

Helping you rediscovers **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

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

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.

THIS SPACE FOR RENT

780-220-6397

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

Transform lives, one wish at a time.

Make-A-Wish.
Visit makeawish.ca

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

Call today and receive a **FREE SHOWER PACKAGE PLUS \$1600 OFF**

SAFE STEP WALK-IN TUB

1-855-977-9805

With purchase of a new Safe Step Walk-In Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase. CSLB 1082165 NSCB 0082999 0083445

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

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. 20 No. 10 March 6, 2023

Everybody's Talking

A rock and a hard place: Only the intrepid have the nerve to step onto a certain boulder in Norway. "Kjeragbolten" is jammed in a crevasse on the 1,084-metre (3,556-foot) Kjerag mountain near the town of Lysebotn in southern Norway. The boulder sits above an abyss that is about 1,000 metres (3,280 feet) above Lysefjord below. Hopping down onto it is not for the faint of heart, but many complete the feat, ending up with a great photo. Adventurers can get to Kjeragbolten by hiking a 12-kilometre (7.5-mile) trail, if they are in reasonable physical shape. The scenery is a reward for the effort, even without jumping onto the famous boulder.

Floating hotel: In the 1980s, a floating hotel was moored in the Great Barrier Reef Marine Park in Australia. The Four Seasons Barrier Reef Resort was 70 kilometres (43 miles) off the coast of Queensland, and developers expected it to be a hit with tourists. But the long boat ride to the nearly 200-room venue, plus financial problems, caused its closure after a year. It was purchased by a Vietnamese company, moved to Ho Chi Minh City, and anchored in the Saigon River. When it closed after more financial trouble, North Korea bought the structure for the Mt. Kumgang tourist region, where the renamed Hotel Haegumgang operated for a decade before permanently closing.

Colourful place: In Amsterdam, Netherlands, is a museum with a cabinet full of rocks. Visitors won't realize the significance of these seemingly plain-looking stones. But when the flip of a switch turns on a black light, these rocks glow with neon colour because they contain fluorescent flecks. The venue is the Electric Ladyland, after the Jimi Hendrix album, with a formal name of The First Museum of Fluorescent Art. In it, visitors can also see works of fluorescent art and be fully immersed in an ethereal environment of coloured light. Fittingly, the museum, which is the brainchild of American artist Nick Padalino, is located in a basement venue, making the colourful light seem even more dazzling.

Time for a tune: The piano company Steinway and Sons received a unique contract from the U.S. government during World War II: making more than 3,000 pianos for American troops to use for their amusement and relaxation between 1942 and 1953. Known as "Victory Vertical" pianos, the 40-inch (102-cm) tall, specially built instruments were manufactured in military colours of olive drab, blue, and gray. Most were air dropped by parachute to the locations of the troops. The company even made sure soldiers could enjoy playing in tune; instructions and tuning equipment were packaged with the pianos. Anecdotal evidence, via letters from soldiers, indicated that the operation helped raise spirits.

Quoteable Quotes

"My mission in life is not merely to survive, but to thrive." —Maya Angelou

"There is always light. If only we're brave enough to see it. If only we're brave enough to be it." —Amanda Gorman

What's Happening

Mar 16-May 4 - Anxiety Workshop Anxiety to Calm is a free, in-person, 8-week workshop. Learning exercises to help manage anxiety, understand thoughts, behaviors, and emotions more deeply, and learn healthy lifestyle choices. To register visit <https://mrpcn.cagroups/anxiety-to-calm>

Mar 9-13 - Ladies Open Bonspiel Come to this event hosted by Athabasca Curling Club, registration includes 3 events, appetizers Friday night and banquet Saturday night. For more info visit athabascacurling.ca

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. What is the fourth longest river in Africa?
2. The Davis Cup is awarded in what sport?
3. Kava is a traditional drink in this South Pacific island country.
4. A calcographer draws with what?
5. What is the boiling point of water at sea level?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

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

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!

25 WORDS OR LESS

WEEKDAYS 3PM

yes TV

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

We can assist with any and all unpaid rental amounts, including your entitlement to interest

KMSC LAW LLP
LongRunClassAction.ca

REAL ESTATE TO ACCOMMODATE

We'll help you buy or sell on your schedule

Curtis VALENTINE REALTOR®

MOORE REALTY EXP

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

HIP OR KNEE REPLACEMENT?

