

Concerned about costs?

No repayment for one year: www.funeralpaid.ca

Serving Bonnyville & Cold Lake since 1997

NORTHERN LIGHTS
FUNERAL CHAPEL LTD.

780.826.6083 780.594.6083
info@northernlightsfs.ca

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



A Small Miracle Adoption

Adoption is the ultimate expression of a committed heart

www.smallmiraclesadoption.com

This Space for Rent.

877-553-6397

200+ Delicious Meals Made for SENIORS!

PLEASE ASK US FOR STARTER PACK

NOW SERVING THIS COMMUNITY!

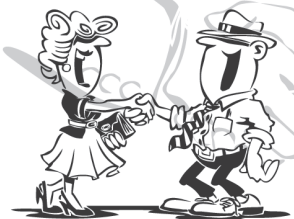
- ✓ Free Delivery*
- ✓ No Obligations
- ✓ No Minimum Orders*

* Some conditions apply

Request your FREE MENU Catalogue today!
780-666-2336
TF: 1-800-704-4779

HEART TO HOME MEALS
DELICIOUS MEALS MADE FOR SENIORS®
www.hearttohomemeals.ca

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 you rediscover **fun** in the kitchen!

Gifts and Gadgets

Your one stop kitchen and gift shop.
780.962.5220

CHECK OUT OUR EXTENSIVE ONLINE CATALOG!

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

Leave a legacy and be a part of tomorrow's future, today

If you're thinking of writing or updating your will, The Alberta Lung Association is offering the chance for donors to make a simple Will for free through our partnership with the Canadian Free Wills Network.

You are not obligated to leave a gift to the Lung Association – we hope that you will see this program as the perfect way to satisfy your estate planning objectives.

BREATHE
the lung association

www.ab.lung.ca/you-can-help-change-future-today

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. 18 No. 22 May 31, 2021

Everybody's Talking

Paring pumpkins: When people think of carving pumpkins, scary or funny faces that frighten or amuse Halloween celebrants are what usually comes to mind. Angel Boraliev of Varna, Bulgaria, has different ideas. This pumpkin carver is an artist who sculpts amazingly realistic images and designs out of the lowly fruit. A pumpkin might be turned into a regal owl, a majestic eagle, a slithering snake, or a placid pelican. Along with pumpkins, Boraliev also enjoys using watermelons and soap as a medium.

White deer: The northern part of the state of New York (U.S.) is home to a rare white-tailed deer called the Seneca white deer. The animals of this type carry a recessive gene that makes their coats white instead of the usual brown. The herd was protected for many years by the Seneca Army Depot. When it closed in the 1990s, volunteers took over the care of the animals. No hunting is allowed in what is now a sanctuary for the deer, but their stark white fur makes the animals an easy target for predators. Today, the private owner of the property plans to continue to protect the herd.

Chalky art: Chalk is something very familiar to teachers and students. That was true for Sachin Sanghe, who came from the village of Mudgere in Karnataka, India. He took a liking to the material and started to carve things in it, starting with simple letters. Later, he carved intricate creations, such as hands, deities, and buildings. He took a break from his art to attend engineering school, but after graduating, he started carving again. His tiny sculptures can take many hours to complete, depending on the complexity. The artist admits that getting the job done requires a lot of concentration.

Dish decorations: Collectors of porcelain might have a cabinet or two filled with interesting finds, but a couple of cabinets would not nearly be enough to hold the collection of Nguen Van Truong of Kieu Son, Vietnam. He started collecting porcelain dishes back in the 1980s, and he became so obsessed that he soon had nowhere to put all of his acquisitions. He took some mortar, applied it to the walls of his home, and began the process of embedding the dishes into his house. Now, the inside and outside of his house are covered in about 10,000 pieces of colourful dishware.

Quoteable Quotes

"Our deeds still travel with us from afar, and what we have been makes us who we are."

—George Eliot

"Not everything that is faced can be changed, but nothing can be changed until it is faced."

—James Baldwin

What's Happening

Online event posting During the Pandemic, we are happy to post your online event in the What's Happening section of Coffee News. Please visit our website at www.coffee-news.ca to submit your event.

APr 22 to June 10- B'ville Hospital Auxiliary Bursary Program B'ville Hosp. Aux. will be awarding TWO \$1,000 Bursaries to 2 students from B'ville area, that are enrolled in and attending a Health Related Program and who have completed at least 1 year. Apps are avail. by e-mail at bfotty@gmail.com closing June 10

Jun 19 to 20 - Cold Lake Fishing Derby \$10,000 First prize. Over \$12,000 in runner up prizes. Register at www.anglersatlas.com tournament477cold-lake-fishing-derby-2021. Max 250 participants. \$125 Entry Fee. Lake Trout

Jun 10 to Aug 12 - Lac La Biche Biking Group Thursdays from 6:30-7:30 Explore the trails of Lac La Biche County. 8702 91 Avenue Bold Centre

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

Hidden Coffee News Guy ADVENTURE

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

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!

