

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

FREE! *New Issue Every Week!*
Coffee News[®]
"News To Be Enjoyed
Over Coffee"
**Grande Prairie
Edition
877-553-6397**



www.coffee-news.ca Est. 1988

Vol. 19 No. 43 October 24, 2022

Everybody's Talking

No fighting: A tiny island in a Scottish lake is, historically, a place where people would go to settle arguments. It's called Eilean a' Chòmhradh, or the "Isle of Discussion," and is situated off the south shore of Loch Leven, in the western part of the country. This was an area where the MacDonald Clan lived. If people disagreed about something, the clan's chief would send them to the island to talk it out, and they weren't allowed off the island until they'd come to an agreement. Those arguing were provided with cheese, oatcakes, and alcohol. Afterward, they were taken to Eilean na Baine, or the "Isle of Covenant," where they put their agreement in writing.

Old vine: Slovenia is home to a very old, living entity. It is a grapevine located in the city of Maribor. This vine, which still produces fruit, is thought to be the oldest living grapevine. It was likely planted in the 1500s, and has survived many things over the centuries, including wars, fires, and pestilence. It is such a beloved item of vegetation that it has its own museum called the Old Vine House, which is a historic building itself because at one time it was the city wall. Locals find it astonishing that the grapevine still grows today, and they share grafts with other cities.

All in a name: With all the letters in the English alphabet, there is no end to the names parents could concoct for their children. But a Belgian couple decided to use only four of the available 26 letters to create names for their 12 children: A, E, L and X. Gwenny Blanckaert and Marino Vaneeno's first two kids are Alex and Axel. Then came Xela, Lexa, Xael, Xeal, Exla, Leax, Xale, Elax, Alxe, and a baby yet to be named. The parents didn't intend to do this until after Alex and Axel were born, but upon realizing they'd used the same four letters, decided to continue the tradition for their whole crew. Apparently, the couple doesn't get tongue-tied with the names, but the kids' teachers do!

Sweden in Japan: Where can you find a place that is similar to Sweden, but is not located in that northern Scandinavian nation? Some folks would pick the town of Sweden Hills near Sapporo on the island of Hokkaido, Japan. This town was the brainchild of a Swedish ambassador who thought the climate there was similar to his homeland. Developers started planning the town in 1979, and today the people who live or vacation there love the Swedish feel of the place. The place looks like it's in Sweden, with its wooden red and white houses and its Swedish customs. The residents even celebrate the midsummer festival in a landscape that mirrors the countryside in Sweden.

Quoteable Quotes

"I always wanted to be someone better the next day than I was the day before."
Sidney Poitier

"The law must be stable, but it must not stand still."
Roscoe Pound

What's Happening

Oct 29 - Trick or Trot 5K It's time for the 3rd Annual TRICK or TROT 5K RunWalk

Hosted by Nitehawk Year-Round Adventure Park! The Dunes Golf Winter Club, Grande Prairie. <https://gonitehawk.com> for tickets
Nov 4 to 5 - Nitehawk's Annual Ski and Snowboard Swap Equipment Drop Off is Friday November 5th from 4:00-8:00pm. Equipment Sale is Saturday November 5th with four 90-minute viewing times available at 9:00AM, 11:00AM, 1:00PM 3:00PM. Event takes place at Evergreen Park TARA Centre, Grande Prairie.

Dec 2 - Stand Parade 7:00 pm - 8:30 pm
NON profit organizations may submit events for FREE at www.coffee-news.ca

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!
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. Who created the pop art sculpture of "LO" above "VE"?
2. Who plays Dracula in the 1992 film Bram Stoker's Dracula?
3. This part of Earth lies between the core and the crust.
4. What is the capital of Malaysia?
5. Scotland, Wales, Ireland—which one popularized the sport of curling?

(Flip bottom of page for answers)

**CN IS HIRING
CONDUCTORS**

✓ **Paid training**
Great pay and benefits



cn.ca/careers



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**

FREE ASSESSMENT CALL TODAY!

For Expert Help:
1.844.453.5372



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

CARSWANTED.CA
USA BUYER WANTS YOUR VEHICLE!
TRADE IN, LEASE BUYOUTS, FLEET UNITS... ANY CONDITION!
LOCAL PICKUP · INSTANT CASH OR CERTIFIED FUNDS
587-805-1500



2009-2022 MODELS

Happy Halloween



from your friends at **Coffee News**

**WEBSITES
From \$129/Month**

(780) 760-6922
FRONTLINECONSULTING.CA

**Stumbling Blocks
Team Building Seminars**

**Fun, Informative and
Highly Interactive**

Book Barbara Today!
780-722-3188



BARBARAMAY.COM | STUMBLING-BLOCKS.COM

Affordable-Effective-Exclusive-CALL NOW!

COLD SHOT
A DIVISION OF BALWARIA EMPIRE PVT. LTD.

PASSENGER & PARCEL SERVICES
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



AUTHENTIC THAI CUISINE

Not everything is spicy... but it can be!

