

Just hatching a new business?

CHECK OUT **Coffee News** ADVERTISING!

- People need to know about you!
- Reach thousands of local readers every single week
- Exclusive, affordable advertising

It's a crackin' good deal!

Love the Earth

...and Go Plastic-Free!

Plastic-free vegan choices for:

- Dish Soap • Shampoo • Facial Soap
- Body and Hand Soap • Deodorant • Lip Balm

We will deliver every month before or on the 10th day.

We are a sustainable products business located in Cold Lake.

SPECIAL OFFER! Monthly Subscription Box for only **\$30** plus Free Delivery

Call or text your order **780-826-1068**

www.amsoaps.webs.com <https://www.infomall.ca/AMsoaps/>

Support Your Community

by visiting local businesses that advertise in *Coffee News*.

After all, they are making this publication possible for your enjoyment!

Tell them you saw their ad in *Coffee News*!

Helping Clients Achieve Financial Well-Being

Joanne Williamson CFP
ASSOCIATE CONSULTANT

Tel 780.459.3343
Cell 780.812.6099
joanne.williamson@ig.ca
100 - 7 St. Anne Street, St. Albert, AB T8N 2X4

IG WEALTH MANAGEMENT

Ready for Your Winter Vacation?

- Snorkelling Gear & Lessons • Reef-Safe Sunscreen
- Beach Water Shoes • Dry Bags & Wallets • UV Shirts

Learn to scuba dive! Start your scuba diving certification with us and finish during your holiday!

The Dive Outfitters
Scuba Diving & Snorkeling

MON - FRI 10 am - 6 pm
SAT 10 am - 4 pm

www.thediveoutfitters.ca | 780.483.0044 | 11781-156 St.

Recipe of the month

Creamy Strawberry Crepes

3 eggs
1/2 cup milk
1/2 cup water
3 tablespoons butter, melted
3/4 cup all-purpose flour
1/2 teaspoon salt
1 (8 ounce) package cream cheese, softened

1 1/4 cups sifted confectioners' sugar
1 tablespoon lemon juice
1 teaspoon lemon zest
1/2 teaspoon vanilla extract
1 cup heavy cream, whipped
4 cups sliced strawberries

Prep: 30 min Cook 30 min Ready in 1 h

- Place the eggs, milk, water, melted butter, flour, and salt in the pitcher of a blender; blend until smooth.
- Blend the cream cheese, confectioners' sugar, lemon juice, lemon zest, and vanilla with an electric mixer until smooth. Gently fold in the whipped cream.
- Heat a lightly oiled griddle or non-stick skillet over medium heat. Pour or scoop the batter onto the griddle, using approximately 2 tablespoons for each crepe. Tip and rotate pan to spread batter as thinly as possible. Flip over when the batter is set and the edges are beginning to brown. Cook until the other side begins to brown. Stack finished crepes on a plate, cover with a damp towel and set aside.
- To serve, fill each crepe with 1/4 cup sliced strawberries and 1/3 cup of the cream cheese filling, roll up and top with a small dollop of the cream cheese filling and more sliced strawberries.

Source: www.allrecipes.com

Lock out your competition!

Coffee News only allows one advertiser from each industry, so when you advertise your business, your competitors can't.

Call to lock out your competitors today!

Stay Home! Stay Safe!

FREE! *New Issue Every Week!*

Coffee News®

"News To Be Enjoyed Over Coffee"

Cold Lake Edition

877-553-6397

www.coffee-news.ca

Est. 1988

Vol. 17 No. 26 June 29, 2020

Everybody's Talking

Small but beautiful Visitors to Iceland might want to try booking a tiny house for their vacation. The tiny house in question has some very special qualities. It's part of the Panorama Glass Lodge, located about a 30-minute drive from Reykjavik, Iceland's capital. The bedroom walls and ceiling are made of glass so visitors can go to sleep watching the Northern Lights dance in the sky. The amazing scenery includes Hvalfjörður (fjord of the whales) as well as snow-capped mountains. The little place has many luxury amenities, including an outdoor hot tub.

Big banknote When people open a new bank account, they usually take a cheque or a bit of cash to deposit into their chosen financial institution. However, tellers at a bank in Lincoln, Nebraska (U.S.), were surprised when a man presented them with a \$1 million banknote and asked them to open an account and deposit the money. The bank employees knew that a real \$1 million bill doesn't exist. In fact, the largest bill currently in circulation in the United States is \$100. The bank manager called police, who are trying to find the man.