NEW FEATURE!

...or send your entry by snail mail to: CN Guy Contest, 9768 170 Street, Suite 303, Edmonton, AB T5T 5L4. 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.

www.scubagearcanada.ca

A wish begins with **HOPE**

Hope begins with you.
Donate at makeawish.ca/createhope

Make-A-Wish

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

Oh no! We're out of bolts!
Call the Boltmobile!

BONNYVILLE BOLT SUPPLY LTD.

Delivery available!
780.812.2922
5603-50 Ave., Bonnyville | <https://bbsupply.ca>

On call 24/7

LOCALLY OWNED

DO THE MATH!

If you advertise in a monthly publication, your ad is seen 12 times a year.
If you advertise in a bimonthly publication, your ad is seen 6 times a year.
If you advertise in *Coffee News*®, your ad is seen 52 times a year!

It takes the average person 8 - 10 times to see a message and retain it.
So, where would you want YOUR ad to be?

Coffee News® = Repetition

COLD SHOT
A DIVISION OF BALWARIA EMPIRE PVT. LTD.

PASSENGER & PARCEL SERVICES

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

SHOP ONLINE!
www.scubagearcanada.ca

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

The Dive Outfitters
Scuba Diving & Snorkeling
11781-156 St., Edmonton 780.483.0044

Learn to SCUBA DIVE at our Edmonton location – call for details

SCUBAPRO | SHERWOOD | GARMIN | SHEARWATER | AKONA | HENDERSON | SEALIFE | TUSA

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

Served in

15796

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!

Go Plastic-Free!

...and Love the Earth

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.

AM SOAPS

Call or text your order 780-826-1068
www.amsoaps.webs.com <https://www.infomall.ca/AMsoaps/>

SPECIAL OFFER!
Monthly Subscription Box for only **\$30** plus Free Delivery if you live in the Lakeland AB/SK region

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

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

Call for Rates-780-220-6397/877-553-6397

Affordable-Effective-Exclusive-CALL NOW!

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

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

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**

For the first time ever...

Advertise Your Restaurant Here!*

For complete details, call Sam at 780-264-2552

Qualifying distributors of **Coffee News** receive **FIRST MONTH FREE!****

* Space restrictions may apply.
** On 6 month term.

Coffee News #supportlocal Initiative

Your Weekly Horoscope

ARIES

(March 21 - April 20)



Joining your efforts with others may work out very much to your advantage. You could reap rewards later for the generosity you extend at this time. Lucky Numbers: 5, 9, 12, 31, 39, 49.

TAURUS

(April 21 - May 21)



Communicating with neighbours, friends, and family may be accentuated. This might be a good time to establish friendly, professional relationships, as well. Lucky Numbers: 16, 24, 31, 39, 44, 48.

GEMINI

(May 22 - June 21)



Your intuition or gut feelings may be right on the mark. Positive feelings and inner harmony could engender smooth and comfortable relations with others. Lucky Numbers: 6, 7, 14, 22, 26, 42.

CANCER

(June 22 - July 22)



Light, pleasant interactions may be emphasized. You could gain what you want through diplomacy. You might be willing to make concessions to maintain harmony. Lucky Numbers: 4, 18, 25, 37, 41, 48.

LEO

(July 23 - Aug. 23)



You may care passionately and respond instinctively to current events. You might be energized and eager to be involved in projects that benefit your family life. Lucky Numbers: 1, 7, 17, 27, 37, 47.

VIRGO

(Aug. 24 - Sept. 23)



An interest in people and psychology may come to the fore. You might be fascinated by the mysterious and could delve and probe until you discover the truth. Lucky Numbers: 2, 12, 14, 16, 18, 20.

LIBRA

(Sept. 24 - Oct. 23)



This may be a good time to begin a new business enterprise or a new venture. You could have the drive and courage to make your vision a reality. Lucky Numbers: 8, 10, 17, 28, 30, 44.

SCORPIO

(Oct. 24 - Nov. 22)



You may make your influence felt, and your efforts to advance your career could be very effective. Taking on a leadership position might be favoured now. Lucky Numbers: 21, 24, 29, 31, 44, 49.

SAGITTARIUS

(Nov. 23 - Dec. 21)



Music or art may move you very much now. Your imagination might be activated, and you could be inclined to feel rather passive and dreamy, or creatively inspired. Lucky Numbers: 2, 12, 13, 22, 23, 33.

CAPRICORN

(Dec. 22 - Jan. 20)



This may be a perfect time to socialize, as the positive feelings that you generate may be to your advantage. Your willingness to meet people halfway could benefit you, as well. Lucky Numbers: 3, 5, 16, 22, 26, 40.

AQUARIUS

(Jan. 21 - Feb. 19)



A desire to share your good fortune and joy with others may be your theme. Beautifying your home or changing your physical appearance might appeal to you. Lucky Numbers: 1, 15, 21, 35, 41, 42.

