

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!



Reader of the Month
Camille Snow of Edmonton


Coffee News Fun Reading. Serious Advertising.

FREE! *New Issue Every Week!*

Coffee News®

"News To Be Enjoyed Over Coffee"

Grande Prairie Edition
877-553-6397



www.coffee-news.ca Est. 1988

This Space for Rent.

877-553-6397

Real Estate Appraisals You Can Bank On!

COMMERCIAL • INDUSTRIAL • RESIDENTIAL

AGM VALUATIONS GROUP LTD.

780-624-0020
10032 - 99 Street, Peace River, AB

Servicing the Peace River area, including Fort. St. John & Dawson Creek, B.C.

HIP/KNEE REPLACEMENT?

Other medical conditions causing TROUBLE WALKING or DRESSING?

The Disability Tax Credit allows for

\$3,000 YEARLY TAX CREDIT
and **\$30,000 LUMP SUM REFUND**

FREE ASSESSMENT CALL TODAY!

For Expert Help:
1.844.453.5372



GRANDE PRAIRIE'S FIRST AND ONLY INDOOR PLANT SHOP

Elaine's Unique Plants

- Wide Variety of Indoor Houseplants
- Handmade Macramé
- Market Baskets

AND MORE!

Back entrance of GP Farmers' Market (10032-101 Avenue)
Regular Hours: Tues.- Sat., 10 a.m. to 4 p.m. | Open during Market hours as well!

Norwex®

IMPROVING QUALITY OF LIFE™

Real Products. REAL SOLUTIONS.

Norwex has been creating Safe Havens since 1994 – healthier homes, healthier families and a healthier world. Join us!

Christine Rideout
Norwex Independent Sales Consultant
780-933-2792
christinerideout@norwex.biz

Recipe of the month

Pumpkin Spice Cupcakes

2 cups sugar	1/2 teaspoon ground ginger
1 can (15 ounces) pumpkin	1/4 teaspoon ground cloves
4 large eggs, room temperature	1 cup raisins
1 cup canola oil	Cream Cheese Frosting:
2 cups all-purpose flour	1/3 cup butter, softened
2 teaspoons baking powder	3 ounces cream cheese, softened
2 teaspoons ground cinnamon	1 teaspoon vanilla extract
1 teaspoon baking soda	2 cups confectioners' sugar
1/2 teaspoon salt	1/2 cup chopped walnuts, toasted

Prep Time: 30 min. Bake: 30 min + cooling Yield: 2 dozen

- Preheat oven to 350°. Beat sugar, pumpkin, eggs and oil until well blended. In another bowl, whisk next seven ingredients; gradually beat into pumpkin mixture. Stir in raisins.
- Fill each of 24 paper-lined muffin cups with 1/4 cup plus 1 teaspoon batter. Bake until a toothpick inserted in centre comes out clean, 28-32 minutes. Cool 10 minutes before removing from pans to wire racks to cool completely.
- For frosting, beat butter and cream cheese until smooth. Beat in vanilla. Gradually add confectioners' sugar. Frost cupcakes; sprinkle with walnuts. Refrigerate.

Source: www.tasteofhome.com



Ranchlands
APARTMENT HOMES

Call or text today! 780.851.3730

Ranchlandapts.com

NOW LEASING

Vol. 18 No. 41 October 11, 2021

Everybody's Talking

Countless cookies: Those looking for fancy cookies to wrap up and give to friends, or to devour themselves, need look no further than Lorena's Sweets. The brand is the brainchild of Costa Rican confectioner, Lorena Rodriguez, whose collection has something for everyone. Rodriguez always loved baking cookies, and her husband convinced her to go into business. Now, she has many molds for a wide variety of shapes, which she ornately decorates with fondant. Buyers can order any shape, from a horse on a carousel to the Eiffel Tower to a grandfather clock. The options are almost limitless!

Caring for raccoons: There are dog whisperers and horse whisperers, and now Canada has its very own raccoon whisperer. His name is James Blackwood, and his home is near the forest in the province of Nova Scotia. Back in 1999, his late wife, Jane, rescued an injured raccoon, nursing it back to health and releasing it. The cute mammal returned for food, along with its babies. That was the beginning of the couple's daily ritual of feeding the raccoons. Before she died nearly 20 years ago, Jane asked James to keep caring for the raccoons, and he's been doing it ever since, often posting videos on social media.

Bowling news: The sport of bowling will never be the same again! An entrepreneur from Southfield, Michigan (U.S.), has come up with an interesting idea: a mobile bowling alley. Terence Jackson Jr. calls his creation Luxury Strike Bowling. A two-lane bowling alley is built inside the trailer of a 53-foot (16-metre) semi-truck. The inside is decorated with colourful lights, a theatre screen, and elevated seating. The game played is "duckpin," which employs shorter lanes and lighter weight balls than the five- or 10-pin varieties. The bowling-alley-on-wheels is available for parties and events.