THE DISABILITY TAX CREDIT ALLOWS FOR A

\$2,500 YEARLY TAX CREDIT

\$30,000 LUMP SUM REFUND

CPD, arthritis, and many other disabling conditions that cause **Restrictions in Walking or Dressing** may qualify.

FOR EXPERT HELP:
1-844-453-5372

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

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

Get More Traffic, Leads & Sales



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

Frontline web consulting
780.760.6922
frontlineconsulting.ca

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

Dragons of the Past

Book Four of The Dragons of Nibiru



Available now at your local bookstore
www.dragonsofnibiru.com

The charm of yesteryear... with the amenities of today

ENJOY EUROPEAN CUISINE WHILE YOU ARE HERE!
VISIT US ON FACEBOOK FOR UPCOMING EVENTS
INQUIRE ABOUT OUR ROOM RENTALS

- Balloons & Party Supplies
- Aida Cloth & Embroidery Floss
- Wool & Crocheting Products
- Paints & Canvasses
- Bead Feathers & Ribbons
- Foothills Ice Cream
- Wiltons Cake Products

Olde Country Inn
780.524.9540
4810-50 Avenue, Valleyview

Running for office?

Give your campaign a kickstart with **Coffee News®!**



Call for opportunities in your local community.

Are You A Good Fit?

Capital Marketing, publishers of **Coffee News®** in Northern Alberta, is looking for partners in rural areas in Northern Alberta to promote the paper in their region.

If you love to meet new people, are entrepreneurial in spirit, and have some sales background, we would love to have a chat with you. Email info@coffee-news.ca and tell us why you love **Coffee News®**, and why you would like to share the good news stories we provide with your community. We'll be in touch after we get your email. Don't forget to include your name and phone number!

Canada's expert provider of onsite health and safety services

Whether it's upstream, midstream, downstream, or industrial, HSE has you covered

- Fire & Medical Services
- H2S Safety • Breathing Air
- Confined Space & High Angle Rescue
- Environmental Monitoring & Gas Detection

INDUSTRIAL HEALTH, SAFETY AND ENVIRONMENT EXPERTS

Servicing from Whitecourt to High Level, Grande Prairie to Fort Nelson, we call the Peace Region our Home

DXP | HSE INTEGRATED
780.532.2088
<https://hseintegrated.com>
gpopperations@dxpe.com

inogen FREEDOM. TO BE YOU.




1-888-998-6714
MKT-P0253


The World's #1 Restaurant Publication!

Your Weekly Horoscope

ARIES
(March 21 - April 20)

 Sometimes Aries have a tendency to immediately respond to stimuli and input. This week, you may want to consider taking a step back and waiting a bit before taking action. Lucky numbers: 18, 20, 21, 25, 41, 43.


TAURUS
(April 21 - May 21)

 Taurus-born are entering a period where focus may be on relationships. Are your emotional needs being met by a partner? How much emotional support are you able to provide? Lucky numbers: 16, 17, 19, 23, 43, 44.


GEMINI
(May 22 - June 21)

 Geminis are most comfortable interacting with others on an intellectual level. Now you may have an opportunity to show your emotional side, especially about something you passionately value. Lucky numbers: 6, 14, 19, 20, 34, 46.

CANCER
(June 22 - July 22)

 You may be in a period where your natural emotional intelligence level is expanding. How might you use this skill to help others deal with issues caused by emotional trauma? Lucky numbers: 1, 5, 8, 11, 20, 25.

LEO
(July 23 - Aug. 23)

 Over the next two years, the universe may call on you to expand your level of compassion. How might you manifest that in a way that helps your fellow human beings? Lucky numbers: 4, 22, 27, 36, 41, 44.

VIRGO
(Aug. 24 - Sept. 23)

 Virgos have a natural practical talent. That energy is highlighted now. You might use it to bring a project or other effort to completion, and begin to plan your next steps. Lucky numbers: 7, 35, 37, 42, 43, 45.

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

Did You Know...

Sweet cat: A Persian cat is an affectionate and adaptable feline friend. With a long, luxurious coat, which can be of various colours, and a sweet expression, one type of Persian is nicknamed "Doll Face."

