance Day Concert at the Sahali Mall on November 8th at 2 pm. kamloopshappychoristers2026@gmail.com 250-319-0007

This year the Legion celebrates 100 years of service. We are offering free membership for the year. Come by the Legion at 425 Lansdowne St (Thurs-Sun) or go on-line at Legion.ca Thursday is Open Mic - come have a dinner (5:30) and listen to some great local music (6:30). Meat draws Saturday and Sunday (2:30-4:30)

Trivia

1. The Leaning Tower of Pisa is located in this country.
2. The planet Saturn is best known for its prominent system of these.
3. Abraham Lincoln was born in this state in 1809.
4. Which NFL team plays its home games at Lambeau Field?
5. What country has more lakes than any other country in the world?

(Flip bottom of page for answers)

© Published with Permission by Tracy Taylor

(Over)

JADE CLINICS EST. 1989
ELECTROLYSIS & SKIN REVISION
CONFIDENT SKIN FOR LIFE®
PERMANENT HAIR REMOVAL · CLEARER HEALTHIER SKIN · SMOOTHER MORE CONFIDENCE
604-273-9091 | 754 SEYMOUR STREET KAMLOOPS, BC V2C 2H3 | jadeclinics.com

Municipal Pension Retirees' Association
Are you receiving a Municipal Pension?
- Need information on preserving your pension and benefits?
- Want to ensure your voice is heard?
- Would you like to meet other retirees and make new friends?

Next District #9 Meeting:
Tues, November 17th @ 10 am
Hills of Peace Lutheran Church
695 Robson Drive
Short meeting, refreshments, guest speaker
MUNICIPAL PENSION RETIREES' ASSOCIATION MPRA BRITISH COLUMBIA EST. 2001
For more information or to join, please contact the Municipal Pension Retirees' Association
Phone: 250-768-1519 Website: www.mpra.ca
E-mail: administration@mpra.ca

State of the Art Digital Denture Clinic Includes:
•3D modeling •3D printing •Intraoral scanning •Milling
-Offering services for all your denture needs:
•Full upper/lower dentures • Immediate dentures
•Partial dentures •Implant retained dentures
•Relines/rebases •Repairs
•Professional denture cleaning
•Teeth whitening •Mouth guards
INNOVATION DENTURE CENTER
Able to do mobile appointments if needed
Denturist: Trista Ford RD, DD
741 Sahali Terrace, Suite #100, Kamloops, BC V2C 6X7
(Kamloops Surgical Centre building)
info@denturecenter.ca | denturecenter.ca | 778.362.2211

Graham Young, Red Seal Journeyman Plumber
Serving Kamloops and surrounding areas
PLUMBING, HEATING & COOLING
REPAIRS, MAINTENANCE & RENOVATIONS
· Pipe Repair · Drain Cleaning · Fixture Installation
· Leak Detection · Water Heater Repair · Sewer Line Inspection
· Backflow Prevention · Bathroom Renovation · Kitchen Plumbing
· Gas Line Installation · Septic Tank Service · Hydronic Heating
BEARDED PLUMBER CANADA
CONTACT US (250) 851-1840
beardedplumbercanada.com

Walk-Ins Welcome
STARZ
Barber Beauty Salon
Hair & Waxing
• Men & Women's Haircuts • Full Body Waxing
• Manicures & Pedicures • Brazilian Wax
• Threading • Gel Polish
• Facials • Perms
...and more!
2063 Quilchena Ave, Merritt 250-378-9000

Caregivers Support Group
KAMLOOPS HOSPICE
Join our free monthly support group for caregivers in our community. This safe, supportive space is here to help those caring for loved ones with chronic or life-limiting illnesses, offering connection, shared experiences, and comfort.
The 2nd WEDNESDAY of every month
1:00 - 2:30pm
To register, contact:
admin@kamloopshospice.com
250-372-1336
Cooper Community Center
72 Whiteshield Crescent S.
Kamloops, BC

