Creekside Ledger Bookkeeping

FULL CYCLE BOOKKEEPING, PAYROLL, GOVERNMENT REMITTANCES

BEVERAGE COSTING FOR BARS AND RESTAURANTS

778-765-4332

creeksideledgerbookkeeping@gmail.com

Explore the Bible's Message!

Nov 3 - What Went Wrong in Eden?
Nov 10 - Exploring the Bible
Nov 17 - God's Kingdom is Coming to Earth
Nov 24 - Exploring the Bible

Tuesdays 7:00pm
Sign up now!

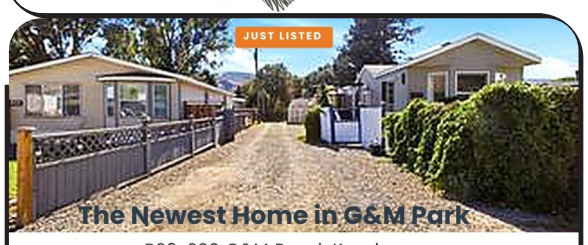
contact@ReadYourBible.ca
www.ReadYourBible.ca

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



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

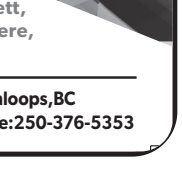
Lant-A-Palooza
Greenery & Gift Nook

HOUSEPLANTS
GIFTS & HOME DECOR
ARTISAN MARKET
WORKSHOP SPACE
KIDS PLANTING TABLE
PLANT RE-POTTING

829 Victoria Street
Kamloops
www.plantapalooza.ca

Walk-Ins Welcome

STARZ
Barber Beauty Salon
Hair & Waxing



- Men & Women's Haircuts
- Manicures & Pedicures
- Threading
- Facials
- Full Body Waxing
- Brazilian Wax
- Gel Polish
- Perms

...and more!

2063 Quilchena Ave, Merritt 250-378-9000

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, Lilloett, 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

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 4:2 November 9, 2026

Everybody's Talking!

Scent mastery: In Duncanville, Texas (U.S.), a small barbecue spot is run by a barbecue cook who works without sight. After losing his vision, Christopher Jones learned to depend on his other senses, checking heat, seasoning, and timing through touch, sound, and especially smell. Family recipes gave him a starting point, refined through practice instead of exact measuring. Many customers are surprised to learn the brisket and ribs were cooked without the chef seeing the grill or the meat. The kitchen is kept simple, built around routine and familiarity. Cooking became both his livelihood and a way to show how people adapt. Guests often leave thinking about the care put into the food as much as the flavour.

Grain revival: In Skowhegan, Maine (U.S.), an old county jail has found new life as the centre of a growing regional grain economy. Maine Grains operates its stone mill inside the former Somerset County Jail, producing wheat, oats, rye, buckwheat, and other grains sourced from Northeast farmers. The company grew from efforts to revive a New England tradition that had faded as grain farming and milling scaled in a more corporate direction. By creating vibrant new markets for locally grown grains, Maine Grains supports farmers and food businesses throughout the region. Visitors can tour the mill and then taste the results at The Miller's Table, a café in the same former jailhouse featuring Maine Grains products. Visit www.mainegrains.com and shop online with coupon code COFFEENEWS for a 10% discount through December 31st; limit one order per customer.

Snail revival: On Norfolk Island, Australia, a snail species once written off as gone for good is getting a second chance. After years without sightings, a sharp-eyed local shared a photo that caught the attention of researchers who recognized the snail right away. A small group was later found living in a protected patch of land and moved to a zoo for careful breeding. The work moved slowly, but the population steadily grew. Once numbers were strong enough, the snails were brought back to the island and released into sheltered areas. Rangers now keep an eye on the habitat while managing threats from invasive animals. The snails have become harder to spot, which is often a sign they're spreading out and settling in.

Shared card: In the U.S., two childhood friends have been sending the same birthday card back and forth for decades. It started when one girl gave the card to the other after they became friends at school. Each year, the card is signed again and mailed back, slowly filling with notes and dates. Even as they moved to different places and life changed around them, the card kept making its trip. The picture on the card never changed, but the meaning did. Most birthday wishes today are done through social media, but this card still arrives through the mail. It gives them a reason to reconnect, pause for a moment, and remember how their friendship began in a much simpler time.

