

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

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

THIS SPACE FOR RENT

780-220-6397

Your Favourite Auction House

SEVING THE LAKELAND!

View and bid at our upcoming auctions online! Links at: www.tilleyauctions.com

Find us live at #12, 5606-54 St., Cold Lake

Tilley Auctions

Phone Aaron Tilley with all inquiries or to consign at 780-792-8679

PROUDLY SERVING NORTHERN AB: Cold Lake • Bonnyville • Fort McMurray • Lac La Biche • St. Paul • Elk Point

Coffee News® is proudly delivered by



Dove Centre

Reaching Communities, Enhancing Lives

Coffee News® Part of your community.

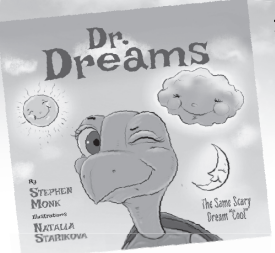
A New Children's Book

...to delight and inform young readers from author **Stephen Monk**

Dr. Dreams celebrates family, dreams, sharing and learning helpful skills

Visit www.stephenmonk.ca

AVAILABLE THROUGH:
AMAZON | BARNES AND NOBLE | KINDLE | GOOGLE PAY | APPLE BOOKS
FRIENSPRESS | INDIGO and at COLES GRANDE PRAIRIE



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



BrokerLink Insurance

HOME AUTO BUSINESS FARM

780.594.7539 | 102, 5605-55 St., PO Box 179 Cold Lake | BrokerLink.ca

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

SHOP ONLINE!

www.scubagearcanada.ca

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

The Dive Outfitters

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

11781-156 St., Edmonton 780.483.0044

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

Everybody's Talking

Muffin madness: A neighbourhood in Bangkok, Thailand, is known for its Siamese-Portuguese culture. In the area called Kudseejeen, residents and visitors can enjoy a special treat that can be found in a small number of local bakeries. This is the khamom farang Kudseejeen, or the Kudseejeen "foreigner cake." Made from eggs, wheat flour, and sugar, these muffins provide a satisfying crunch on the outside that gives way to a fluffy interior. Little pieces of dried fruit, such as raisins, adorn. The origins of this treat date back 250 years to the time when Portuguese settlers arrived in the area.

Dangerous road: A particular road in France is respected by the locals, who know how and when to safely travel on it. Called Passage du Gois, it connects the town of Beauvoir-sur-Mer on the eastern mainland to Île de Noirmoutier. The road is dangerous to use because it floods twice a day. If travelers are halfway across this approximately 4.5-kilometre (2.8-mile) road when the tidewater flows, they may face the danger of being submerged. Digital signs warn drivers about timing and conditions, and rescue towers are available in case people get caught in the middle.

Floating Forest: Homebush Bay in Sydney, Australia, has seen many retired ships pass through on their way to be disassembled. One, however, was saved from the wrecking ball. Called the SS Ayrfield, it still floats in this harbour today, and it is quite a sight. The rusted hull may not be pretty by itself, but the ship has been abandoned for so long that vegetation grows from it, and it has become known as the Floating Forest. Originally called the Corrimal, it was built in 1911 and was used as a transport ship. Visiting the ship is free, and it has become a popular tourist attraction for locals, visitors, and photographers.

Wandering moose: If you are a moose looking for a new home, why wouldn't you trot up and down the streets of a town? That's what a 400-kilogram (900-pound) male moose did in Centreville, Utah (U.S.). The young bull ventured into the town early one morning, just as everyone was waking up and heading out for a jog or to walk a dog. These big male moose can be dangerous creatures if frightened, so someone called the police and the Utah Division of Wildlife Resources. The police and biologists were able to tranquilize the visitor and transport him safely back to the wilderness.

