

Stumbling Blocks
Team Building Seminars

Build a Stronger, More Resilient Team

Book Barbara Today!
780-722-3188




BARBARAMAY.COM | STUMBLING-BLOCKS.COM

Start Your Own Business!

FREE government funded Self-Employment Training

NOW ONLINE

microbusiness
TRAINING CENTRE INC

Suite 203 Energy Square, 10109-106 St., Edmonton AB T5J 3L7
780.482.4462 | www.microbusiness.ca

THIS SPACE FOR RENT

780-220-6397

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

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

Recipe of the month

Strawberry-Rhubarb Pops


3 cups chopped fresh or frozen rhubarb (½ inch)
1/4 cup sugar
3 tablespoons water
1 cup strawberry yogurt
½ cup unsweetened applesauce

1/4 cup finely chopped fresh strawberries
2 drops red food colouring, optional
8 freezer pop molds or 8 paper cups (3 ounces each) and wooden pop sticks

Prep: 10 min. + freezing Cook: 15 min. + cooling
Yield: 8 pops

- Place rhubarb, sugar and water in a large saucepan; bring to a boil. Reduce heat; simmer, uncovered, until thick and blended, 10-15 minutes. Remove 3/4 cup mixture to a bowl; cool completely. (Save remaining rhubarb for another use.)
- Add yogurt, applesauce and strawberries to bowl; stir until blended. If desired, tint with food colouring. Fill each mold or cup with about 1/4 cup rhubarb mixture. Top molds with holders; top cups with foil and insert sticks through foil. Freeze until firm.

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



Online Counselling Alberta-wide

Complimentary 15-Minute Session



INNATE FREEDOM
COUNSELLING

www.innatefreedomcounselling.com | 825.250.8415

FREE! New Issue Every Week!

Coffee News®

"News To Be Enjoyed Over Coffee"

Grimshaw Edition

877-553-6397



www.coffee-news.ca Est. 1988

Vol. 19 No. 27 July 4, 2022

Everybody's Talking

Shark-infested: When golfing on courses in southern climates, players may be accustomed to signs warning that alligators live in the water hazards. At the Carbrook Golf Club in Brisbane, Australia, signs warn of a more unusual water pond danger: bull sharks. About six specimens are thought to have been trapped in the course's fairly large lake during a flood in the 1990s, and they have since reproduced. Today, about a dozen of these dangerous fish live in the pond. This type of shark is able to live in both saltwater and freshwater. Of course, no one goes looking for wayward golf balls in that water hazard!

Big birds: The largest chicken breed is the Jersey Giant, whose origins were in Burlington County, New Jersey (U.S.), in the late 1800s. These birds are big, as chickens go, with roosters weighing in at about 13 pounds (5.9 kg) and hens generally tipping the scale at 10 pounds (4.5 kg). The breed was developed by the brothers John and Thomas Black as an alternative to turkey. Jersey Giants are friendly, and hens lay extra-large brown eggs. They are also raised for their meat, although they take a while to reach market weight. Black Jersey Giants are the most common; two other varieties of the breed are White and Blue.

Dead Sea tree: The Dead Sea in the Middle East cannot support life because it is so salty. However, in this sea, a tree grows. Located opposite Israel's Ein Bokek Beach, which boasts many hotels of the Dead Sea coastline, there is an island of white salt. Out of that small island, a tree grows. It's quite a sight: a white salt islet surrounded by blue-green clear water, with a tree that is not supposed to be able to grow there. But it doesn't really belong there. A local artist set up the tree as an art installation and visits the tree on a daily basis, bringing soil from which the tree can obtain nutrients. Guests of nearby resorts have been known to swim to the islet to bask in its small pond and admire the tree.

Cute little spot: A tiny house in Toronto, Ontario (Canada), has stood since 1912 on a tiny lot that was meant to be a driveway between the houses located on either side. Known by locals as the "Little House," it was built at 128 Day Avenue by a contractor named Arthur Weeden, who erected the house, lived in it with his wife for 20 years, and stayed six more years after she passed away. The home is only 27.9 square metres (300 sq. ft.), but has an open concept with a living room, kitchen, and small sleeping spot. A hatch door in the kitchen floor leads to a small basement. There's even a small backyard.

Quoteable Quotes

"An expert is one who knows more and more about less and less."
—Nicholas Murray Butler

"A bore is a man who, when you ask him how he is, tells you."
—Bert Leston Taylor

What's Happening

Aug 2 to Aug 3 - High Prairie Rodeo West Coast Amusements is on location next to the Rodeo Grounds, nightly dancing on location and beer gardens round out the fun. High Prairie Elks Campground, 5211 49 Street. www.hpelks.carodeo for more info.