Canadian Thai RESTAURANT

587-299-9327

TAKE OUT | DELIVERY | DINE IN

9606 100 St # 104 | www.canadianthaip.com/



REAL ESTATE TO ACCOMMODATE
We'll help you buy or sell on your schedule

Curtis VALENTINE
REALTOR®

MOORE exp REALTY

587-343-2551
curtis@cmoorerealty.ca | cmoorerealty.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



Fast wireless home Internet with truly unlimited data.
Call 1-866-218-8782 to sign up

Go beyond. **xplore.ca** xplore **X**

BEST OF HAWAII FOUR-ISLAND TOUR

12 days, departs year-round

YMT vacations

FROM \$2,549
\$2,299* USD

1-877-699-7003
promo code N7017

* Prices are per person based on double occupancy plus \$299 in taxes & fees. Single supplement and seasonal surcharges may apply. Add-on airfare available. Offers apply to new bookings only, made by 9/30/22. Other terms & conditions may apply. Ask your Travel Consultant for details.



BLUE BLOODS
MON - THURS 9:00

yesTV



Need ONE More Reason to Join?

- 1 You don't have an up to date will
- 2 You don't understand the difference between a trust and a will
- 3 The CRA selects you for an audit
- 4 You need a letter written on your behalf by a lawyer
- 5 You receive a speeding ticket
- 6 You need a lawyer's advice on any matter



LegalShield

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

Are you a business owner/office manager?
Have 3-20 employees in your office?
Paying too much for your
current phone system?

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

How? We offer:

- ✓ 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

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

GENERAC

Prepare
for power
outages today

WITH A HOME STANDBY GENERATOR

FREE
7-Year Extended
Warranty*
An \$895 Value!

REQUEST A FREE QUOTE
CALL NOW BEFORE THE NEXT POWER OUTAGE
(888) 688-0973

*To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.

Bee's Knees
Vintage & Antique Market

GRANDE PRAIRIE

HOLIDAY INN & SUITES

— 9816 107 St. —

Friday October 21 (12:00p-8:00p)

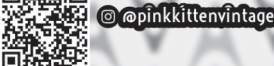
Saturday October 22 (10:00a-5:00p)

**An eclectic mix of antiques, collectibles and
vintage wares - something for everyone!**

Over 25 vendors!

\$3 Entrance Fee*

Organized by:



Created by @bizkid.design

***Redeem this ad for \$1 off entrance fee!**

SEW MUCH FUN!

Fabric • Precuts • Notions
Patterns • Sewing Machines
Sergers • Classes

...and more!

**COTTON
CANDY**
QUILTS & SEWING

Visit us at 10545A-117 Ave., Grande
Prairie or shop our online store any time

780.532.2202 | www.cottoncandyquilts.ca



Family Owned
Local Alberta
Business

Since 1986

SCAN THIS CODE
TO ENTER



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

WIN A \$500
Gift Certificate

www.directworkwear.com
Always low prices & great deals... save money.

Your Weekly Horoscope

ARIES
(March 21 – April 20)



Are you frustrated by opposition you may be experiencing from other people? The situation might be improved by focusing on their needs right now, rather than primarily on your own wishes. Lucky numbers: 3, 14, 37, 40, 43, 44.

TAURUS
(April 21 – May 21)



At the end of the week, you may find uncomfortable emotions surfacing unbidden from your unconscious. Although this might be painful, try to do your best to navigate them. Lucky numbers: 13, 15, 17, 20, 26, 40.

GEMINI
(May 22 – June 21)



Your quick mind and ability to explain complicated information may impress others. Now might be a time to practice incorporating more empathetic diplomacy into your communication style. Lucky numbers: 1, 4, 6, 10, 42, 47.

CANCER
(June 22 – July 22)



Those who are Cancer-born often are very connected to their emotions, which sometimes weighs them down. But toward the end of this week, you may find your feelings are more subdued. Lucky numbers: 8, 12, 14, 26, 32, 34.

LEO
(July 23 – Aug. 23)



You may be tempted right now to just skim the surface of important matters in your life. The energy of the coming month, however, could require you to respond more deeply. Lucky numbers: 10, 17, 23, 25, 36, 42.

VIRGO
(Aug. 24 – Sept. 23)



Many Virgos have a very practical and meticulous approach to life. But now might be a moment to seek out beauty, simply for the pleasure that it can bring to you. Lucky numbers: 9, 12, 13, 16, 19, 28.

Lucky numbers this week: This week's odds favour Scorpio winners with the luckiest number being 7.

LIBRA
(Sept. 24 – Oct. 23)



Libras can easily fall into a pattern of focusing on the needs of others, rather than their own. The beginning of this week may be a good time to concentrate on self-care. Lucky numbers: 4, 13, 15, 18, 28, 41.

SCORPIO
(Oct. 24 – Nov. 22)



Your mind and heart may be fully aligned right now. Try to use this time to review the last six months and to plan how to achieve your goals for the next six. Lucky numbers: 2, 7, 9, 10, 17, 27.