Give them a Gift Box.
Use coupon code COFFEE for $5 off!
KAMLOOPS GIFT BASKETS
KamloopsGiftBaskets.ca
778-220-8634

Fourth Avenue Dental
Downtown Family Dentistry
WELCOMING NEW PATIENTS
ACCEPTING CANADIAN DENTAL CARE PLAN (CDCP)
NEW PATIENT EXAM AND TWO X-RAYS, FOR $89 ONLY
CALL: 250-372-1212
Fourth Avenue Dental
MON- THUR: 8:00 AM – 4:00 PM
200-125 FOURTH AVENUE, KAMLOOPS, BC V2C 3N3

GOING ONCE. GOING TWICE. GOING ONLINE.
KAMLOOPS & DISTRICT CHAMBER OF COMMERCE PRESENTS
INAUGURAL ONLINE AUCTION
Make a Bid and Donate Here !
BIDDING OPENS OCT 7
BIDDING CLOSES NOV 5
FIRST EVER!
kamloopschamber.ca

LIST WITH SCOTT
STONEHAUS REALTY
Scott Arsenault
listwithscott.ca
250-438-0153
Maximum Exposure Marketing
Elevating Visibility, Maximizing Value

FEELIN' SO GOOD DOCTOR LOVE
(250) 314-1440
doctorlove.ca
521 Victoria St, Kamloops
Shop in person for exclusive daily deals

HOME APPLIANCE REPAIRS & SERVICES
We service Kamloops and surrounding areas including Shuswap, Merritt, Lillooett, Lytton, Logan lake, Cache Creek, Barriere, Clearwater and Sunpeaks.
GORD'S APPLIANCE + MATTRESS CENTRE Your Service Experts!
948 Tranquille Road, Kamloops,BC
gordskamloops.ca Phone:250-376-5353

KAMLOOPS SENIORS VILLAGE
Independent Living - Assisted Living - Long Term Care
Start Planning Early & Book Your Tour Today!
Everyone has a story. Come hear ours and share yours!
T: 250-574-0037 / 1220 Hugh Allan Drive, Kamloops BC
www.retirementconcepts.com / Follow Our Fun on Facebook!

Explore the Bible's Message!
Oct 6 - The Bible: God's Message
Oct 13 - Exploring the Bible
Oct 20 - Why Did God Create Mankind?
Oct 27 - Exploring the Bible
Tuesdays 7:00pm
Sign up now!
contact@ReadYourBible.ca
www.ReadYourBible.ca

JK STARZ
MAINTENANCE LTD.
CLEANING SERVICE
• Commercial cleaning
• Residential cleaning
• Office cleaning
• Licensed and Insured
Kal Dhesa
Owner and Operator
Tel: 250-315-2118
Email: kdhesa@yahoo.ca

JUST LISTED
The Newest Home in G&M Park
B23, 220 G&M Road, Kamloops
$305,000
2007 Build | 2 Bed | 1 Bath | New AC
Low lot fees and a private fenced yard
Scott Arsenault, REALTOR®
Stonehaus Realty Corp
250 438 0153
listwithscott.ca

Santa
is available for bookings


❄ Corporate Parties
❄ Private Parties
❄ In-Home Visits
❄ Daycares
❄ Seniors' Centers
❄ And more...
604-704-5865

Coffee News wants to hear from you!

Please take our reader survey!
Enter to win $100!
Scan here!
www.coffeenews.com/readersurvey


CASH TODAY FOR YOUR SCRAP VEHICLES
FILTHY PHIL
& HIS DUMMER BROS.
Local and Long Distance
Auto Hauling serving Kamloops
Area and Lower Mainland
Hot Shot service available
Call
604 603-9004
We pick up scrap metal too!
PHIL SCARFO

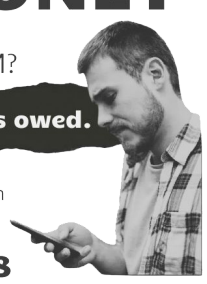
THANK YOU
FOR YOUR SUPPORT!