Quoteable Quotes

"Never tell people how to do things. Tell them what to do and they will surprise you with their ingenuity." -George S. Patten

"We seek the truth and will endure the consequences." -Charles Seymour

What's Happening

April 23-The Alan Jackson Experience 2022 7 - 10 PM. Aaron Halliday and his band The Longhorns, will pay tribute to Country Music Icon Alan Jackson. Along with some of Aaron's own music in the mix. St Paul Recreation Centre, 4802 53 Street.

June 10 to 11 - Cold Lake Treaty Six Contemporary Art Festival This event is a showcase of Contemporary Indigenous Art from all across Western Treaty Six Territory. It is a celebration of Indigenous Artists working in the mediums of visual art, spoken-word, performance art, and music. www.treatysexcontemporary.com

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

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.

Trivia

1. The fifth planet from the sun is Mars, Saturn, or Jupiter?
2. What is progeria?
3. A hockey rink might use what type of machinery to smooth its ice surface?
4. Officially used by the APCO in radio transmission, what does the code "10-4" mean?
5. What type of sporting equipment would Olympic gold medalist Lindsey Vonn use?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

Thank You to these distribution partners for supporting the "good news" message of Coffee News!


Zone 21 Updated 09.24.21

We appreciate you!

Beantree	Coffeehouse	Memphis Blues
Best Western	Best Western	MMM Fusion Cuisine
Boston Pizza	Burger King	Mo's Pizza
Clarke's General Store and Eatery	Dairy King	Northside Pizza/Yogen Fruz
Dairy Queen	Edo	Northern Lights Chinese
Express Pizza Plus	Humpty's	Papa John's
Mamacita's	McDonald's	Pizza House and Sub
		Ramada Inn
		Soleilki
		Subway
		Taco Time
		Tim Hortons x 2
		Walmart
		McDonald's
		Wok Box

Would you like to offer your valued customers the opportunity to read and enjoy Coffee News?

► For more information on becoming a distribution partner, call us at 780.220.6397 or scan the QR code at right.



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

New Year's Special!

SOCIAL MEDIA
1-2 Posts/Week (on 2-3 Platforms)
Unique Content Creation & Calendar
#Hashtag Strategy
Monthly Reporting

SEARCH ENGINE OPTIMIZATION
Keyword Research & Tracking
Content Marketing
Google My Business Optimization
Technical SEO
Monthly Reporting

\$799/MONTH - REG. \$1000/MONTH

NEED MORE SOCIAL MEDIA OR SEO? INQUIRE ABOUT A CUSTOM PACKAGE!

Frontline web consulting 780.760.6922
info@frontlineconsulting.ca
frontlineconsulting.ca

Recipe of the month

Valentine's Pop Hearts


1 refrigerated, ready-to-unroll piecrust | 1 large egg | 4 tbsp. raspberry jam

Prep Time: 10 min. Cook Time: 13 minutes Yield: 4

- 1 Preheat the oven to 425 degrees F. Line a jelly-roll pan with parchment paper.
- 2 Unroll the piecrust and cut into 8 rectangles or hearts. Use a small heart-shaped cookie cutter to stamp out smaller hearts from half the hearts (these will be your peekaboo top crusts); brush edges with egg.
- 3 Spread 1 heaping teaspoon raspberry jam in the centre of the 4 solid hearts. Put the peekaboo crusts on top; seal the edges by crimping them with a fork (lightly floured, if needed). Transfer to prepared jelly-roll pan.
- 4 Bake 10 to 13 minutes or until golden. Transfer to wire racks to cool.

Forego the store bought chocolates and impress your Valentine with these treats!

Source: <https://www.womansday.com>



Helping you rediscovers **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



This is Your Story
 Stories of redemption, discovery and faith
WEEKNIGHTS AT 11PM
yesTV

inogen
FREEDOM. TO BE YOU.
1-888-998-6714
 MKT-P0253

Congratulations to December's **Coffee News Guy** contest winners!
 Your prizes are in the mail!
 Enter today for your chance to win at www.coffee-news.ca

Catherine Marabello
Jean Bredo
Sue Goss
Lacina Barsalou

CANADA'S #1 RETAIL WINDOW COVERING FACTORY
real blinds
 FREE DESIGN CONSULTATION
 COMMERCIAL • RESIDENTIAL • WHOLESALE
780.741.2376
Toll Free 1.855.846.7325
REALBLINDS.CA

BEST OF HAWAII FOUR-ISLAND TOUR
 12 days, departs year-round
YMT vacations
1-877-699-7003
 promo code N7017
 FROM \$2,549
\$2,299 USD
 * 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.

