

If you have been impacted by family violence, we offer a variety of services for residents in St Albert, Sturgeon County & nearby rural communities including:

ELDER ABUSE SUPPORT

SUPPORT GROUPS

CHILD & YOUTH **THERAPY**

INDIVIDUAL COUNSELLING (AGES 12+) We offer free phone consults and individual counselling for those who have been impacted by abuse.

> Give us a call to discuss your options and book an appointment today.

SAiF Society Stop Abuse in Families (SAiF) Society 780.460.2195 | info@saifsociety.ca

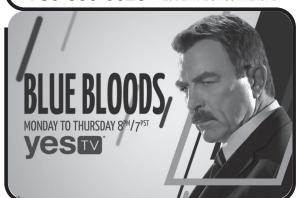






Other medical conditions causing TROUBLE WALKING or DRESSING? The Disability Tax Credit allows for \$3,000 YEARLY TAX CREDIT and \$30,000 LUMP SUM REFUND For Expert Help: 1.844.453.5372





CN-Proudly printed by One to One Mailing



www.coffee-news.ca

Vol. 19 No. 31 August 1, 2022

780-220-6397

Everybody's Talking

Lightweight warmth: The eider polar duck, which lives in the far north, is the source of eiderdown. This down is very expensive because it is extremely light but has amazing insulation qualities. Therefore, it is no surprise that people "farm" for eiderdown in Iceland. The ducks congregate in sanctuaries built by the farmers, who work hard to keep natural predators away. In return, the farmers collect the eiderdown from the birds' nests, once they have been abandoned. Iceland produces a large percentage of the world's eiderdown, which is used to line quilts and coats that go for high prices. These birds are a protected species in Iceland.

Desert plant: The Namib Desert, located in Namibia and Angola on the southwestern coast of Africa, is home to a very durable plant called the Welwitschia, or in Afrikaans, the tweeblaarkanniedood. Named after Friedrich Welwitschia, a 19th-century botanist who studied it, its Afrikaans name means "two leaves that cannot die." This plant can live for hundreds of years in a seemingly barren environment with little moisture. It looks like it has many leaves, but there are only two, which become ragged and split over the plant's life. Many consider the Welwitschia to be a living fossil.

Gigantic tree: A Montezuma cypress tree on the grounds of a church in the town of Santa Maria del Tule, Mexico, is said to have the thickest trunk in the world. Called the Tule Tree, or Árbol del Tule, this specimen is likely at least 1.400 years old. possibly much older. Its trunk has a circumference of 42 meters (138 ft.). That would take about 30 people holding hands with their arms outstretched to encircle the tree. The tree is located not far from the tourist town of Oaxaca, so lots of visitors come to see it. However, a tree of this stature has to be protected: it has a fence around it so no one can climb it or take pieces of bark as

Steep cliff: While not the tallest mountain in the world, one mountain's claim to fame is that it has the tallest vertical cliff. The north face of Mount Thor, located in Auguittug National Park on Baffin Island, in Canada's far north, has the longest vertical drop in the world at 1,250 meters (4,101 ft.). Not only that, but the cliff is a 105-degree overhang, making it steeper than steep! Many climbers have tried and failed to scale this massive rock wall. In 1985, a team of four Americans finally made it to the top. They had to carry a lot of equipment and food because the climb took them 33 days! The mountain is named after Thor, the Nordic God of Thunder.

Quoteable Quotes

"Leave a log in the water as long as you like: it will never be a crocodile." –Proverb

"Feeling gratitude isn't born in us—it's something we are taught, and in turn, we teach our children." —Joyce Brothers

What's Happening

Aug 2 to 6 - Rock N August Rock'n August, one of the largest celebrations of classic cars and music in Western Canada. www. rocknaugust.com for more info

Aug 24-Open House, 10 AM to 3 PM Enjoy demos for pickleball, fitness, art, music, and more! Free BBQ lunch, play Bingo, Spin-the-wheel, and win prizes! Learn about our quality programming for adults 55 at www.centrallions.org. 11113 113 Street. 780-496-7369.

