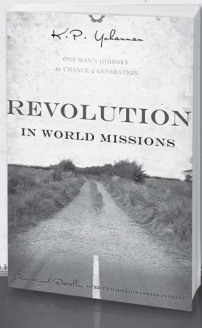


Order your
Free Book!
Help change a generation

gfa.ca/cn/book
1-888-946-2742



gfa WORLD

FREE! **Coffee News**[®]
"News to be enjoyed over Coffee"
Hamilton Mountain Edition
Advertising Information
905-515-3056



Vol.13 No.10 February 2, 2026
info@yourlocalcoffeeneews.com

Sew Much Fun!
Fabric Sales • Classes
Longarm Quilting Services
Machine Rentals

U~Quilt~It
Quilt Shop and Longarm Quilting
905-957-2000
1157 Rymal Rd. E, Unit #4, Hamilton



Long Arm Rentals – Make Your Own!

SAVE ON YOUR PHONE BILL!
Phone Service for Businesses with 1-50+ employees!

Rated #1 VoIP service for last 10 years

- FREE Virtual Receptionist
- FREE Virtual Fax Number
- FREE Calling to Canada, U.S. & Mexico
- FREE Video Conference Number
- FREE 24/7 Tech Support
- FREE Toll-Free Number (500 inbound minutes included)

Plans Starting from \$24.95/month (plus tax)
Month-to-Month Billing, No Contract Necessary

VMSINTERNATIONAL.CA • 647.762.3469



Ooma AUTHORIZED PARTNER

\$10 OFF ON YOUR TAXES
Bring this coupon to our office and get your discount!

12-1001 Rymal Rd. E - ON L8W 3B7
905 318 4488



This Space Available!
(...but not for long!)

Call Derek now at
905-515-3056



YOU & EYE
OPTOMETRY

- Comprehensive eye care for the whole family
- Local, family-run clinic proudly serving Hamilton
- Prescription glasses & sunglasses
- Direct billing to insurance & OHIP

Now open & Taking new patients!

CALL TO BOOK YOUR EYE EXAM!
(905) 745 - 5507

20% OFF GLASSES WITH THIS FLYER!
(frames + lenses)
expires 3/31/2026

674 Fennell Ave E. Hamilton, ON youandeyeoptometry.ca



INTO THE MYSTIC
A WORLD WAR II SPY NOVEL BASED ON A TRUE STORY

Into the Mystic is a spy novel based on Eileen Green's WWII Job working for Naval Logistics in London. The fictional part of the story leads to the discovery of an ancient secret weapon.

Step into the mystery
Buy the Book Now!

www.keithgreen.ca 289-446-1027



ALL SERVICE WHILE YOU WAIT

MOUNTAIN TIRE

905-383-9611 65 Years of Satisfied Customers!
593 Concession St., Hamilton



Everybody's Talking!

Waste energy: A modern facility in Beijing, China, is demonstrating how ordinary trash can be transformed into useful power. Collected refuse first is stored in large covered pits, where it ferments before being burned, a step that makes the process more efficient. Overhead cranes scoop tons of waste into massive furnaces, and the resulting heat produces steam that drives turbines, sending electricity back to the city's grid. What remains is sifted for metals, while other residue becomes construction materials. Advanced filters reduce harmful gases and treated water is reused, leaving little behind. Instead of sitting in dumps, rubbish is being converted into energy for low-carbon growth.

Circular mystery: Hidden in Argentina's Paraná Delta lies El Ojo, a floating patch of land that spins within a perfectly round lagoon. Made of dense plant matter, the island became separated from the shore long ago and now drifts in a steady clockwise rotation. Its constant movement has gradually carved the water's edge into the same shape, leaving both island and lagoon as near-perfect circles admired by curious visitors. At about 387 feet (118 m) wide, it is large enough to clearly be seen from above. The exact moment it formed is unknown, though satellite views confirm it has existed for years. For some, it's a place of myth, while for others it's simply an unusual feature of nature.

Canyon refuge: The village of Supai, Arizona (U.S.), is tucked deep inside the Grand Canyon, and is the only inhabited village within the canyon's walls. Reaching it is difficult. Visitors must hike down long trails, take a helicopter, or ride animals along steep canyon paths. The Havasupai, whose name means "people of the blue-green water," have lived here for countless generations and have fought to keep their land. Waterfalls, cliffs, and desert views surrounding the settlement give it a dramatic, isolated setting. Camping and limited lodging exist, but nature's forces often make life unpredictable. Supai remains both a cultural centre and one of the most secluded communities in the U.S.