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

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 moon is a satellite, asteroid, or planet?
2. Margaret Hamilton played Glinda the Good Witch in The Wizard of Oz movie—T/F?
3. The longest river in the U.S. is the Missouri, the Colorado, or the Mississippi?
4. Who ran the 100-metre dash in 9.58 seconds in 2009?
5. Who directed the movies Grapes of Wrath and The Quiet Man?

(Flip bottom of page for answers)

Visit us on Facebook-CoffeeNewsWeekly

Faster Internet. Unlimited data.

IMPROVED!

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



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

FREE ASSESSMENT CALL TODAY!



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



Coffee News®

is proudly delivered by

Blue Heron Support Services Association

Coffee News Part of your community.



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



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

PEACE RIVER REGIONAL WOMEN'S SHELTER

1-877-624-3466
www.prrws.com

WHEN HOME IS NOT SAFE - WE HAVE A SHELTER FOR YOU



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



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



PEACE RIVER VISION CLINIC

Family Eye Care
780-624-4265
 www.drmikehopperoptometry.com

Eye Exams
 Designer Frame Lenses
 Contact Lenses
 Glaucoma Eye Evaluations
 Diabetes Eye Evaluations
 Safety Glasses

New Patients and Walk-ins Welcome!

Open Mon to Fri, 8:45 a.m.-5:00 p.m.

PROMPT APPOINTMENTS AVAILABLE
 DIRECT BILLING

inogen

FREEDOM. TO BE YOU.

1-888-998-6714

MKT-P0253

FREE Orthodontic/ Invisalign Consult
 FREE Implant/ Implant Denture Consult

PEACE VALLEY DENTAL

Dr. Michael Ho, DMD

We are confident in the quality of our work and provide limited warranty for fillings (two years) and crown bridges (no charge for the first three years and 50% for up to five years from placement).

9811-100 Avenue
 Peace River, Alberta
 www.peacevalleydental.com

780.624.3355 • info@peacevalleydental.com

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

LegalShield 1-877-579-9449

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!

Coffee News Fun Reading. Serious Advertising.

Reader of the Month
 Drina P. (age 8) from Edmonton, AB

Natural, Attractive and Comfortable Dentures

WE ARE A FULL SERVICE DENTURE CLINIC

Implant Supported Dentures | Lower Suction Dentures
 Standard & Precision Complete & Partial Dentures
 Surgical Immediate Dentures | Permanent Relines
 Denture Repairs | Denture Polishing | Soft Denture Linings
 Night Guards & Splints
 Natural Tooth Whitening Kits

Your comfort and smile are our top priority!

9803-98 Ave. SEMCD
 Peace River

CALL US TO DISCOVER HOW DENTURES CAN AFFECT YOUR CONFIDENCE & HEALTH!

Dentureimplantcottage.ca | 780.624.4573

Kim M. Maximchuk DD
 Rachelle Brochu DD
 Kendall Blanchette DD

AUTOMOTIVE LIGHT TRUCK REPAIR

- Out of Province Inspections - \$230
- Rate: \$115/hour
- We service most vehicles, beginning at \$29.95*

* For labour only.
 Services include up to 5L 5W/30 or 5W/20 conventional oil, oil filter and a 34 point inspection.

TRINITY REPAIR LTD.
 780.338.3848
 5029 - 51 Street, Berwyn, AB • www.trinityrepair.ca

25 WORDS OR LESS

WEEKDAYS 3PM

yesTV

Your Weekly Horoscope

ARIES
 (March 21 - April 20)

Your thoughts may be racing, and perhaps you are of two minds, not sure where to focus. If you are extraordinarily optimistic, it may be prudent to consider tempering your efforts. Lucky numbers: 11, 22, 24, 31, 35, 37.

TAURUS
 (April 21 - May 21)

You might be entering a period where stability may be very appealing. But it also could seem restrictive. Perhaps ask yourself how you might use this dynamic to confidently pursue your dreams. Lucky numbers: 13, 15, 24, 26, 30, 36.

GEMINI
 (May 22 - June 21)

Many Geminis have a quick mind that can readily access information and communicate it to others. You may be an agent of positive change through effective use of these skills. Lucky numbers: 10, 12, 14, 35, 39, 45.

CANCER
 (June 22 - July 22)

The astrological environment now highlights the nurturing qualities of Cancer energy. Your ability to pick up emotional perceptions from others may allow you to show them how to nurture themselves. Lucky numbers: 3, 15, 23, 31, 44, 46.

LEO
 (July 23 - Aug. 23)

Are you having trouble focusing on one good idea to manifest? This situation may provide you with an opportunity to make an adjustment in your view of what success means. Lucky numbers: 7, 12, 14, 16, 24, 33.

VIRGO
 (Aug. 24 - Sept. 23)

Your mind and heart may be fully in sync at the beginning of the week. How could you use this balance to think outside your box and reach for something new? Lucky numbers: 5, 13, 27, 35, 40, 42.

