

brother

SOUTH

SELECTION

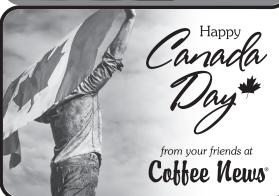
Machines and

of brother

Accessories









Other medical conditions causing TROUBLE WALKING or DRESSING? The Disability Tax Credit allows for \$3,000 YEARLY TAX CREDIT For Expert Help: 1.844.453.5372

Online Counselling Alberta-wide

Complimentary 15-Minute Session



www.innatefreedomcounselling.com | 825.250.8415





Over Coffee"

Bonnyville **Edition** 877-553-6397

www.coffee-news.ca

Vol. 19 No. 26 June 27, 2022

Everybody's Talking

Muddy lady: An octogenarian from Sikeston, Missouri (U.S.), doesn't mind getting a bit muddy. In fact, Mildred Wilson has no problem getting really muddy, and she proved it by participating in the Tough Mudder race, not once, but twice. Encouraged by her son, Wilson first checked with her doctor to make sure she was healthy enough to get through the race, which includes wading through muddy pits and crawling under and over obstacles. Then she trained at her local gym to be sure she was fit enough to compete. Wilson completed her first Tough Mudder in 2019, then did it again in 2021, to the admiration of her family and the other competitors.

Passion for running: Wang Lang of Liaoning, China, didn't realize how much she would love running when she took it up at age 50. Twenty years later, the sport clearly is a passion for the now 70-something-year-old grandmother. She has run over 100 marathons during that time. She started running simply to keep fit, but soon found herself preparing for these long races. To stay in shape, she trains by running 20 kilometres (12 miles), six days per week. She has run even longer races, including the 168-kilometre (104 mile) Liaoning marathon. Wang Lang has become known as "Super Grannie." Crop land: A large amount of land in India is considered desert and therefore not available for cultivation. One man, however, found a way to change that. Anand Dhawaj Negi, an ex-government worker and son of a farmer, was able to convert a few acres of desert land in Himachal Pradesh by working patiently to test farming practices and types of crops. Over a 20-year period, Negi (who passed away in early 2021) figured out how to best work the land so it would grow kidney beans, potatoes, green peas, and more. Part of his reason for taking on this project was to inspire others to successfully cultivate their own crops using his scientific practices.

Underground space: A few years ago, when Andres Canto was a young teen, he had a fight with his parents. The youngster from Alicante, Spain, was mad that his mom wouldn't let him go into town wearing a sweatsuit. So, he let his anger out in what turned out to be a productive way: he started digging a hole in his backyard with a pickaxe. Canto enjoyed digging, and a few years later, with the help of a friend he brought to the project, he ended up with a cave. Careful builders, he and his friend figured out how to support the roof. The cave now has many features, including several rooms, stairs, an oven, and a stereo. While Canto doesn't live there full time, he does like to hang out in his cave, and has found a way to bring in electricity and heating.

Quoteable Quotes

"Criticism is easy, art is difficult." —Philippe Néricault "If you keep a thing seven years, you are sure to find a use for it.' —Sir Walter Scott

What's Happening

July 16 to 17- Cold Lake Air Show a not-to-be-missed event of the summer, kicking off with the Full Throttle Festival on Friday, July 15th, which will showcase family activities, live entertainment, beer gardens, and a fly past. CFB Cold Lake. www.coldlakeairshow. com for more info

Jul 1 to 3-Vegreville Pysanka Festival 3 days of Cultural Immersion! Rain or Shine. Grandstand shows, Dance Competitions, Folk Art Displays, Beer Gardens and more. Visit www.pysankafestival.com or call 780-632-2777 for more info.

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



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 TST 5LA. Be certain to include your full name, complete maling address (including postal code), phone number, email address and your birth date. Aso include the name of the ad in which you found the hidden Coffee News Guy

Trivia

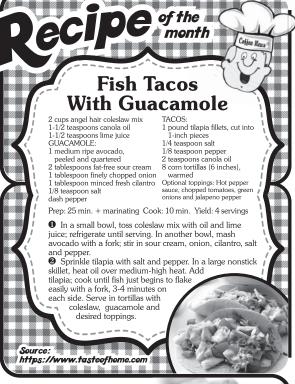
- 1. Which U.S. president was formerly a Hollywood actor?
- 2. Who wrote the songs for the 1930s Broadway musical "Anything Goes"?
- 3. The 1980 Winter Olympics were held in what upstate New York (U.S.)
- 4. What is the highest peak on the African continent?
- 5. Eli Whitney invented what?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd (Over)

www.scubagearcanada.ca

THIS SPACE **FOR RENT** 780-220-6397



Making peace of mind a reality

Nahachick Adult **Guardianship** and Trusteeship Services

Confidential and discreet document preparation. Available services include: Applications for I Review of Appointment of Guardian and Guardianship Guardianship

and Trusteeship Order

appointments. For non-Edmonton residents appointments can be held ia telephone or video calls

Flexible

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

780.660.0649 | nahachick.agt.services@gmail.com



780-722-3188



BARBARAMAY.COM | STUMBLING-BLOCKS.COM









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



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
- 6 You need help with credit card liability resolution Your car is vandalized in a parking lot

LegalShield

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

1-877-579-9449











Get More Traffic, Leads & Sales



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

Frontline

780.760.6922 frontlineconsulting.ca

Visit us on Facebook-CoffeeNewsWeekly

Your Weekly Horoscope

(March 21 - April 20)



A person you have recently met may present you with an opportunity. You might want to wait a bit to be sure it is a good match for both

of you. Lucky numbers: 5, 14, 18,

TAURUS (April 21 - May 21)



Your mind may be very clear and quick this week, with a good ability to communicate well with others. In those interactions, it might help to

stay alert for unexpected opportunities. Lucky numbers: 7, 13, 18, 24, 39, 41.