Raining unicorns Folks working at a television station in Calgary, Alberta (Canada), got a bit of a shock one Halloween morning when their weatherman arrived on the set. Jordan Witzel, a meteorologist, pranced in front of the camera dressed as a white unicorn, including pink hair, a horn, hooves, and a multi-coloured tail. A banner appeared on the screen identifying him as "Ferdinand: Mystical Meteorologist." With the anchors laughing and exclaiming in disbelief, "Ferdinand" proved he could work the clicker with his hooves to present the weather report.

Pet rooster Some people might love dogs, while others enjoy the company of cats, parrots, or hamsters. But for Martin Herrera of San Jose, Costa Rica, roosters are his pets of choice. He has been domesticating and training the birds for many years. His favourite is a rooster named Paquito. Herrera can be found walking the streets of the city with Paquito on a leash, taking him to markets and cafés. In San Jose, people are allowed to bring pets onto city buses, so Herrera takes his favourite bird on bus rides, too. The bird lover trained Paquito to sit on his shoulder, to the delight of onlookers.

Quoteable Quotes

"Courage is the price that life exacts for granting peace." —Amelia Earhart

"Show me a person who has never made a mistake and I'll show you a person who has never achieved much." —Joan Collins

What's Happening

Events listed here are submitted by Event Organizers. Due to COVID 19, please ensure you contact the organizer to see if the event is still going ahead as planned.

July 18 - Cold Lake Air Show Come join in on the fun! tickets available, and more information at coldlakeairshow.com

July 18 to 19-36th Grand North American Old Time FIDDLE CHAMPIONSHIP WATCH on Facebook Live on Saturday July 18 and Sunday July 19 - Start Time: 11:00am MDT each day. More info: Wild Rose Old Tyme Fiddlers website: www.wildrosefiddlers.org. Join in!

July 3-Overcoming Loss During COVID-19 Join guest speaker Bill Harder on July 3 to learn more about the hardships we all face and techniques and mechanisms to cope with such stress. Please RSVP at lloydminster.ca/FCSSEvents, email fcss@lloydminster.ca or call 780-875-6184 for more info.

NON profit organizations may submit events for FREE at www.coffee-news.ca/whats-happening

Hidden Coffee News Guy ADVENTURE

To enter, visit www.coffee-news.ca

Submit your birth date and we'll send you a birthday card with valuable offers on your special day!

Find the Coffee News Guy hidden in one of the ads, then enter to win!

\$400* Prize Package

*Coffee News Bucks Over 150 participating sponsors!

4 winners (\$100 each) will be drawn on the 15th of each month from all correct entries

...or send your entry by snail mail to: CN Guy Contest, 17303-107 Ave., Edmonton, AB T5S 1E5 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. Which sport was featured in the movie Hoosiers?
2. If a glow-worm is not a worm, what is it?
3. Which breed of dog won the first "Best in Show" prize at Westminster in 1908?
4. Incisors, canines, and molars are three types of what?
5. A jellyfish has a brain and a heart—T/F?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd (Over)

THIS SPACE FOR RENT

780-220-6397

BLUE BLOODS

MON - THURS 9:00

yesTV

MORE SELECTION THAN ANY OTHER WINDOW COVERING SOURCE!

REAL REALBLINDS.CA

REAL BLINDS SUPERSTORE

1855 GO REAL

EDMONTON 10510-107 Ave. NW (main floor) 780-250-7325

VEGREVILLE 5006-52 Avenue 780-632-2142

DERWENT 118 Main Road 780-741-2376

BONNYVILLE/COLD LAKE 780-826-2239

WAINWRIGHT/PROVOST 780-842-2477

LLOYDMINSTER 780-875-1093

FREE In-Home Consultation

LIFE TIME WARRANTY

SAVE UP TO 50%

We make 100+ kinds of blinds We stock 15 million feet of inventory

Wishes are waiting.

Help us give every eligible child the wish they need.

Donate today: www.makeawishna.ca

Make-A-Wish
NORTHERN ALBERTA CANADA

Coffee News is proud to support Make-A-Wish Northern Alberta

INJURED AT WORK?

Need help with your WCB Alberta claim?

#1 choice for qualified representation reviewing decisions made on your claim and ensuring all entitlements have been granted

Enabling your "capabilities"

Ability Management Solutions

For a free telephone consult, call 780.995.6509

www.abilitymgmtolutions.ca

OVER A DECADE OF EXPERIENCE

Pregnant? Facing Difficult Decisions?

We can help. Call 780.421.1177 or text 587.596.5380

- Confidential Pregnancy Counselling
- Support and Connection to Resources
- Adoption Information and Advice

Small Miracles Adoption

www.smallmiraclesadoption.com

COLD SHOT
A DIVISION OF BALMARIA 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

Did You Know...?

Coffee News® offers printing services!

- ✓ Same day printing*
- ✓ Competitive rates

Call 780-220-6397

*Some conditions apply.