Silent star: A silent film star of the early 20th century, American Buster Keaton was a master at physical comedy. Born Joseph Frank Keaton in 1895, he got his start at age 3 when he joined his parents' touring vaudeville act.

Protective clothing: Sunscreen is common to protect skin from the sun's harmful rays, and clothing can also provide protection. Dark, tightly woven fabric helps prevent ultraviolet light from reaching the skin.

Glowing place: The Newnes Glow Worm Tunnel near Putty, Australia, once housed a railway. Today the limestone tunnel is home to the glowing larvae of the *Arachnocampa Richardsae*, a type of fungus gnat.

Low maintenance: Some say it looks like a baseball, others a sea urchin. The baseball plant (*Euphorbia obesa*), a succulent of South Africa, is a popular houseplant because of its appearance and easy maintenance.

On the Lighter Side

Teacher: "What does it mean when the barometer is failing?"
Student: "Whoever nailed it up didn't do a good job."

How do you know the dishes are in trouble? They're in hot water.

Never discuss infinity with a mathematician. They can go on about it forever.


Knock! Knock! *Who's there?* Decode. Decode who? Decode is getting worse, open up!

Geology rocks, but geography is where it's at.

Answers
Trivia answers: 1. Zambesi (Zambesi) 2. Men's tennis 3. Fiji 4. Chalk 5. 212 F (100 C)

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


LIBRA
(Sept. 24 - Oct. 23)

 Your natural diplomacy may be heightened mid-week. If you or one of your loved ones is experiencing a conflict with someone else, you might be able to act as a mediator. Lucky numbers: 11, 13, 18, 22, 33, 39.

SCORPIO
(Oct. 24 - Nov. 22)

 Scorpions have an ability to pick up psychological impressions from others. Late this week, this skill may become a bit overwhelming for you. Perhaps you could retreat for a few days. Lucky numbers: 3, 15, 27, 34, 40, 41.


SAGITTARIUS
(Nov. 23 - Dec. 21)

 Are you feeling dissatisfied right now with your place in the world? You might want to consider what you want your legacy to be, and how to create a path toward it. Lucky numbers: 2, 3, 7, 28, 30, 40.


CAPRICORN
(Dec. 22 - Jan. 20)

 Capricorn is one of the signs that belong to the "earth element" group. Now, however, you have an opportunity to add some "water element" energy. This may help stimulate your intuition. Lucky numbers: 8, 10, 26, 27, 35, 47.

AQUARIUS
(Jan. 21 - Feb. 19)

 The last two years, you may have felt external pressure to be disciplined about mundane, everyday tasks. This period is ending, as is the energy that helped you achieve them. Lucky numbers: 12, 20, 27, 28, 29, 38.

PISCES
(Feb. 20 - March 20)

 A planetary shift is going to put pressure on Pisces for the next two years. The challenge of this period will be to ground your intuitive nature with more practicality. Lucky numbers: 5, 8, 10, 36, 41, 48.

NEED TO EXPAND YOUR MARKETING EFFORTS?

Coffee News® provides:

- ✓ Access to 520,000 loyal readers per month in 48 editions across Northern Alberta
- ✓ Access to thousands of online readers weekly
- ✓ Free ad design
- ✓ Free ad changes
- ✓ Free sponsorship in our CN Bucks program
- ✓ Exclusivity in your industry

So - you're not advertising with **Coffee News®** because...?



780-220-6397
coffee-news.ca

Up In Arms

Offering the non restricted and restricted Canadian Firearms Safety Course to apply for a firearm license

For more info, contact Robyn at 780-977-0725
301 Saskatchewan Ave. Spruce Grove

Possession
Acquisition
License
Training

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

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

LegalShield

CN IS HIRING CONDUCTORS

✓ Paid training
Great pay and benefits

cn.ca/careers



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

SEW MUCH FUN!

Sewing Machine Sales & Service • Fabric Notions • Patterns Classes • Kits ...and more!

COTTON CANDY QUILTS & SEWING

10545-117 Ave., Grande Prairie | Shop our online store any time
780.532.2202 | www.cottoncandyquilts.ca

BIGGEST QUILTING STORE IN THE NORTH