> 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 930, Edmonton, AB TST 5L4. Be certain to include your full name, complete maing 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 Gu

Trivia

- 1. What was the pen name of writer Samuel Clemens?
- 2. This is the highest mountain in Canada.
- 3. Taurus is the astrological sign of the goat—T/F?
- 4. The ancient pilgrim trail in Spain is called
- 5. What children's book character is an elephant who heard a sound from a speck of dust?

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

www.scubagearcanada.ca WHY ...when RENT you can BUY?

You may be financially ready and don't even know!

Call George about **real solutions** to build equity:

780.982.4247 www.georgevandewalle.com



GEORGE VAN DE WALLE

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











Scan QR Code

Full Kitchens • Social & Recreation • U/G Parking

15 Erin Ridge Road, St. Albert

780-267-5282 CDLhomes.com

Paying too much for your



current phone system? We can save you up to 50% off your current phone rates!

VOIP Solutions at a fraction of the traditional carrier cost Long distance rates that outcompete the competition 587.760.2800

https://zettatelecom.com

DEDICATED TO FINDING OUR CLIENTS THE BEST SOLUTIONS WITHIN THEIR BUDGETS



www.americandream4me.com/beginnow





TICKETS: 587-557-7719 | PARCEL: 587-557-7718 **SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005**



MAKING MORTGAGES EASY

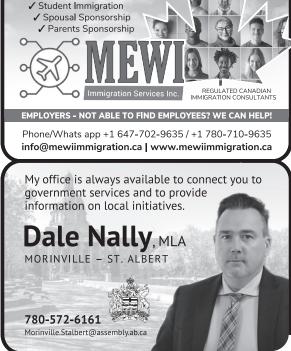
Business Immigration

Skilled Trades Immigration





780.458.9778 | www.adgplumbing.com





Visit us on Facebook-CoffeeNewsWeekly

✓ Check Out Our Sale Page For Even Better Deals

✓ Great Selection

Your Weekly Horoscope

(March 21 - April 20)



Have you found yourself being argumentative with others recently? You may want to step back, understand how your ego is tied up in the issue, and

find a compromise with others. Lucky numbers: 4, 9, 11, 18, 33, 36.

TAURUS (April 21 - May 21)



You may find yourself in an unusually good mood and looking to relax. Try to enjoy this time, but you might also want to use it to manifest longer

term, positive change. Lucky numbers: 13, 17, 25, 27, 35, 43.

GEMINI

(May 22 - June 21)



Right now you might find that your ability to persuade others to your viewpoint could be heightened. Be careful to ensure that any endeavours that result

are a win-win for all involved. Lucky numbers: 14, 16, 17, 18, 38, 44.

CANCER (June 22 - July 22)



This may be a good time to focus on what you are passionate about achieving in life. Are your current endeavours in line with what you

want and need? Lucky numbers: 2, 3, 15, 24, 32, 34.

LEO (July 23 - Aug. 23)



Some information you receive now could provide insight about yourself, both your positive and negative qualities. What changes do you want to

initiate in your life, as a result? Lucky numbers: 10, 14, 19, 21, 24, 30.

VIRGO

(Aug. 24 - Sept. 23)



Many Virgos have a perfectionist streak. This week you may be wanting your communications with others to be very precise. But try not to pressure

yourself to choose perfect wording. Lucky numbers: 5, 8, 15, 19, 25, 38.