Need ONE More Reason to Join?

- 1 You need child support enforced
- 2 Your landlord raises rent in violation of your verbal agreement
- 3 You adopt a child
- 4 A friend owes you money and files for bankruptcy
- 5 You need help with credit card liability resolution
- 6 Your car is vandalized in a parking lot

Call LLOYD KENNEY, Independent Associate, to find out how LegalShield can help you!

LegalShield 1-877-579-9449

LegalShield 1-877-579-9449

30 YEARS Coffee News®

New Beginning Law

Family Law Criminal Defence

Jerred L.T.T. Moore B.A. (Adv.), J.D. Barrister & Solicitor

Renée L.T. Moore B.A., B.Comm. (Co-op), J.D. Barrister & Solicitor

780.645.0050
www.newbeginninglaw.ca | 4902-50 St., St. Paul, AB

Silver Sage Enterprises Ltd

Les Helm, RPFT
Cell 780.520.4000
Office 780.623.2494
Fax 780.623.2894
l.helmsilversage@gmail.com

Land Resource Planning

- Gravel Pits
- Mapping
- Reclamation
- Road Engineering

Helping you rediscover fun in the kitchen!

Gifts and Gadgets 25 YEARS

Your one stop kitchen and gift shop.

780.962.5220
Visit www.giftsandgadgets.ab.ca
or visit us in person at 111 First Ave., Spruce Grove

CELEBRATE OUR ANNIVERSARY WITH US JUNE 1

Traditional Funerals
Memorial Services
Cremations
Monuments

Serving Bonnyville & Cold Lake & Area for 20 Years

NORTHERN LIGHTS FUNERAL CHAPEL LTD.

780.826.6083 780.594.6083
info@northernlightsfs.ca

Value Cremation ~ \$2526.00

One solution for oxygen at home, away, and for travel

Introducing the INOGEN ONE – It's oxygen therapy on your terms

No more tanks to refill. No more deliveries. No more hassles with travel. The INOGEN ONE portable oxygen concentrator is designed to provide unparalleled freedom for oxygen therapy users. It's small, lightweight, clinically proven for stationary and portable use, during the day and at night, and can go virtually anywhere — even on most airlines. Inogen accepts Medicare and many private insurances!

Reclaim Your Freedom And Independence NOW!

Call Inogen Today To Request Your FREE Info Kit
1-888-998-6714

inogen
© 2020 Inogen, Inc. All rights reserved. MKT-P0108

Your Weekly Horoscope

ARIES (March 21 - April 20)

You may be highly ambitious, and full of optimism and enthusiasm for new plans. This might be a very productive time, if you keep your expectations reasonable. Lucky Numbers: 4, 6, 11, 22, 23, 31.

TAURUS (April 21 - May 21)

You may feel ready to make more personal commitments and take on responsibility in your relationships. Try to assess your capacity to give of your time. Lucky Numbers: 1, 14, 18, 21, 24, 28.

GEMINI (May 22 - June 21)

You may want to reach out and experience more. You might benefit from opportunities received from someone who could be very helpful to you and your goals. Lucky Numbers: 6, 9, 19, 26, 36, 39.

CANCER (June 22 - July 22)

You may meet someone charming through your work. Now might also be a good time to enhance your public standing and create goodwill with the public. Lucky Numbers: 4, 5, 18, 19, 24, 27.

LEO (July 23 - Aug. 23)

Self-confidence may be very high, and you might be especially competitive now. Your vitality and courage could be strong, and you may be very eager to meet challenges. Lucky Numbers: 22, 25, 29, 32, 38, 43.

VIRGO (Aug. 24 - Sept. 23)

Family relationships may be very satisfying and loving. Decorating to create a more harmonious and pleasing domestic arrangement might be favoured. Lucky Numbers: 13, 18, 22, 35, 40, 45.

LIBRA (Sept. 24 - Oct. 23)

You may reap rewards later for the generosity and aid you extend to others now. Agreements and joint forces could work out to your advantage. Lucky Numbers: 6, 12, 16, 22, 24, 33.

SCORPIO (Oct. 24 - Nov. 22)

Your creative imagination may be very vivid. If you have an interest in religious or spiritual matters, these interests might come into focus now. Lucky Numbers: 4, 15, 16, 23, 31, 40.

SAGITTARIUS (Nov. 23 - Dec. 21)

You may insist on having more time to enjoy the company of friends and family. A family get-together or social gathering might be the perfect fix. Lucky Numbers: 5, 8, 18, 25, 28, 45.

CAPRICORN (Dec. 22 - Jan. 20)

This may be an excellent time to try to remember your dreams. If you experience vivid, powerful dreams, you could benefit immensely by remembering them. Lucky Numbers: 6, 13, 19, 26, 44, 45.