Final supper: In Ephrata, Pennsylvania (U.S.), a man ordered a special steak dinner for his dog Iris, marking her final day with a heartfelt gesture. He mentioned in the note that it was her last meal, and the restaurant staff responded with unexpected kindness. They prepared the food with extra care, added handwritten messages, and wouldn't accept any payment. Iris was treated to steak, mashed potatoes, fries, and warm bread. Her family spent the day taking her for drives, visiting loved ones, and sharing quiet moments. Online, photos of her meal touched people around the world with heartfelt support. That final dinner became a quiet reminder of our love of our pets and how deeply strangers can care.

Quoteable Quotes

"When I was young, I admired clever people. Now that I am old, I admire kind people." —Abraham Joshua Heschel

"Be happy, but never satisfied." —Bruce Lee

What's Happening

To submit something to the free community Whats Happening section, email us at info@yourlocalcoffeeneews.com a paragraph summary of your event atleast three weeks prior to the event date:

Coffee News has a new contest! "Get Caught" with a Coffee News bumper sticker on your car. Request one through email or text to 905-515-3056, put it on your car. One lucky winner each one will receive a \$50 prize monthly. email info@yourlocalcoffeeneews.com for more info

Ancaster Lions - looking for vendors for a large craft show on April 3 and 4 at the Ancaster fairgrounds. To book your space now or for info email lionsuehockridge@gmail.com

Knights of Columbus Perogie & Sausage Dinner - Holy Resurrection Ukrainian Catholic Church, 821 Upper Wentworth St., Take Out Only on Thursday, January 29, 2026 from 3 to 6 pm. Preorder at 416-841-3457 \$15.00 per order

Branch 58 Royal Canadian Legion (East Hamilton) Pipe Band invites new members to join the band. No experience is necessary and all instruction is free. We would especially like to welcome younger teenagers. For more info 905-664-4086 or email doug@tullochbagpipes.com

Dundas Valley Historical Society hosts a talk by Mara Benjamin, Site Supervisor of Griffin House and Fieldcote Museum. Subject- Black History in Hamilton. Thursday February 12, 7pm, at Dundas Museum. Admission \$5, free to society members.

Trivia

1. In the song, "Mares eat oats, and does eat oats," what do little lambs eat?
2. Clown, Little Tramp, or Acrobat is Charlie Chaplin's most famous recurrent character?
3. Bees use this body part to harvest nectar from flowers.
4. Antarctica is a desert—T/F?
5. Tin is a traditional gift given for which wedding anniversary?

(Flip bottom of page for answers)

© Published with Permission by Your Local Coffee News Inc.

Winter Clearance SALE

ingeborg's
est. 1958

905.383.8399 • 640 Mohawk Road West, Westcliffe Mall




Hooked on Holistics
A store that caters to mind, body and soul

300+ Varieties of Crystals!

- ★ Organic Herbs, Teas and Essential Oils
- ★ Books, Jewellery and More

147 Hwy. 8, Unit 2 • Stoney Creek
905-930-9799
www.hookedonholistics.com



Come in for the **WORKS WASH** **GS** **CAR WASH & DETAILING**
Since 1960

Inside and out for only **\$29.95** FOR CARS
\$34.95 FOR SUVs & VANS

MODERN CAR WASH WITH OLD FASHIONED VALUES!
7 days a week & Holidays, 8 am - 6 pm

802 Upper Gage Ave., Hamilton formerly Mohawk Car Wash Under New Management!
905.385.4286 | www.gscarwashcentre.com



34% OF PEOPLE RELYING ON HAMILTON'S FOOD BANKS ARE CHILDREN.

SCAN TO DONATE

\$1-\$5 WORTH OF FOOD.
@HAMILTONFOODSHARE
HAMILTONFOODSHARE.ORG

HAMILTON Food Share



Home Stairlift.com Proudly Canadian Owned & Operated

We Rent Stairlifts!

- ✓ Buy New or Used
- ✓ Buy Back Program
- ✓ Government Funding
- ✓ Tax Credits

416.424.6607



DO YOU LIKE TO DRIVE?

A few hours of your time can mean the world to someone living with cancer. Join our team of volunteer drivers and help people in our community get the care they need.

Cancer Assistance PROGRAM

Join our team today:
cancerassist.ca/volunteer



Your Weekly Horoscope

ARIES

(March 20 - April 19)



You may receive a sudden insight this week about an old emotional wound. What action can you take to resolve it, thereby creating a long-term spiritual benefit for you? Lucky numbers: 5, 15, 21, 27, 33, 40.