(Sept. 24 - Oct. 23)



At the beginning of this week, you may find that your heart and mind are in sync. This might be a good time to assess what you want to do next. Lucky numbers: 1, 3, 5, 24,

31, 42. **SCORPIO** (Oct. 24 - Nov. 22)



Are you feeling submerged in watery, emotional depths right now? If you can throw a life raft to someone else, that action may

help you to reach shore, as well. Lucky numbers: 7, 18, 21, 27, 32, 40,

SAGITTARIUS (Nov. 23 - Dec. 21)



Your natural optimism may get a good boost at the end of this week. It might provide energy for you to complete a project that recently has been

behind schedule. Lucky numbers: 6, 11. 15. 20. 23. 26. **CAPRICORN**

(Dec. 22 - Jan. 20)



Early this week, you may be given information that encourages you to change your perception of your skills and talents. Pay attention to the message. It

might pertain to your leadership abilities. Lucky numbers: 15, 17, 24, 38, 41, 45.

AQUARIUS (Jan. 21 - Feb. 19)



Are you encountering obstacles to your plans? If so, thinking about what you value and how you can live more in alignment with who you truly

are may be helpful. Lucky numbers: 3, 11, 17, 27, 40, 41.

PISCES (Feb. 20 - March 20)



Right now you may be tempted to view the world through rose-coloured glasses. If so, you might want to consider how to balance your optimism

with a touch of realism. Lucky numbers: 16, 24, 25, 31, 35, 37.

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

Did You Know...

Wigged out: If King Louis XIV of France hadn't begun to lose his hair at age 17, the wig-making business might have been slow. But the king popularized the custom of wearing a wig, and almost 50 wigmakers created a wide array of hairpieces for him.

Love letters: In the Louvre Museum in Paris, Leonardo Da Vinci's famous painting, "Mona Lisa," has her own mailbox for all the love letters she receives. Millions of people go see her every year, though not everyone leaves behind a declaration of affection.

Going bananas: Bananas are curved because of a plant hormone called auxin, which triggers how they respond to sunlight. Initially, the fruit grows down in response to gravity, but then the hormone kicks in and the weighty clusters turn and curve toward the sun.

Goldfish group: Fish traveling in a group are often called a "school" of fish, but a school of goldfish alternatively might be called a "glint" or a "troubling" of goldfish.

Good for your health: People who own pets can derive health benefits from their non-human friends. Dogs and cats can reduce stress, anxiety, and depression, ease loneliness, encourage exercise, and even improve cardiovascular health in their human companions.

On the Lighter Side

How does a mouse feel after it takes a bath? Squeaky clean.

Jack: "Your dog just bit my ankle!"

Mack: "What did you expect? He's small and can't reach any higher!"

What kind of hat does Sir Lancelot wear? A knight cap.

Knock! Knock! Who's there? Xavier. Xavier who? Xavier money for a rainy day.

If you cross a hyena and a parrot, you'll have an animal that laughs and then asks itself what's so funny!

Auswers

the Bull 4. Camino de Santiago 5. Horton

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





RBC Financial Planning

We repair damage to

leather, vinyl, plastic and fabric.

Looking for investment or retirement advice? Talk to me today.



Financial Planner Investment and Retirement Planning 780-720-3743 will.reid@rbc.com

Exclusive offer for Facebook and Google Ads



Get FREE set-up (up to a \$500 value!)

We are a local digital marketing agency specializing in paid ads.

Contact us today for your FREE no obligation consultation!

Frontline

780.760.6922

RBC

IS **ADVENTURE** ON YOUR **BUCKET LIST?**

780.483.0044

Scuba Dive Ask about our **Buddy Special**

Learn to

The Dive Discover Scuba Diving & Snorkeling

Snorkeling 1-Hour Lesson Snorkeling Sets for the Family

www.thediveoutfitters.ca

f like us

 Mac & PC Repair Tech Support • iPhone & iPad Repair Used Apple Device Sales

We are your Apple experts!

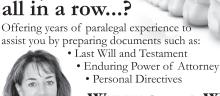
Terri Brunning

· Upgrades, Repairs, and (Used) Sales one 🕯 bite

technology

587.290.0200 www.onebitetechnology.ca

Retail store now open!



Are your ducks

WILLPOWER WILLS EXPERIENCED. DEDICATED. KNOWLEDGEABLE.

Call Terri today for a FREE consul

01-St. Albert

RATE AS LOW

\$150