

COLD SHOT
A DIVISION OF BALWARIA 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

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

INNATE FREEDOM COUNSELLING

Access Online Therapy at Home
AVAILABLE ALBERTA-WIDE

• Individual Therapy
• Couples Therapy

www.innatefreedomcounseling.com | 825.250.8415

Caring, supportive, online counselling tailored to your unique needs

THIS SPACE FOR RENT
780-220-6397

Recipe of the month

Grilled Huli Huli Chicken

1 cup packed brown sugar 2-1/2 teaspoons minced fresh gingerroot
3/4 cup ketchup 1-1/2 teaspoons minced soy sauce
3/4 cup reduced-sodium soy sauce 24 boneless skinless chicken thighs (about 6 pounds)

1/3 cup sherry or chicken broth

Prep: 15 min. + marinating Grill: 15 min. Yield: 12 servings

1 In a small bowl, mix the first 6 ingredients. Reserve 1-1/3 cups for basting; cover and refrigerate. Divide remaining marinade between two large shallow dishes. Add 12 chicken thighs to each; turn to coat. Refrigerate, covered, for eight hours or overnight.
2 Drain chicken, discarding marinade.
3 Grill chicken, covered, on an oiled rack over medium heat for 6-8 minutes on each side or until a thermometer inserted into chicken reads 170°; baste occasionally with reserved marinade during the last five minutes.

An ideal recipe to try during May, Barbecue Month!

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

Stepping Stones COACHING

Dawn Lavallee - Certified Relationship and Life Coach
780.645.8574 @dawn.lavallee
dlavallee@stepping-stonescoaching.com

Helping You Navigate Life's Challenges

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!

PSC Prairie Scented Candles
Sunset Scents a RAY of Fragrance
prairiescentedcandles@gmail.com
www.prairiescentedcandles.com

FREE! New Issue Every Week!

Coffee News
"News To Be Enjoyed Over Coffee"

St. Paul Edition
877-553-6397

www.coffee-news.ca

Vol. 19 No. 21 May 23, 2022

Everybody's Talking

Monumental monolith: Mumbai, India, may have lots of tall buildings and apartments, but within one of its suburbs is a natural wonder called Gilbert Hill. Looking like a gigantic monolith, this hill stands 60 metres (200 feet) high and is thought to be 66 million years old. It formed from lava that erupted eons ago. Developers have erected buildings close to the base of this geographic marvel, but in the 1950s, the government banned quarrying its black basalt. On top of Gilbert Hill stand two Hindu temples, open to visitors. From this vantage point, the view of Mumbai is striking. Locals say that Gilbert Hill is a hidden treasure amidst the urban environment.

Dressing room drama: Giavanna Diesso was doing something very ordinary—trying on clothes in the dressing room of a store in New York City. However, the situation turned scary when her little brother closed the door of the room, which was actually an old bank vault, and locked the teen inside. Her mom panicked when she was unable to open the door. The fire department was called, and a crew immediately started drilling a hole in the vault. Eventually, they made an opening large enough for Giavanna to get through. A locksmith had to be called to open the old lock, which had been disabled but then inexplicably locked that day.

Skin diving: Japan has a centuries-old method of collecting things from the bottom of the sea. Women who are called ama, meaning "sea women," dive down to collect such resources as shellfish, seaweed, and pearls. In the old days, ama, who can hold their breath for a minute or more and have trained themselves to withstand the cold water, would wear traditional garments called fundoshi and a bandana to cover their hair. Some of today's ama divers wear wetsuits, but they don't use air tanks. In the 1950s, there were over 17,000 ama who made their living diving for resources, but today there are only about 2,000 in the business. Some are able to continue their work until they are elderly.

Four-year break: A French newspaper called La Bougie du Sapeur was published on February 29, 2020, and it won't hit the newsstands again until that same date in 2024. That's because it appears only on the leap day of each leap year. So far, 11 issues of this satirical periodical have been published; the first one was in 1980. In English, the broadsheet's name is The Sapper's Candle, referring to a late 19th-century cartoon character who was born on February 29. Jean d'Indy, the current editor, enjoys amusing readers by doing things like promising crossword answers in the "next" edition!

Quoteable Quotes

"Good judgment comes from experience, and a lot of that comes from bad judgment."
—Will Rogers

"Write it on your heart that every day is the best day of the year."
—Ralph Waldo Emerson

What's Happening

April 3 to Jun 10-Bonnyville Health Centre Ladies Auxiliary Bursary Program B'ville Hosp. Auxiliary awarding TWO Bursaries of \$1,000 to TWO students from B'ville or surrounding area, enrolled in and attending a Health-Related Program and have completed at LEAST ONE year. Closing date June 1022 contact: helenwakulchyk@live.ca

June 18-Lemonade Day Northern Alberta Support Lemonade Day, Support Your Local Young Entrepreneurs. Lemonade Day is June 18, 2022 and Lemonade Day kids in your town are trying their hand at running their own business - a Lemonade Stand. Registration is Open

lemonadeday.orgnorthern-albertaNON 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!