SAGITTARIUS
(Nov. 23 – Dec. 21)



Your enthusiasm and optimism may receive a good boost during the middle of the week. How might you be able to use this energy to further your endeavours in a positive direction? Lucky numbers: 6, 12, 14, 17, 34, 39.

CAPRICORN
(Dec. 22 – Jan. 20)



You may be experiencing anxiety from a busy schedule right now. Be careful; try not to let the stress cause you to get into an unnecessary argument with someone else. Lucky numbers: 15, 16, 21, 28, 29, 45.

AQUARIUS
(Jan. 21 – Feb. 19)



You may be feeling discouraged now and might want to give up on your current endeavours. Perhaps try to be patient and trust that your hard work could pay off in time. Lucky numbers: 7, 16, 18, 30, 39, 43.

PISCES
(Feb. 20 – March 20)



Now may not be the right time to rely on good fortune to manifest an untested opportunity. Asking others for advice on the matter might lead you to adjust your plan. Lucky numbers: 11, 13, 19, 26, 34, 40.

Did You Know...

Leafy green: Watercress is a leafy green that has lots of nutrients. A town called Alresford in Hampshire, England, is known for it. There it grows wild and has been cultivated since the mid-1800s.

Tiny strings: The ukulele, or "uke," is part of the guitar family. This musical instrument, which has Hawaiian roots, has four strings and a body that looks like a small guitar. There are four sizes: soprano, concert, tenor, and baritone.

Umbrella trap: Black egrets, which live in Africa, hunt by spreading their wings into an umbrella shape while wading. This reduces the glare on the water and helps lure fish into the trap. The technique is called "canopy feeding."

Hair colour: When describing hair colour, people are accustomed to using such terms as blond, brunette, brown, or gray. Hair is often called "chestnut" when it is brown, but tinged with a little bit of red. The colour can be popular among celebrities.

Wire art: Ruth Asawa (1926-2013) was a Japanese American sculptor whose interesting and renowned works included some in which she used wire as her medium. In 2020, some of her works were featured on U.S. postage stamps.

On the Lighter Side

Biff: "I heard a new joke the other day. I wonder if I told it to you."

Boff: "If it was funny, then you didn't."

How was the skunk revived after fainting? With smelling salts.

My spouse accused me of being immature. I said to get out of my fort.

Knock! Knock! *Who's there?* Rowan. *Rowan who?* Rowan a boat is hard work!

How did Pat pass the geometry test without studying? By knowing all the angles.

Answers

Trivia answers: 1. Robert Indiana 2. Gary Oldman 3. Mantle 4. Kuala Lumpur 5. Scotland

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

Recipe of the month

Pumpkin Lasagna

1/2 pound sliced fresh mushrooms
1 small onion, chopped
1/2 teaspoon salt, divided
2 teaspoons olive oil
1 can (15 ounces) solid-pack pumpkin
1/2 cup half-and-half cream
1 teaspoon dried sage leaves

Dash pepper
9 no-cook lasagna noodles
1 cup reduced-fat ricotta cheese
1 cup shredded part-skim mozzarella cheese
3/4 cup shredded Parmesan cheese

Prep Time: 25 min. Bake: 55 min. + standing
Yield: 6 servings

- 1 In a small skillet, saute the mushrooms, onion and 1/4 teaspoon salt in oil until tender; set aside. In a small bowl, combine pumpkin, cream, sage, pepper and remaining salt.
- 2 Spread 1/2 cup pumpkin sauce in an 11x7-in. baking dish coated with cooking spray. Top with 3 noodles (noodles will overlap slightly). Spread 1/2 cup pumpkin sauce to edges of noodles. Top with half of mushroom mixture, 1/2 cup ricotta, 1/2 cup mozzarella and 1/4 cup Parmesan cheese. Repeat layers. Top with remaining noodles and sauce.
- 3 Cover and bake at 375° for 45 minutes. Uncover; sprinkle with remaining Parmesan cheese. Bake 10-15 minutes longer or until cheese is melted. Let stand for 10 minutes before cutting.

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

inogen

FREEDOM. TO BE YOU.

1-888-998-6714

MKT-P0253

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

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

Coffee News is proud to support
Make-A-Wish® Canada

Transform lives,
one wish at a time.

Make-A-Wish.

Visit makeawish.ca

Has Long Run Exploration Failed to Pay You Rent in 2020 or 2021?

KMSC
LAW LLP

We can assist with any and
all unpaid rental amounts

LongRunClassAction.ca

**GRANDE PRAIRIE'S FIRST AND ONLY
INDOOR PLANT SHOP**

Elaine's Unique Plants

- Wide Variety of Indoor Houseplants
- Handmade Macramé
- Market Baskets

AND MORE!

Back entrance of GP Farmers' Market (10032-101 Avenue)
Regular Hours: Tues. - Sat., 10 a.m. to 4 p.m. | Open during Market hours as well!

@elainemills Follow Us!

Zone 33-Grande Prairie