PISCES

(Feb. 20 - March 20)



You may be craving emotional excitement, and your inhibitions might be loosened. It could be a time for music, dancing, and being joyfully spontaneous. Lucky Numbers: 12, 16, 32, 36, 42, 46.

Lucky numbers this week: This week's odds favour Libra winners with the luckiest number being 8.

Did You Know...

Hearing feet: African elephants have the unique ability to "hear" with their feet. Far-off rumbles in the ground create vibrations that travel from their feet to their middle ear. The timing of the signals can indicate the direction of the sound's origin.

Chef's trick: When we sprinkle salt on our food, we usually do it close to the target. Chefs sprinkle seasonings from a height of as much as 12 inches (30 cm). This results in much more even distribution.

No rabbits: In the state of Queensland, Australia, owning a rabbit is illegal. That's because the critters have become a severe ecological threat. The government erected a rabbit-proof fence and has taken other measures to keep the population under control.

Alarm system: Royals in ancient Japan were ahead of their time. They purposely built squeaky floors as an anti-theft alarm system. These "nightingale floors" or *uguisu-bari*, are named after the Japanese nightingale, also known as the Japanese bush warbler.

Unique banking: When visiting Vatican City in Rome, people can practice Latin while doing their banking. An ATM in Vatican City has an option to do transactions in Latin, possibly the only machine in the world to offer such a service.

On the Lighter Side

What has two hands, a big round face, always runs but stays in place? A clock.

Carry a feather duster with you wherever you go. If you can't find someone to tickle, at least you'll be able to do their dusting.

Don't resent growing old—many are denied the privilege.

Fred: "How do you know that peanuts are fattening?"

Ed: "Have you ever seen a skinny elephant?"

Improvising is a great adventure—a class act needs no cue cards.

Answers

Trivia answers: 1. Cygnets 2. True 3. Soccer 4. The river 5. 9-10 ft.

For available franchise opportunities – visit coffeenewscanada.com
© Published with Permission by Capital Marketing Ltd

Feel free to take your Coffee News home!

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:
1 Your name 2 Your phone number and 3 Your address so that we can send you some **cool prizes** if your photo is chosen to appear in the paper!



Readers of the Month
Franz Fritzwitz & Wilbur Ramsbottom

Coffee News Fun Reading. Serious Advertising.

Can't get to your Coffee News® each week?

Check out our PDF editions online!

New editions are posted every Monday

Sign up here to receive email notifications of new editions.

Now you never have to miss your weekly dose of good news!

www.coffee-news.ca/editions

Without our advertisers, Coffee News® would not exist

Please support them!

Coffee News is so popular... even our competitors read it!

New Beginning Law

Call 780.645.0050 to book a consult for **Family Law or Criminal Defence**

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

www.newbeginninglaw.ca

4802-49 Avenue, St. Paul | Located behind ATB!

Sour Gas and Odour Control Treatment

S.O.S. SOUR AND ODOUR SERVICES

1-888-909-9976
info@sourandodour.com | www.sourandodour.com

Customized Solutions to meet your specific requirements:

- Vapours emitted from sour oil and water tanks
- De-pressure of pig senders and receivers
- Venting of liners in sour pipelines
- De-hy condensation tank vapours
- Loading and unloading tank trucks
- Vacuum truck blower discharges
- Catalytic heater fuel sweetening
- Ventilation of sewage lift-stations
- Ventilation of electrical panels

Recipe of the month

Balsamic Watermelon Chicken Salad

1 cup balsamic vinegar 1 tablespoons olive oil
1 lb. boneless skinless chicken breasts 4 cups baby spinach or greens
2 cups cubed watermelon
3 teaspoons all purpose seasoning 1/2 cup blue cheese crumbles
1/4 cup sliced or crushed almonds

Prep Time: 10 mins. Cook time: 30 mins. Yield: 4 servings

1 Pour the balsamic vinegar into a small saucepan and bring to a boil. Reduce heat and simmer for 15-20 minutes until the balsamic vinegar is significantly reduced and starting to become syrupy.
2 Meanwhile, turn a grill or nonstick skillet to high heat. Sprinkle the chicken with the seasoning on both sides and drizzle with the olive oil. Transfer to the hot grill and cook until no longer pink on the inside and nicely browned on the outside. Let rest for 5 minutes; cut into small cubes.
3 Layer the spinach with the chicken, watermelon, blue cheese, almonds, and drizzle with the balsamic reduction to taste. Top with additional olive oil if desired.

Source: <https://pinchofyum.com>

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>

MORE SELECTION THAN ANY OTHER WINDOW COVERING SOURCE!

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

FREE In-Home Consultation

LIFE TIME WARRANTY

real blinds

WESTERN CANADA'S #1 RETAIL WINDOW COVERING FACTORY

1 8558 GO REAL REALBLINDS.CA

EDMONTON 10510-107 Ave. NW 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

The World's #1 Restaurant Publication!

21-Cold Lake