LIBRA
 (Sept. 24 - Oct. 23)

You may be in an emotional tug of war with yourself. This might be a sign that an old wound is surfacing, and you could be able to focus on finally healing it. Lucky numbers: 9, 15, 31, 33, 36, 40.

SCORPIO
 (Oct. 24 - Nov. 22)

Does someone seem to be standing in the way of what you want to achieve? While you may be tempted to retaliate, perhaps just refocusing your efforts toward success would be best. Lucky numbers: 6, 7, 12, 17, 28, 29.

SAGITTARIUS
 (Nov. 23 - Dec. 21)

At the end of the week, your natural optimism may be reinforced. How could you use this energy for an emotional reset, to move forward and achieve your next goal? Lucky numbers: 1, 13, 27, 31, 32, 40.

CAPRICORN
 (Dec. 22 - Jan. 20)

Capricorns can sometimes be very hard on themselves. If this sounds like you, try to seek out someone who might be able to help teach you to be more gentle with yourself. Lucky numbers: 5, 8, 22, 31, 38, 39.

AQUARIUS
 (Jan. 21 - Feb. 19)

Perhaps you are no longer certain of who you truly are. This happens to everyone at some point or other. A change in perspective might encourage you to make a positive adjustment. Lucky numbers: 2, 11, 12, 13, 26, 43.

PISCES
 (Feb. 20 - March 20)

How much does your life include being of service to others? Now may be a time to review the past in this regard, and to see what changes you might want to make. Lucky numbers: 4, 10, 17, 19, 30, 48.

Lucky numbers this week: This week's odds favour Gemini winners with the luckiest number being 12.

Did You Know...

Honey colour: Honeybees in some apiaries in France were in the news a few years ago when they started producing blue and green honey. Beekeepers learned the honeybees had been feasting on residue left in containers of a nearby candy processor business.

Sparse meal: Today, astronauts can eat fairly well in space. But in 1962, when John Glenn became the first American to eat in space, his menu consisted of applesauce, beef, and pureed vegetables, all packed in toothpaste-like tubes.

Finicky plant: Houseplant lovers often choose the popular fiddle-leaf fig tree. However, these large-leaved plants can be tricky to care for, as they are finicky about the amount of sunlight, water, and humidity they need to stay healthy.

Colourful critters: Chameleons can change their colour, but it's not for camouflage. It's their way of communicating their intentions, such as to fight or to mate. It's also a way of controlling their temperature; they can turn dark to absorb more heat, for example.

Scary word: One of the longest words in an English dictionary is *hippopotomonstrosesquippedaliophobia*. Ironically, it means a fear of long words. The phobia is also known as *sesquipedalophobia*.

On the Lighter Side

Jaime: "What car does your dad have?"
 Jane: "I can't remember but I think it starts with a T."
 Jaime: "Really? Ours starts with gas."

What do you get when you cross a bed with a kitchen appliance? A four-poster toaster.

How do the three men in the tub sign their love letters?
 "I lub-a-dub-dub you."

Did you hear the one about the unstamped letter? Never mind, you won't get it.

Knock! Knock! *Who's there?* Wayne. *Wayne who?* Wayne drops keep falling on my head.

Answers

Trivia answers: 1. Satellite 2. False, the Wicked Witch 3. Missouri River 4. Usain Bolt 5. John Ford

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

Family Owned Local Alberta Business Since 1986

SCAN THIS CODE TO ENTER

WIN A \$500
 Gift Certificate

www.directworkwear.com

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

DIRECT WORKWEAR LTD. Since 1986

We ship across Canada Huge Women's Selection XXS up to 7XL Sizing

LARGEST SELECTION of Machines and Notions

baby lock

FOR THE LOVE OF SEWING

Your Sewing Superstore

Come in for a test drive!
 Mon-Fri, 9 am - 5 pm Sat, 9 am - 3 pm
 NEW LOCATION NOW OPEN!

CENTRAL SEWING MACHINES

SEWING | EMBROIDERY | QUILTING | INDUSTRIAL | SERVICE

SOUTH: 780.469.1147 8649-63 Ave., Edmonton
 WEST: 780.486.0047 18514-104 Ave., Edmonton

www.centralesewing.com

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

Real Estate Appraisals You Can Bank On!

COMMERCIAL • INDUSTRIAL • RESIDENTIAL

AGM VALUATIONS GROUP LTD.

780-624-0020
 10052 - 99 Street, Peace River, AB

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

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 LinkedIn Facebook

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

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

Congratulations
 to May's **Coffee News Guy** contest winners!

Your prizes are in the mail!

Jeffrey Smith
 Claire Boisvert
 Desiree Gauthier
 Linda Kondysar

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