Margot
MIDDLETON
Authorized by Mike Waithe, Financial Agent, 250.318.8006


Enter to Win
Identify the ad where the Coffee News® Guy is hidden for your chance to win!
Enter Contest at:
Coffeenewstns@gmail.com
Enter your name, phone number, where the Coffee News guy is hiding, the issue date and your city location
ACTUAL SIZE ➔


FOOTCARE
delivered to your home, care facility or hospital
• Foot Assessments
• Nail Cleaning
• Trimming, Filing, Reduction
• Treatment of Corns and Cllouses
• Diabetic Footcare
• Client Education
LIZA FEDECHKO LPN, FCN
LIZA'S FOOT CARE
250-319-5006 | Lizafedechko@hotmail.com

INTERACTIVE ADVENTURES
INTERACTIVE-ADVENTURES.COM
See new places Try new things Meet new people
Small Group Trips. Big Adventures. Kamloops Departures
Borneo: 12-day trip, Tropical Rain Forest & Beaches, March 2027
Sunshine Coast: Train, Float Plane, Ferry, Kayaking, May 2027
Great Bear Rain Forest: Grizzly Bears, Natural Hot Springs, Aug 2027
james@interactive-adventures.com 250-879-0873

OWED MONEY
ON A CONSTRUCTION OR INSURANCE CLAIM?
We help you recover what's owed.

• Collection Support
• Detailed Documentation
• Dispute Resolution
• Process Server
Contracting BC
250.255.0498
contact@contractingbc.com | contractingbc.com

Your Weekly Horoscopes

ARIES
(March 20 – April 19)

This week you may be feeling the echoes of an old emotional wound. Previously hidden information may surface. If so, it may be best processed with self-love. Lucky numbers: 3, 6, 7, 13, 25, 5.

TAURUS
(April 20 – May 20)

The beginning of the week may be a good time to wrap up a project or conversation that has been lingering for a while. Don't miss the opportunity to do so. Lucky numbers: 2, 15, 25, 32, 36, 1.

GEMINI
(May 21 – June 20)

Your normal means of processing information may not work as well at mid-week. Instead, a gut level intuition may provide an unusual opportunity for you, if you adjust your perspective. Lucky numbers: 1, 8, 9, 14, 17, 2.

CANCER
(June 21 – July 22)

If you find things a bit overwhelming at mid-week, look for an opportunity to step back briefly. Practicing self-care can help recharge your energy to return to the fray. Lucky numbers: 11, 12, 17, 18, 41, 5.

LEO
(July 23 – Aug. 22)

You may be especially enthusiastic at week's end to get what you want. Be careful of being too aggressive in the way you communicate your goals to others now. Lucky numbers: 11, 19, 35, 36, 37, 2.

VIRGO
(Aug. 23 – Sept. 22)

Do you have a project that needs an extra boost to complete? The energy at the beginning of the week may provide this for you, so be aware of the possibility. Lucky numbers: 11, 12, 23, 28, 37, 6.

LIBRA
(Sept. 23 – Oct. 22)

For the past couple of weeks, your natural charm, tact and diplomacy have been heightened. This dynamic will pass soon, so utilize these qualities now to facilitate positive change. Lucky numbers: 3, 9, 16, 28, 37, 5.

SCORPIO
(Oct. 23 – Nov. 21)

If you find yourself in a stalemate at the beginning of the week, take a deep breath and consider the situation. Digging in your heels now may not be productive. Lucky numbers: 2, 28, 29, 34, 40, 12.

SAGITTARIUS
(Nov. 22 – Dec. 21)

Early in the week, your head and heart may be out of sync about a decision. If compromise isn't possible, wait a few days for this dynamic to pass. Lucky numbers: 10, 17, 25, 31, 32, 5.

CAPRICORN
(Dec. 22 – Jan. 19)

Your normal ambition to push towards success may be diminished at mid-week. This may provide an opportunity to focus on people or situations requiring you to have a softer touch. Lucky numbers: 8, 13, 29, 37, 38, 6.