BORDER CITY FARMERS MARKET
 Hallway in the Servus Sports Centre
 (Back to our previous location for many years prior to Covid!)
THURSDAY 12-5 p.m. Cake & Coffee 2-4 p.m.
SATURDAY - 11 a.m.-4 p.m.
 FOR MORE INFORMATION: call Loris at 639-536-0387, email bordercityfarmersmarket@outlook.com or visit bordercityfarmersmarket.ca
 Physical distance and sanitizing protocols in place
Lloydminster Christmas Craft Fair & Chamber Expo
 NOVEMBER 19-21, 2021

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
 Grady Gibson & Emily Ewen of Edmonton
Coffee News Fun Reading. Serious Advertising.

New Beginning Law
 • Separation Agreements
 • Divorces
 • Common Law
 • Restraining orders
 • Emergency Protection Orders
 • Criminal Defence
 • Driving Offences
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
 4802-49 Avenue, St. Paul (Located behind ATB)
780.645.0050 | www.newbeginninglaw.ca

Your Weekly Horoscope

ARIES
 (March 21 - April 20)

At the end of the week, you may experience a reset in your emotional view of life. Perhaps you should use this opportunity to address any issues at home. Lucky numbers: 3, 4, 22, 31, 32, 45.

TAURUS
 (April 21 - May 21)

The astrological environment now offers you the potential to manifest your unique personality. When you can relax and be yourself, there is an opportunity to interact successfully with others. Lucky numbers: 5, 7, 8, 23, 25, 47.

GEMINI
 (May 22 - June 21)

You may be in an energetic period where you are laser-focused on taking action to achieve your goals. However, showing empathy toward yourself and others is important as well. Lucky numbers: 14, 15, 18, 26, 30, 37.

CANCER
 (June 22 - July 22)

Feeling a conflict between what you want for yourself and a desire to be of service to others? Find a positive outlet to reduce stress and explore your spiritual side. Lucky numbers: 6, 11, 12, 14, 18, 27.

LEO
 (July 23 - Aug. 23)

You may feel a lack of emotional and mental balance at the beginning of the week. Arguing with others won't help. Instead, think through the underlying cause of the issue. Lucky numbers: 9, 11, 17, 24, 45, 47.

VIRGO
 (Aug. 24 - Sept. 23)

If you have been feeling discouraged, there is an opportunity now for a positive emotional recharge. Be careful, though, not to see-saw too far the other way and overreach. Lucky numbers: 7, 17, 32, 33, 35, 39.

LIBRA
 (Sept. 24 - Oct. 23)

Does it seem that you have been engaged in conflict recently? Use the volatility you may be experiencing to bring information to the surface, in order to address old issues. Lucky numbers: 1, 12, 21, 25, 26, 41.

SCORPIO
 (Oct. 24 - Nov. 22)

Sudden or unexpected events point you in the direction of a new purpose for your life. An adjustment in your view might be needed to follow this new path. Lucky numbers: 15, 17, 20, 26, 30, 43.

SAGITTARIUS
 (Nov. 23 - Dec. 21)

Are you tempted to buy something extravagant? You may want to think through the deeper meaning of this itch and do something that will have a more positive impact on your life. Lucky numbers: 13, 14, 17, 19, 31, 35.

CAPRICORN
 (Dec. 22 - Jan. 20)

During the last few weeks, you may have been focused on relationships and exploring uncomfortable emotions. This situation should ease soon, so be careful about making any unconscious choices right now. Lucky numbers: 2, 13, 23, 31, 46, 47.