Quoteable Quotes

"You can't be brave if you've only had wonderful things happen to you." — *Mary Tyler Moore*

"You cannot find peace by avoiding life." — *Michael Cunningham*

What's Happening

Kamloops Fiddlers' Christmas Dinner & Dance December 5, 2026 "Door Prizes" "Dancing" "50/50 Tickets" Cost - $50.00 Per Adult Cost - $25.00 Per Youth Location - St. Paul's Anglican Cathedral 360 Nicola Street Kamloops, BC Time - 6:30pm Turkey Supper. Book your Tickets by November 28, 2026. Go to our website bcfiddlers/branches/kamloops E-transfer funds to kamloopsoldtimefiddlers@gmail.com or phone 250-319-3680

Give A Way Forward – Community Toy Drive November 30 – December 4 For our second annual toy drive, Elizabeth Fry Society is once again bringing our community together, partnering with Next Steps to spread holiday cheer and support local families. We are collecting baby clothes, toys and supplies for Next Steps Perinatal Recovery Home, and children's toys and youth gifts for Elizabeth Fry. We are also welcoming gifts for mothers, because moms deserve a little holiday magic, too! Donations can be dropped off at 827 Seymour Street or 8th Street Pharmacy. Together, let's give a little joy, hope and a way forward this Christmas!

Kamloops Repair Café will host a repair event from 10am to 3pm on Wednesday, November 18th in the MakerSpace at the Brown Family House of Learning, 965 College Drive, Thompson Rivers University. Our fixers are skilled in electrical, electronic, mechanical, bicycle and sewing repairs, and more. They will tackle almost any broken or malfunctioning item you can carry in, while teaching basic repair skills. We don't work on pre-1984 heating products, screens with CRT displays, or anything dirty or containing lead, asbestos or insects. Repairs are free, but donations are appreciated to help cover operating costs!

Trivia

1. Which actress stars as Wednesday Addams in the Netflix series *Wednesday*?
2. Which tennis tournament is played annually on grass courts in London?
3. Which baseball legend was nicknamed "The Iron Horse"?
4. A group of lions is called a _____.
5. Which board game includes Mediterranean Avenue and the Short Line Railroad?

(Flip bottom of page for answers)

© Published with Permission by Tracy Taylor

(Over)

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!

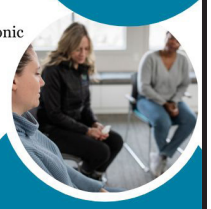
Caregivers Support Group

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!



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

GRAND OPENING DISCOUNT

USMART DAYCARE ACADEMY

2.5 - 5 Year Daycare Program

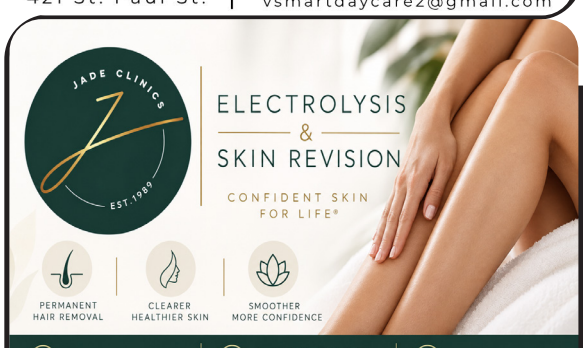
$100/month OFF for a WHOLE YEAR per child

Register before November 30, 2026

Lower Level, 421 St. Paul St.

(250)-258-6713

vsmartdaycare2@gmail.com



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

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 #8

Use all the following four numbers to write an equation that equals 45

4 4 4 4

Solution

44 + 4/4 = 45

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



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

Your Weekly Horoscopes

ARIES
(March 20 – April 19)



You may encounter a stalemate in your relationship for the next couple of weeks. Finding a compromise may require you to more fully understand the needs of your partner. Lucky numbers: 5, 8, 24, 31, 41, 3.

TAURUS
(April 20 – May 20)



A new opportunity may emerge for you this week. However, it may require you to avoid any stubbornness, particularly when you are speaking to others about your goals. Lucky numbers: 10, 17, 18, 28, 34, 2.

GEMINI
(May 21 – June 20)



Your thoughts and emotions may be pulling in two different directions at mid-week. See if you can reconcile the two. If not, wait a few days for this dynamic to pass. Lucky numbers: 1, 16, 22, 28, 36, 2.

CANCER
(June 21 – July 22)



Your usual nurturing style may not be sufficient at mid-week to achieve what you desire. Radiating a stronger sense of personal authority may be necessary for you to be successful. Lucky numbers: 12, 18, 20, 29, 35, 2.