Yellow tree: Needing to make a reservation to see a tree is unusual, but that is the case in China's Shaanxi Province. At a temple in the Zhongnan Mountains stands a 1,400-year-old ginkgo biloba tree. The reason this specimen is so popular is the beautiful scene that ensues when it starts to lose its leaves. The leaves turn a brilliant yellow-gold, making them look as though they were painted by a giant artist's brush. The fallen leaves surround the tree in a sea of yellow. The sight attracts so many tourists that, to avoid large crowds, people must reserve the day and time of their visit.

Quoteable Quotes

"To conquer fear is the beginning of wisdom." —Bertrand Russell
 "I cannot and will not cut my conscience to fit this year's fashion." —Lillian Hellman

What's Happening

Workplace Bullying Awareness Week 2021 Please join us for Workplace Bullying Awareness Week! Follow awarenessendsbullying.com to participate in the conversation and share what you are doing!

Oct 17-Devon Monthly Arts Market Throughout COVID, our Artists have been couped up. Imagine what they've created! Come check out our local artists, craftspeople and artisans each month at the Devon Community Center, 20 Haven Ave, Devon. The Market runs from noon to 4 pm. Free to attend

Sept 18 to Oct 17-Vegreville Corn Maze A family-friendly corn maze experience. Enjoy themed weekends featuring everything from pony rides to live music. All in support of local non-profit organizations. These are tentative dates. Visit <https://www.facebook.com/vegrevillecornmaze> for details.

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.

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

Congratulations

to the past months' **Coffee News Guy** contest winners!

Your prizes are in the mail!

JULY
Koshua Kyrejto
Katarina Penfold
Lucyna Szczepanik
Tammy Werner

AUG.
Jess Boyd
Jennifer Gee
Brian Janiten
Sharon Kurceba

Enter today for your chance to win at www.coffee-news.ca



Imagine your business here!

For more information:
780-220-6397
or **877-553-6397**
www.coffee-news.ca



Helping you rediscover fun in the kitchen!

Gifts and Gadgets

Your one stop kitchen and gift shop.

780.962.5220

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

CHECK OUT OUR EXTENSIVE ONLINE CATALOG!



Edward Jones

Don't just think about retirement. Plan for it.

Chris M Kadyk
Financial Advisor
780-532-2336
chris.kadyk@edwardjones.com
edwardjones.ca/chris-kadyk

Follow me on  

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



Trivia

1. Machu Picchu is located high in the mountains of what country?
2. Oregano and basil come from the mint family of herbs—T/F?
3. A zax is used to cut _____?
4. What male actor played the lead role in the movie The Shining?
5. Where are the mouth and eyes of the stargazer fish located?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

Pregnant? Facing Difficult Decisions?
 We can help.
 Call 780.421.1177 or text 587.596.5380



A Small Miracle Adoption
 Adoption is the ultimate expression of a committed heart

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

www.smallmiraclesadoption.com

Get More Traffic, Leads & Sales



SCAN ME

- Website Development
- Google Ads
- Facebook Advertising
- Social Media Management
- SEO & Content Marketing
- Reporting & Analytics

Frontline 780.760.6922
 www.frontlineconsulting.ca

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

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

ETTA TELECOM 587.760.2800
<https://zettatelecom.com>

DEDICATED TO FINDING OUR CLIENTS THE BEST SOLUTIONS WITHIN THEIR BUDGETS

If you liked Gold Canyon Candles, you are gonna love Sunset Scents!

They are creating candles that have a strong scent throw and the cleanest burning scented candles out there!

They are the next Finest candles you will EVER find!

PSC Prairie Scented Candles
Sunset Scents a RAY of Fragrance

prairiescentedcandles@gmail.com
www.prairiescentedcandles.com

PEACE RIVER REGIONAL WOMEN'S SHELTER
 EVERYONE HAS THE RIGHT TO LIVE FREE OF VIOLENCE AND ABUSE

Our shelter offers women a safe and secure environment where they can access counselling, housing and other supports

When Home Is Not Safe - We Have A Shelter For You
 1-877-624-3466 • www.prrws.com

EMERALD GARDENS RETIREMENT RESIDENCE

Connect with your community
 Join us for coffee & a tour today

780-539-5538 parkplaceseniorsliving.com
 10402-111 Street, Grande Prairie

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

Your Weekly Horoscope

ARIES
 (March 21 - April 20)

Your aura may lead you to help you find answers. You could be at the right place at the right time. Your ideas might fit in well with the hum of community activities. Lucky Numbers: 6, 15, 26, 32, 38, 48.

TAURUS
 (April 21 - May 21)

You may need to work a little harder to find a good compromise for everyone. Take the time necessary to research some fascinating adventures, far away from home. Lucky Numbers: 13, 27, 28, 34, 38, 42.

GEMINI
 (May 22 - June 21)

You may feel as if your head is full to overflowing. By focusing on the tasks at hand, you might find deeper meanings in things. Others could react well to your success. Lucky Numbers: 5, 6, 12, 21, 23, 40.

CANCER
 (June 22 - July 22)

Your patience and understanding may enable you to grow. You might find new interests to lead you, and you could branch out to reach a larger audience. Lucky Numbers: 20, 21, 25, 30, 31, 35.