AQUARIUS
(Jan. 20 – Feb. 18)

You may be in a power struggle within yourself or with others at the beginning of the week. Look for the hidden origins of the situation and begin to address them. Lucky numbers: 1, 28, 30, 38, 39, 11.

PISCES
(Feb. 19 – March 20)

Pisces sometimes have difficulty implementing their grand dreams into solid and lasting reality. You may find a good opportunity at the beginning of the week to effectively do so now. Lucky numbers: 3, 14, 18, 20, 22, 1.

Lucky numbers this week: This week's odds favor Pisces winners with the luckiest number being 3.

Did You Know...

Backup hero: During production of *Toy Story 2*, an animated sequel film, a large part of the project was accidentally deleted. The movie survived because an employee on maternity leave had a working copy at home, which allowed the team to restore it.

London calling: The Great Fire of London in 1666 destroyed much of the city but fortunately killed very few people. It did, however, reshape the city's architecture for centuries.

Sweet roots: The first recorded recipe for chocolate comes from the Aztecs. They mixed ground cacao beans with spices and water to create a bitter, energizing drink.

Head turner: Sloths can turn their heads almost completely around. With extra neck vertebrae, they rotate 270 degrees to spot predators without moving their slow bodies.

Day at the beach: The world's largest sandcastle was over 100 feet (30 m.) tall. Built in Germany in 2019, it included turrets, bridges, and even a small sand moat.

On the Lighter Side

Knock! Knock! *Who's there?* Jewel. *Jewel who?* Jewel be sorry!

Why do eggs come in cartons? So they don't egg-scape.

How is a crossword puzzle like an argument? One word leads to another.

What is one thing you can never catch? A breeze.

Doorman: Your car is at the door, sir.
Car owner: Yes, I hear it knocking.

Answers

Trivia answers: 1. Italy 2. Rings 3. Kentucky 4. Green Bay Packers 5. Canada

For available franchise opportunities – visit www.coffeenewsfranchise.com

© Published with Permission by Tracy Taylor


FRANCA MURACA
NOTARY PUBLIC
• Will and Estate Planning
• Incapacity Planning
• Real Estate Transactions
• Notarizing Documents
T: 778-696-4LAW E: info@muracanotary.ca
301-619 Victoria Street
muracanotary.ca

ASHCROFT INTERIOR BLINDS
Your local provider & installer of exclusive lifetime guaranteed
HunterDouglas®
window treatments
Serving Thompson-Nicola and beyond
No charge travel, measure or quote
250.457.7195
ashcroftinteriorblinds@gmail.com
www.ashcroftinteriorblinds.com
Find us on: facebook


Invest in a Better Sleep!
WE HAVE THE PERFECT MATTRESS FOR YOU
– GORD'S –
APPLIANCE + MATTRESS CENTRE
Your Service Experts!
948 Tranquille Road, Kamloops, BC
gordskamloops.ca Phone:250-376-5353

Value For Your Family's Money
Thrift Shop
Kamloops United Church
421 St. Paul Street
Kamloops, BC V2C 2J7
(250) 372-3020
facebook.com/kucThriftShop
Open
Monday - Thursday
10am - 5pm
Fridays
Saturdays
10am - 3pm
Donations Accepted
GOOD QUALITY

Brain Teaser #6

What common word can precede all these words to make 3 new words?

HOUSE FLY HORN

Solution

GREEN – greenhouse, greenfly, greenhorn

Pam Hutton 2026 | www.puzzlebeetle.co.nz

kamloops insurance
When you want something covered.
Open Everyday
250.374.7466 | www.kamloopsinsurance.ca
#220-450 Lansdowne Street (Next to London Drugs)

PONDEROSA PINES
YEAR ROUND RV SITES
250-577-3468 ponderosapinesrv@hotmail.ca
New Long Term RV Sites Now Available
• Rural Setting, Walking/Hiking Trails
• 10 Minutes from Chase, 25 Minutes from Kamloops
• New Municipal Grade Water, Sewer and 50 AMP Power
• Boat/Trailer Storage Available
Ponderosapinesrvpark.ca 250-577-3468