...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. In ancient Egypt, who was the daughter of the sun god and usually represented by a cat?
2. What is a bridewell?
3. What canal had its grand opening in 1825?
4. Who played Mrs. Robinson in the movie The Graduate?
5. The planet Mercury has how many moons?

(Flip bottom of page for answers)
© Published with Permission by Capital Marketing Ltd
(Over)

The World's #1 Restaurant Publication!

LOYALTY, TRUST AND EXPERIENCE SINCE 1975

Memento FUNERAL CHAPEL
(1975) LIMITED

FUNERALS • CREMATION • MONUMENTS • PRE-PLANNING

BASIC CREMATION \$3295

CURRENTLY OFFERING UP TO **35% OFF** SELECT REMO MONUMENTS

ST. PAUL 780-615-3113 BONNYVILLE 780-826-3113 COLD LAKE 780-639-3113

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

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
frontlineconsulting.ca

MARINE SUPPLY!

PARTS AND ACCESSORIES

L & D Marine Rentals
6116 Hwy. 28 W Bonnyville
780.201.0154

Oil for ALL Applications
Automotive • Power Sports Marine • Heavy Duty Diesel, etc.

BOAT RENTALS AND REPAIRS

BRIDGES & STRATTON DEALER

DISCOVER THE POWER OF ZUSOIL
Your First in Synthetic

LARGEST SELECTION of Machines and Notions

Husqvarna

CENTRAL SEWING MACHINES

SEWING | EMBROIDERY | QUILTING | INDUSTRIAL | SERVICE

Mon-Fri, 9 am - 5 pm Sat, 9 am - 3 pm

THIS LOCATION IS MOVING

780.469.1147 **780.486.0047**

8649-63 Ave., Edmonton 18514-104 Ave., Edmonton

www.centralesewing.com

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**

For Expert Help: **1.844.453.5372**

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

25 WORDS OR LESS

WEEKDAYS 3PM

yes tv

MORE THAN JUST BOLTS!

24/7 MOBILE DELIVERY
PARTS DELIVERED RIGHT TO YOUR JOBSITE - NO MORE WAITING IN AN EMERGENCY!

TOOLS WE CARRY:

- Drills
- Impact Drivers
- Grinders
- Polishers
- Sanders
- Grease Guns
- Circular Saws
- Reciprocating Saws
- Rotary Saws
- Hand Tools
- Blowers
- Water Pumps

HILTI Makita
NORSE Milwaukee

WE ARE EXPANDING!
As of March 2022, you will find us at our new location **1 mile west of Bonnyville on Hwy 28** (near the Shaw House)

BONNYVILLE BOLT SUPPLY LTD

780.812.2922 | https://bbsupply.ca

Reduced Rent!

(780) 207-5649

BONNYVILLE Luxury apartments starting at \$1095*
*On a 12 month term

Redwood Manor
5108 - 54 Avenue
780-614-7551

\$399 Security Deposits

(780) 614-7551

ST. PAUL Upgraded apartments starting at \$850!

Northview
Canadian High Yield Residential Fund
*On approved application, while promotion lasts

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 **LOYD KENNEY**, Independent Associate, to find out how LegalShield can help you!

LegalShield 1-877-579-9449

Making peace of mind a reality

Nahachick Adult Guardianship and Trusteeship Services

Confidential and discreet document preparation. Available services include:

- Applications for Appointment of Guardian and Trustee
- Review of Guardianship and Trusteeship Order
- Urgent Guardianship and Trusteeship Orders

Flexible appointments. For non-Edmonton residents, appointments can be held via telephone or video calls. Edmonton and area clients have the option to meet face-to-face, home visits, telephone or video calls.

A complete list of our services is available at <https://nahachick.ca>

780.660.0649 | nahachick.agt.services@gmail.com

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

Calgary & Edmonton Outlets

singlecup.ca
Mon-Sat 9-5

500+
K-Cups • PODS • Syrups

FREE SHIPPING \$50+

Alberta Owned!
Every day low prices

www.scubagearcanada.ca

Your Weekly Horoscope

ARIES (March 21 - April 20)



Your emotions may be running high, especially early in the week. Be careful about being impulsive in your response to them. Try to keep your eyes open for less-than-obvious opportunities. Lucky numbers: 5, 11, 16, 31, 34, 37.

TAURUS (April 21 - May 21)



For the next few weeks, your relationships may be the primary focus in your life. Be calm regarding any issues, and try to concentrate on improving your communication with others who are involved. Lucky numbers: 9, 12, 23, 37, 40, 44.

GEMINI (May 22 - June 21)



You may be feeling highly energetic right now. Other people might be drawn to you. They could provide you with information that expands your potential opportunities to achieve your goals. Lucky numbers: 7, 20, 26, 32, 40, 46.