LEO
 (July 23 - Aug. 23)

You may want to look past the immediate to find some old treasures that fit your style. Decorating your surroundings might be a great way to express yourself. Lucky Numbers: 7, 18, 27, 29, 43, 45.

VIRGO
 (Aug. 24 - Sept. 23)

Your immediate plans may include a little bit of rest and relaxation. Take time to rejuvenate yourself and get started on a new regime of healthy eating and exercise. Lucky Numbers: 15, 29, 30, 31, 46, 49.

LIBRA
 (Sept. 24 - Oct. 23)

Your intellectual curiosity and mental restlessness may combine, and your mood to socialize could be high. You might be more than ready to commit to a relationship. Lucky Numbers: 9, 14, 21, 27, 34, 47.

SCORPIO
 (Oct. 24 - Nov. 22)

You may be able to communicate with great conviction. You might also be very effective and could find yourself in the position to bring others around to your point of view. Lucky Numbers: 1, 4, 13, 23, 33, 43.

SAGITTARIUS
 (Nov. 23 - Dec. 21)

You simply may not be seeing people very objectively. You may be a little infatuated with someone, only to be sad when you discover who they really are. Lucky Numbers: 14, 19, 23, 25, 34, 41.

CAPRICORN
 (Dec. 22 - Jan. 20)

Finding a more positive perspective may provide you with a real boost. Your sense of well-being could become quite fragile if you continue to dwell on the negative. Lucky Numbers: 14, 15, 42, 44, 48, 46.

AQUARIUS
 (Jan. 21 - Feb. 19)

Whatever you decide to pursue, you may do so with great intensity. Your focus might depend on your personal interests. You could feel empowered to reach many goals. Lucky Numbers: 32, 37, 42, 47, 48, 49.

PISCES
 (Feb. 20 - March 20)

A spontaneous inspiration may prove to be very beneficial to your life. You might have an opportunity to directly pitch your ideas to those who can make things happen. Lucky Numbers: 20, 24, 26, 30, 34, 36.

Lucky numbers this week: This week's odds favour Scorpio winners with the luckiest number being 13.

Did You Know...

Trained mechanic: If your car broke down in the 1940s, you could have asked the future queen of England to fix it. Queen Elizabeth II was 18 when she joined the Women's Auxiliary Territorial Service and trained to become a mechanic and military truck driver.

No brainer: Woodpeckers can slam their beaks against a tree up to 20 times per second without suffering brain damage because of their unusual skull and tongue structures. They have impact-absorbing adaptations other birds lack.

Margherita pizza: Many theories suggest how the Margherita pizza got its name, but the most common is that it is named after Queen Margherita of Savoy. She was visiting Naples and asked a local pizza maker (or pizzaiolo) to make something special for her.

No pockets: Women's fashions seldom included pockets until the mid- to late 1800s. One theory is that pockets represented independence, as did the pants that women started to wear around the same time.

Invisible plant: Fritillaria grows in the Himalayan Mountains, but the plant camouflages itself against rocky backgrounds and can be hard to find. Used for over 2,000 years to make a cough treatment, the plant evolved to hide itself to avoid being picked.

On the Lighter Side

Two men meet on opposite sides of a river. One shouts to the other, "I need you to help me to the other side." The other guy says, "You are on the other side."

Old refrigerators never die. They just lose their cool.

Did you hear about the new dance called the "Elevator"? It has no steps.

Why shouldn't you write with a broken pencil? Because it would be pointless.

What about the guy who stole calendars? He got 12 months.

Answers

5. Top of the head
Trivia answers: 1. Peru 2. True 3. Slate 4. Jack Nicholson

BEST OF HAWAII FOUR-ISLAND TOUR

12 days, departs year-round

VMT vacations

FROM \$2,549
\$2,299*
 USD

1-877-699-7003
 promo code N7017

* Prices are per person based on double occupancy plus up to \$299 in taxes & fees. Single supplement and seasonal surcharges may apply. Add-on airfare available. Offers apply to new bookings only, made by 9/30/21. Other terms & conditions may apply. Ask your Travel Consultant for details.

inogen

FREEDOM. TO BE YOU.

1-888-998-6714

MKT-P0253

If It Needs Glass, We Can Provide It!

Professional, top quality workmanship | Interior and exterior services | Residential and commercial applications

Mobile service and installation specialists with over 25 years of experience!

ALL PRO Glass Ltd.

Windows	Doors
Skylights	Wet Rooms
Glass Railings	Shower Doors

780.978.0088 www.allproglass.ca

AUTHENTIC THAI CUISINE

Not everything is spicy... but it can be!

Canadian Thai RESTAURANT

587-299-9327

TAKE OUT | DELIVERY | DINE IN

9606 100 St # 104 | www.canadianthaigp.com/

JEOPARDY!
 WEEKNIGHTS 7:30
 YES TV

HAPPY Thanksgiving

from your friends at **Coffee News**

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

COLD SHOT
 A DIVISION OF BALMARIA 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