AQUARIUS (Jan. 21 - Feb. 19)

This may be a time for making long-range plans and thinking about what is really important to you. Try not to let trivial details dominate your attention. Lucky Numbers: 1, 23, 25, 33, 35, 39.

PISCES (Feb. 20 - March 20)

This may be a positive time for communicating, writing, and teaching intellectual work. Your ideas could flow, and you might find it easier than usual to express your thoughts. Lucky Numbers: 3, 16, 24, 32, 39, 48.

Lucky numbers this week: This week's odds favour Gemini winners with the luckiest number being 6.

Did You Know...

The sunshine vitamin: Vitamin D is produced in the skin in reaction to sunlight. People who don't get enough sunlight may need to take a supplement, as this vitamin only naturally occurs in a few foods, such as fatty fish.

Big lakes: Located between Asia and Europe, and bordering five countries, the Caspian Sea is the largest lake in the world. The second largest is Lake Superior, which straddles the Canadian-American border in North America.

Season: Earth is tilted at 23.5 degrees in relation to our orbit around the Sun. When the North Pole is pointed away from the Sun, it is winter in the northern hemisphere and summer in the southern hemisphere. Vice versa when the North Pole is pointed toward the Sun.

Odd sea creature: The dugong lives in the warm coastal waters of the Red Sea, Indian Ocean, and Pacific Ocean. This large mammal looks a little bit like a manatee. Dugongs are herbivores and like to eat sea grass.

Wind watch: Prevailing winds are winds blowing in their most frequent direction in a certain location. Depending on the latitude, prevailing winds generally blow from east or west, rather than from north or south.

On the Lighter Side

Teacher: "Why can't freshwater fish live in saltwater?"
Student: "The salt would give them high blood pressure."

If the world keeps getting smaller every day, why does the cost of a stamp keep going up?

What can run, but never walks? Has a mouth, but never talks? Has a head, but never weeps? Has a bed, but never sleeps? A river.

Starting next month, I'm going to stop procrastinating.
Where is the ocean the deepest? On the bottom!

Answers

Trivia answers: 1. Basketball 2. A beetle 3. Smooth fox terrier 4. Teeth 5. False

Like us on Facebook

...to keep updated on **WEEKLY contests** in which you can enter to win tickets to sports events, entertainment events, Coffee News Bucks and more!

https://www.facebook.com/CoffeeNewsWeekly

Love Coffee News?

Send a selfie of yourself with your weekly edition of the paper, and your picture may appear here!

Send your selfie to contests@coffee-news.ca
Please put "Readers" in the subject line.

Please include:
• Your name • Your phone number and • Your address so that we can send you some cool prizes if your photo is chosen to appear in the paper!

Rita Marcial from Spruce Grove

Coffee News® Fun Reading. Serious Advertising.

FARMERS' MARKET OPENS APRIL 2ND

THURSDAYS 3:30-6:30PM

\$12 TABLES / SEASONAL INCENTIVES - CALL 780-826-9364

COLD LAKE EXHIBITION PARK SPRING BULLARAMA ADULTS \$20 KIDS FREE

March 14 April 4 April 18

Are you a business owner/office manager? Have 3-20 employees in your office? Paying too much for your current phone system?

We can save you up to 50% off your current phone rates!

How? We offer:
✓ VOIP Solutions at a fraction of the traditional carrier cost
✓ Long distance rates that outcompete the competition

TecWerks Inc.
WHERE TECH WORKS

780.801.1030 | www.tecwerks.ca

DEDICATED TO FINDING OUR CLIENTS THE BEST SOLUTIONS WITHIN THEIR BUDGETS

Coffee News® ... Doing our part

FRESH ~ CLEAN ~ SANITIZED

WE will be increasing our number of available copies, so please feel free to take one with you.

- One Time Use
- Do Not Return to Stand
- Recycle

Coffee News®... doing our part to STOP THE SPREAD

From Port Alberni, B.C. to St. John's, Newfoundland

Served in **1579** restaurants and coffee shops

Read by over 1.25 million Canadians per week

Coffee News® is Canada's choice for positive news from around the world!

Let us free you up...

TO FOCUS ON THE IMPORTANT STUFF

Call us today to see how we can help with all your bookkeeping and financial business needs.

BOOKKEEPING PLUS SERVICES LTD.

780.623.1845 trudiger@mcsnet.ca
www.terrprudiger.com

DAILY, MONTHLY, QUARTERLY BOOKKEEPING | HR MANAGEMENT
RECONCILIATIONS | PAYROLL SERVICES | GST/HST REPORTING

Non-profit? This is our speciality!