CANCER (June 22 - July 22)



Is there someone not being supportive of you, perhaps one of your parents? You may want to find a way to address it, so that you might find more emotional balance. Lucky numbers: 16, 17, 29, 33, 46, 48.

LEO (July 23 - Aug. 23)



If you are frustrated in your career, what change might make you happy? This may range from a shakeup in your current job to thinking about a new career. Lucky numbers: 2, 6, 9, 30, 33, 39.

VIRGO (Aug. 24 - Sept. 23)



Virgos are usually very practical. Recently, however, your ambitions may have been more focused on understanding the unseen, ethereal plane. This might give you a more balanced view of the world. Lucky numbers: 3, 12, 15, 36, 40, 45.

LIBRA (Sept. 24 - Oct. 23)



You may receive important information that could create a conflict between your head and your heart. An adjustment in your way of seeing the situation might help resolve the issue. Lucky numbers: 13, 16, 17, 21, 23, 37.

SCORPIO (Oct. 24 - Nov. 22)



Toward the end of the week, your thoughts and emotions may be out of sync. Consider waiting a few days before you take action, and the situation might start to ease up. Lucky numbers: 11, 13, 19, 22, 31, 46.

SAGITTARIUS (Nov. 23 - Dec. 21)



Do you have a long-held dream that hasn't manifested, no matter how hard you try? Perhaps an old, emotional wound may be blocking you. Working to release it might help. Lucky numbers: 3, 8, 9, 13, 31, 32.

CAPRICORN (Dec. 22 - Jan. 20)



You recently may have received insight from your unconscious that caused you to focus on what you value. Take time to figure out how you might positively integrate this information into your life. Lucky numbers: 4, 11, 16, 25, 33, 43.

AQUARIUS (Jan. 21 - Feb. 19)



What are you passionate about accomplishing in your life? Hard work and focus at this time may allow you to achieve your dreams and goals in this regard. Lucky numbers: 6, 8, 15, 18, 30, 41.

PISCES (Feb. 20 - March 20)



You might be entering a period where your focus could shift toward being of service to others. You may receive insight about how to do so. Try to ponder it before proceeding. Lucky numbers: 1, 13, 16, 19, 21, 26.

Lucky numbers this week: This week's odds favour Sagittarius winners with the luckiest number being 3.

Did You Know...

Grammy winners: The late conductor Georg Solti holds the record for the highest number of Grammy wins: 31, with most being in the classical field. Just after him are musician/producer Quincy Jones and singer Beyoncé, both with 28.

Big bite: Mosquitoes are annoying. Their itchy bites come not from teeth, but from a proboscis, a tubular mouthpiece that punctures the skin, inserts saliva as a coagulant, and draws blood. The saliva causes the itch. Females use protein in blood for their eggs; males cannot bite.

Short life: A baseball has a very short life span. In professional use, it lasts about seven pitches and then needs to be replaced. An average baseball game uses between 60 and 70 balls.

Tiny nests: Hummingbirds are tiny, and so are their nests, which are about 1.5 to 2 inches (3.8 to 5 cm) across. They are made from a variety of natural materials, including spider webs that allow the nest to expand to accommodate the rapidly growing babies.

Coffee supplier: Those who enjoy coffee would love to live in Brazil. This South American country has been the world's largest coffee producer for over 150 years.

On the Lighter Side

How do gymnasts feel after a routine? Head over heels.
"Can I borrow five dollars? I'm a little short today."
"Will you be a little taller tomorrow?"

What do you get when you cross Cinderella with a barber? Glass clippers.

Knock! Knock! Who's there? Avenue. Avenue who? Avenue heard enough of these jokes?

Teacher: "What did Caesar say when Brutus stabbed him?"
Student: "Ouch!"

Answers
offenders. 3. Erie. 4. Anne Bancroft. 5. None.
Trivia answers: 1. Bastet (or Bast) 2. A prison for petty offenders. 3. Erie. 4. Anne Bancroft. 5. None.

© Published with Permission by (Your Business Name)
For available franchise opportunities - visit www.coffeenewscanada.com

(Over)

Happy **Victoria Day**

from your friends at **Coffee News**

CARSWANTED.CA

ALL MAKES AND MODELS ANY CONDITION

WE PICK UP YOUR VEHICLE ANYWHERE IN ALBERTA!

INSTANT CASH FOR ANY VEHICLE

587-805-1500

inogen

FREEDOM. TO BE YOU.

1-888-998-6714

MKT-P0253

Happy **VICTORIA DAY**

from your friends at **Coffee News**

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

Family Owned Local Alberta Business Since 1986

SCAN THIS CODE TO ENTER

WIN A \$500

www.directworkwear.com Gift Certificate

Always low prices & great deals... save money.

Stumbling Blocks Team Building Seminars

Build a Stronger, More Resilient Team

Book Barbara Today! 780-722-3188

BARBARAMAY.COM | STUMBLING-BLOCKS.COM

Faster Internet. Unlimited data.

1-866-218-8782 Xplornet.com/fast