TAURUS

(April 20 - May 20)



Things that have been stalled may begin to turn around this week, but will take a while to fully move forward. Are your efforts in alignment with your highest values? Lucky numbers: 4, 8, 13, 17, 26, 41.

GEMINI

(May 21 - June 20)



In April, Uranus will move into Gemini for seven years, which may bring many opportunities and considerable turbulence. Plan how to proceed when you get there. Lucky numbers: 1, 12, 24, 26, 32, 33.

CANCER

(June 21 - July 22)



A new opportunity may emerge for you this week. It might require you to make an adjustment in your view of the world and to expand your focus to humanity at large. Lucky numbers: 6, 17, 26, 35, 43, 45.

LEO

(July 23 - Aug. 22)



Clear communication may be difficult for the next few weeks. You might want to wait on important negotiations, or be very sure that the terms are crystal clear. Lucky numbers: 10, 24, 27, 29, 31, 36.

VIRGO

(Aug. 23 - Sept. 22)



The beginning of the week may highlight your natural ability to do detailed, precise work. You might make considerable progress if you are strategic in your efforts. Lucky numbers: 11, 17, 27, 35, 38, 40.

LIBRA

(Sept. 23 - Oct. 22)



Is there an issue that you have had a difficult time resolving? Midweek may be a good time to do so because your tact and diplomacy will be heightened then. Lucky numbers: 3, 16, 19, 22, 34, 38.

SCORPIO

(Oct. 23 - Nov. 21)



This weekend may be a good time to retreat from the world. You might find your emotions challenging. A break could help you avoid difficult interactions. Lucky numbers: 7, 9, 18, 25, 37, 41.

SAGITTARIUS

(Nov. 22 - Dec. 21)



For the next few weeks, things may be busy and chaotic, especially in your communications with others. Double check details and try to avoid unnecessary conflict. Lucky numbers: 2, 5, 15, 32, 43, 44.

CAPRICORN

(Dec. 22 - Jan. 19)



An unusual, late week insight may encourage you to take your current endeavors in a different direction. Don't reject this, but carefully evaluate the pros and cons. Lucky numbers: 7, 9, 22, 29, 30, 41.

AQUARIUS

(Jan. 20 - Feb. 18)



You may be surprised to be tripped up in communicating something you thought was clear. This might be a hidden opportunity to integrate new ideas into your views. Lucky numbers: 14, 15, 28, 32, 40, 44.

PISCES

(Feb. 19 - March 20)



You may find things are confusing for the next few weeks, which might make progress difficult. But this also could be an opportunity for growth, if you can be patient. Lucky numbers: 8, 13, 14, 29, 41, 42.

Lucky numbers this week: This week's odds favour Virgo winners with the luckiest number being 17.

Did You Know...

Glass glow: Stained glass has shaped light for centuries, turning plain windows into radiant displays. Its beginnings trace back to ancient beads and early Roman windows, later evolving into cathedral masterpieces of dazzling colour and history.

Spud spark: A few potatoes, some copper and zinc, and a handful of clips are all it takes to light up a tiny clock. The potato's natural acid helps trigger a reaction that turns metal into mild electricity. Turns out, veggies can carry a charge.

Shimmer surprise: That subtle sparkle in lipstick may come from fish scales. Processed into a shiny substance called guanine, these scales give cosmetics a pearly glow when light reflects and refracts through multiple layers.

Backdoor breathing: When some species of turtles hunker down for winter, they barely need oxygen. The small amount they require comes through a surprising source: they absorb oxygen directly from the water into their derrières.

Pupil pause: Human eyes grow slightly after birth, then stay nearly the same size for life. While the rest of the face changes significantly over time, the eyes remain mostly unchanged. That's why babies appear to have such big eyes.

On the Lighter Side

A dinosaur crashed his car. Talk about tyrannosaurus wrecks!

I passed a field of sheep on the bus today. Why they were on the bus, I don't know.

Customer: "Waiter, there's a dead fly in my soup."
Waiter: "Yes, sir, it's the hot water that kills them."

Knock! Knock! Who's there? Wheel. Wheel who? Wheel be going now!

How does a beaver know which tree to cut down? Whichever one he chews.