GEMINI

(May 22 - June 21)



This week you may have an opportunity to focus on nurturing your relationships. How well do you and your partner support each other? Per-

haps it is time to initiate a discussion. Lucky numbers: 4, 12, 20, 23, 26, 32.

CANCER (June 22 - July 22)



Now may be a good time to take stock of what you have accomplished over the last six months. What course correction might you need to put

into effect for the future? Lucky numbers: 11, 14, 18, 29, 41, 43.

LEO (July 23 - Aug. 23)



Your mind and feelings may be in sync at the end of the week. It might be a good time to think through any issue that may have been

generating conflict. Lucky numbers: 10, 11, 19, 25, 41, 47.

VIRGO (Aug. 24 - Sept. 23)



You may be frustrated by how busy and confusing things might be right now. To avoid conflict with others, perhaps look for the deeper meaning of the

situation in which you find yourself. Lucky numbers: 1, 3, 17, 22, 30, 35.

(Sept. 24 - Oct. 23)



Are you experiencing opposition to your endeavours from others? Consider digging deep to find energy to keep going, while looking at where you might

need to change your plan to be successful. Lucky numbers: 8, 13, 16, 21, 22, 45.

SCORPIO (Oct. 24 - Nov. 22)



You may be experiencing greater optimism and empathy toward others. How can you use this potential to create a positive effect for you

and those close to you? Lucky numbers: 3, 4, 17, 27, 30, 38.

SAGITTARIUS

(Nov. 23 - Dec. 21)



Right now you may find yourself having conversations with many people. Perhaps you should listen to and consider what they say, even though you may

find some of their ideas annoying. Lucky numbers: 12, 14, 17, 23, 40, 46.

CAPRICORN (Dec. 22 - Jan. 20)



Are you finding yourself feeling obsessive about a problem? You may be tempted to argue about it with others. Perhaps adjusting your view of

the situation would be helpful. Lucky numbers: 15, 21, 32, 36, 37, 44.

AQUARIUS (Jan. 21 - Feb. 19)



For the next few weeks, you may feel highly ambitious to take action toward achieving your goals. Hard work and a patient attitude could allow you to

make steady progress. Lucky numbers: 14, 17, 23, 24, 25, 48.

PISCES (Feb. 20 - March 20)



You may be entering a period of months in which you might find yourself examining past issues. If so, this period could offer you an opportunity to see

the situation differently. Lucky numbers: 2, 14, 23, 26, 27, 36.

Lucky numbers this week: This week's odds favour Aquarius winners with the luckiest number being 17.

Did You Know...

Hurricane names: In North America, tropical storms and hurricanes have only been given names since 1953. The U.S. National Oceanic and Atmospheric Administration chose short, familiar female names to identify the storms. By the late 1970s, male names were added.

Smallest country: A country that draws the rich and famous, Monaco is also known for another reason: at just 0.77 square miles (2 sq. km), it's the second smallest country in the world. Vatican City in Rome is the smallest country, at 0.27 square miles (0.7 sq. km).

Happy purr: While pet felines often purr, their cat family relative the tiger can't do the same. Instead, tigers blow air through their nostrils and produce a hearty snort sound called a chuff.

Light sleeper: A dolphin is a light sleeper; only half of its brain is asleep at a time. This is called unihemispheric sleep and is believed to be necessary to remind the dolphin to come to the surface to breathe. It also serves as protection against predators.

Strange name: The food called Bombay Duck is not actually duck-it's fish that is often dried and salted. It may have gotten its name from the mail train, called the Bombay Daak (or Dak), that transported the odiferous fish from the ocean to India's interior cities.

On the Lighter Side

Knock! Knock! Who's there? Alma. Alma who? Alma cookies are gone, bring me some more!

Did you hear about the two boa constrictors who got married? They had a crush on each other.

What do you call a Roman emperor when he catches a cold? Julius Sneezer.

I was going to buy some thin sandals when I went on my trip. But then I flip-flopped.

Matt: "Why are you bringing a ruler to bed?" Pat: "I want to see how long I sleep."

Answers

Placid 4. Mount Kilimanjaro, Tanzania 5. Cotton gin Trivia answers: 1. Ronald Reagan 2. Cole Porter 3. Lake

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





- Separation
- Agreements Divorces
- Common Law
- Restraining orders Emergency
- **Protection Orders** • Criminal Defence • Driving Offences

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

4802-49 Avenue, St. Paul (Located behind ATB) 780.645.0050 | www.newbeginninglaw.ca



780.826.4160 | 2, 4428-50 Ave., Bonnyville | BrokerLink.ca



Narine Rentals 61116 Hwy. 28 W Bonnyville 780.201.0154

L&D

BOAT RENTALS AND REPAIRS

DISCOVER THE POWER OF **DEALER**



587,760,2800 https://zettatelecom.com

DEDICATED TO FINDING OUR CLIENTS THE BEST SOLUTIONS WITHIN THEIR BUDGETS



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

Nuts & Bolts

Screws

Drill Bits

Rigging

Fasteners

SUPPLY_{LTD}

 Grease Water **Pumps** Guns

BONNYVILLE

WE ARE EXPANDING! As of March 2022, you will find us at our new location

780.812.2922 | https://bbsupply.ca



28 - Bonnyville

TOOLS WE CARRY: Drills Impact Drivers

 Grinders
Rotary Saws Polishers
Hand lools SandersBlowers

Circular Saws

Reciprocating

Saws

HILTI Trakita

NORSKE

1 mile west of Bonnyville on Hwy 28 (near the Shaw House)