LEO
(July 23 – Aug. 22)



Attending a social event held at mid-week can be a pleasant experience for you. If you are looking for a new romantic partner, a new opportunity may present itself now. Lucky numbers: 5, 17, 18, 24, 38, 4

VIRGO
(Aug. 23 – Sept. 22)



Virgos can sometimes be accused of being all work and no play. At mid-week, be flexible and open to the potential of something new that can bring you more joy. Lucky numbers: 3, 16, 19, 31, 40, 1.

LIBRA
(Sept. 23 – Oct. 22)



If your relationship has felt stuck recently, this dynamic will start to slowly move forward at mid-week. Address any hidden issues that contributed to the pattern that is ending now. Lucky numbers: 24, 27, 29, 33, 35, 5.

SCORPIO
(Oct. 23 – Nov. 21)



Early this week, sow the seeds of a new endeavor and begin to initiate the effort that can help achieve it over time. Communicate with others about your goals now. Lucky numbers: 4, 11, 13, 28, 31, 6.

SAGITTARIUS
(Nov. 22 – Dec. 21)



Your natural enthusiasm may be heightened for a few days at mid-week. Use this energy to advance what you desire. Carefully balance the risk and reward when making choices. Lucky numbers: 1, 4, 5, 9, 20, 3.

CAPRICORN
(Dec. 22 – Jan. 19)



Capricorns usually have ambition to achieve goals that provide a strong and lasting foundation for what they value. At mid-week, you may have an energy boost in this regard. Lucky numbers: 3, 19, 37, 38, 39, 12

AQUARIUS
(Jan. 20 – Feb. 18)



The end of the week is a good time to focus on your dream for humanity's evolution. What small step can you take now to contribute to this long-term vision? Lucky numbers: 6, 12, 21, 30, 40, 2.

PISCES
(Feb. 19 – March 20)



Pisces can sometimes dream of castles in the sky that are difficult to build in reality. A change in your perception this week may help you communicate your plans to others. Lucky numbers: 2, 14, 16, 18, 27, 21.

Lucky numbers this week: This week's odds favor Sagittarius winners with the luckiest number being 9.

Did You Know...

Seafloor furnaces: Some deep-ocean vents blast out mineral-rich water heated far beyond what the sunlit surface ever sees. These openings in the seafloor can reach temperatures high enough to liquefy lead, creating pockets of extreme underwater heat.

Online origins: The letters "HTTP" stand for Hypertext Transfer Protocol, the familiar text seen at the start of many web addresses. It's a simple system that helps computers load information, becoming one of the basic tools behind early web pages.

Midnight miles: In Tromsø, Norway, runners take part in the Midnight Sun Marathon, a race held late at night during summer. Because the town is so far north, the sun stays visible even after midnight, so the course is run with the sun overhead.

Tropical ice: Even near the equator, glaciers can exist in warm regions. They survive by forming high on mountaintops, where temperatures stay cold enough for snow to compress into slow-moving ice despite tropical conditions below.

Stone pioneer: Africa's oldest standing stone building is the Pyramid of Djoser. Built as a royal tomb, its stacked design introduced a new approach to monument building and later shaped how Egyptian pyramids were made.

On the Lighter Side

Knock! Knock! *Who's there?* Iota. *Iota who?* Iota leave.

What do sea monsters eat for lunch? Fish and ships.

I have a friend who is a very tall blade of grass. He's easily swayed.

Did you see that movie about punctuation? It was a period piece.

Father: Did you do well on your spelling test?
Son: Sorry, words failed me.

Answers

Trivia answers: 1. Jenna Ortega 2. Wimbledon 3. Lou Gehrig 4. Pride 5. Monopoly

For available franchise opportunities – visit www.coffeenewsfranchise.com
© Published with Permission by Tracy Taylor

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

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

Santa
is available for bookings
Real Beard; Real Boots; Real Belt; Real Santa
• Corporate Parties
• Private Parties
• In-Home Visits
• Daycares
• Seniors' Centers
• And more...
604-704-5865

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

Kamloops & District Chamber of Commerce
Providing growth opportunities for Kamloops & District business.
Ready to grow with the Chamber?
Join over 700 businesses across the Thompson Valley region.
Become a member
hello@kamloopschamber.ca

THANK YOU
FOR YOUR SUPPORT!
Margot
MIDDLETON
Authorized by Mike Waithe, Financial Agent, 250.318.8006