AQUARIUS
 (Jan. 21 - Feb. 19)

Mental work may be fairly easy now, with your thoughts focused and disciplined. Just don't dwell on any setbacks or be overly critical of yourself and others. Lucky numbers: 4, 14, 22, 30, 39, 48.

PISCES
 (Feb. 20 - March 20)

Every decade or so, each of us is given an opportunity for renewed optimism and confidence to help set a new path. This may be yours, so how do you want to use it? Lucky numbers: 8, 9, 23, 34, 44, 47.

Lucky numbers this week: This week's odds favour Aquarius winners with the luckiest number being 30.

Did You Know...

Beautiful place: In Mozambique, Bazaruto Archipelago is a beautiful national park. Located off the coast, the park consists of five main islands that are home to many types of wildlife. Visitors to the islands often like to dive and snorkel.

Berry tart: Cloudberry is known to people who live in the far northern areas of Canada, Scandinavia, and Siberia. These berries are small and golden, and are tart when eaten raw. Some people use them to make jam.

Take a nap: The United States acknowledges the need for people to catch up on their sleep. In March, the first Monday after clocks are moved ahead for daylight saving time has been designated "National Napping Day."

Waffly nice: Bubble waffles originated in Hong Kong. Made of eggs, milk, and flour, they are cooked in a waffle iron that has ball-shaped indentations, rather than the usual, square-shaped ones.

Started small: Well-known American actor Leonardo DiCaprio, who starred in such blockbusters as *Titanic* and *Once Upon a Time in Hollywood*, started his career with small roles in old television series, such as *Growing Pains* and *Roseanne*.

On the Lighter Side

Why didn't the two 4s go to the cafeteria for lunch? They already 8!

Patient: "Doctor, I can't stop thinking I'm a goat."
 Doctor: "How long have you had this problem?"
 Patient: "Ever since I was a kid."

What kind of dog does a Yeti have? A chilly dog.

Knock! Knock! Who's there? Anya. Anya who? Anya mark, get set, go!

Why was the computer tired when it got home? It had a hard drive.

Answers

Trivia answers: 1. Jupiter 2. Premature old age 3. Zamboni! 4. Message received 5. Alpine skis

Need ONE More Reason to Join?

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

Call **LOYD KENNEY**, Independent Associate, to find out how LegalShield can help you!
LegalShield 1-877-579-9449

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

Dare To Be Plastic-Free!

Vegan products in compostable or recyclable packaging
AM SOAPS Sustainable Products
 Shop now at amsoaps.com
 or at Tilley Auctions, #12, 5606-54 Street, Cold Lake Phone 780-826-1068

Zero Waste Vegan:
 • Solid Dish Soap
 • Solid Shampoo
 • Solid Body and Face Soaps
 • Aluminum-free, baking soda-free Deodorant
 • Solid Lotions

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>

FREE 1/2 HOUR CONSULTATION

BUSINESS LAW, CONTRACTS, and CORPORATE SERVICES
 PERSONAL INJURY, EMPLOYMENT LAW
 ENVIRONMENTAL and REGULATORY LAW

BIG BUFFALO LAW
 Rate: \$255 per hour* *Taxes and disbursements extra
 Now serving Lac La Biche, Fort McMurray, Athabasca, Bonnyville, St. Paul, Cold Lake
587.532.9392 | www.BigBuffalo.ca

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

Is your business looking to address labour and skill shortages?

SEEKING EMPLOYERS!
 What you can expect from our employees as a business owner:
 • Employees eager to learn and able to contribute to the success of your business
 • Support by Dove Centre staff to ensure proper training and monitoring is in place to meet your expectations
 • Growth of employee's self-confidence and financial independence
 • Recognition as an inclusive employer committed to our community
 • Increased morale among all employees after hiring an individual with a disability
Dove Centre Employment Agency
 Contact your local Dove Centre Employment Agency office to see what we can do for you:
Bonnyville 780-812-2270 | Cold Lake 780-594-2659