Answers

Trivia answers: 1. Ivy 2. Little Tramp 3. Proboots 4. True 5. 10th

© Published with Permission by Your Local Coffee News Inc.
For available franchise opportunities - visit www.coffeenewsCanada.com

(Over)

Adventure Meets Elegance

presented in collaboration with
National Geographic Lindblad Expeditions
and Riverside Luxury Cruises

Bayview East Room - Burlington Golf & Country Club
422 Northshore Blvd, Burlington
Thursday, January 29 at 6:30 pm

Kindly RSVP by Jan 26 289-895-7677

Expedia Cruises in Waterdown
#6, 255 Dundas Street East
Waterdown, L8B 0E5



McINTOSH, PIONEER, HARMON KARDON

M
A
R
A
N
T
Z
J
B
L

WANTED

60s/70s Stereo Equipment
Working or Not Working!!!

Estate Sales, Clear Outs, Purging

Reel to Reel Tapes / Vinyl LPs

Please call 905-515-3056

BRAUN, KENWOOD, FISHER, AR, B&W

S
A
N
S
U
I
A
D
S

FULL SERVICE DENTISTRY

FOR GENERAL, RESTORATIVE
AND ORTHODONTIC CARE

642 Upper James St., Hamilton

THE DENTAL PLACE
FAMILY DENTISTRY

Serving Hamilton and nearby area for over 7 years



ACCEPTING
CDCP PLAN
For all ages

905.574.9617 | www.thedentalplace.co

WHAT IS MY HOME REALLY WORTH? FREE HOME EVALUATION



Carlo Silvestri BROKER

RE/MAX CENTRE

READER'S
CHOICE 2024
DIAMOND WINNER



www.Silvestri.Realtor

DIRECT: 905-541-3510 carlo@remaxcentre.ca

SERVING HAMILTON MOUNTAIN AND SURROUNDING AREAS

Over \$10,000 in prizes to be won!
MONDAY, FEBRUARY 23

LEARN
PLAY!

Your First Dab Leads to Big Fun!

SIX NATIONS
BINGO 30

FREE To Play!

Questions Welcomed

Slowed Games!

Amazing Prizing!

Matinee Session: Game Starts 11am

Evening Session: Game Starts 6pm

BRING YOUR FRIENDS!

Get more information online at sixnationsbingo.ca

Dodsworth & Brown Funeral Home
Ancaster Chapel
by Arbor Memorial



New Location
Opened Sept
2025!

Ancaster's trusted
place for families.

Proudly welcoming you to our new location at

90 Garner Road East.

Call 905-648-3852 to book your tour.

Arbor Memorial Inc.

Enter to Win

Great Prizes in Cash & Gift Cards

Find the mini "Coffee News" Guy hidden weekly in one of our advertiser's ads. Then send us your name, address and phone number, along with the name of the advertiser's ad where he was hiding.

Enter our contest online, by email or mail.
Online entry: www.yourlocalcoffeeneews.com
Email: info@yourlocalcoffeeneews.com
Mail to: Coffee News®

762 Upper James St, Box 147
Hamilton, ON L9C 3A2

Every
Month

\$50 Prize!

Winner will be drawn from all correct answers that are received during the month.
Winner will be notified & their name published in following month's edition.

Electrical and HVAC Services

TRUSTED SERVICE SINCE 2010

READY FOR WINTER? CALL US TODAY!

905.961.0427

KIEDAN

HEATING • COOLING • ELECTRICAL kiedan.ca

Diabetic and Senior Foot Care

THE Nail Boutique & MEDICAL FOOT CARE

HAMILTON FOOT CARE SPECIALIST

905.575.6539 | 674 Fennell Avenue East

HEALTHY FEET LEAD TO A HEALTHIER YOU!

Downsizing?

FULLY RENOVATED RENTAL APARTMENTS AVAILABLE IN BRANTFORD

FROM \$1549

CAMELOT PROPERTY MANAGEMENT

519-756-4831

SENIORS WELCOME

Noticing changes in your MEMORY?

Recruiting seniors (aged 60-90) for a clinical trial exploring a new non-invasive treatment for mild neurocognitive disorder

neuromod@stjoes.ca

(905) 522-1155 ext. 36677

Scan the QR code to learn more!

St. Joseph's Healthcare Hamilton
McMaster University

Stay Updated!

Hamilton Public Library

Sign up for our eNewsletter.

hpl.ca/e-News

Does Your Shower Have You TERRIFIED?

Is mold or mildew lurking in the corners of your shower?

WE CAN HELP!

GSC GROUT SOLUTIONS CANADA

Call us for a complete shower cleaning/restoration and re-caulking

WE CAN TRANSFORM YOUR SHOWER TODAY!

905.870.7111

info@groutsolutionscanada.ca • groutsolutionscanada.ca

Congratulations!

December's Coffee News \$50.00 Contest Winner is Nicole Whalen who reads Coffee News