

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


FREE! *New Issue Every Week!*

Coffee News®

"News To Be Enjoyed Over Coffee"

Slave Lake Edition

877-553-6397



www.coffee-news.ca

Vol. 20 No. 14 April 3, 2023

Everybody's Talking

Food history: For someone who not only likes food but enjoys learning about its history, a museum called LA Plaza Cocina may be a place to visit. Part of a larger cultural centre called LA Plaza de Cultura y Artes and calling itself the first museum dedicated to Mexican food, LA Plaza Cocina's purpose is to reveal the long history of the cuisine. Visitors to the location in downtown Los Angeles, California (U.S.), can view tools and utensils used in the distant past and discover how maize and other ingredients became important parts of the country's dishes. The museum offers cooking classes and has a shop with cookbooks, gifts, and traditional kitchenware for preparing Mexico's classic foods.

Bats and bugs: Two libraries in Portugal, both caretakers of invaluable, centuries-old manuscripts, have an extraordinary way to keep bugs from damaging the pages of their books: colonies of bats live in the rafters, swooping down at night to eat flies and other pests. The bats are thought to have lived for centuries at the Joanina Library at the University of Coimbra, in central Portugal, and at the National Palace of Mafra library, near Lisbon. Their presence has always been welcome. The bats at both libraries exit through open windows to find water, then come back to the libraries to roost. These bat colonies provide the institutions with a natural way to preserve their precious, ancient holdings.

Big bucks: Boarding schools are usually fairly expensive, but few cost as much as Institut Le Rosey in Switzerland. It welcomes students from all over the world, provided their parents can pay tuition of between CHF 87,000 and 119,000. One of the school's two campuses is in the Chateau du Rosey estate in Rolle (for the spring, summer, and fall terms), while the other is located at the ski resort of Gstaad (for the winter term). Founded in 1880, the co-ed Institut Le Rosey has many famous alumni, including kings, princes, and other world leaders. Students at this exclusive school range in age from 8 to 18, and many of them go on to prestigious universities.

Cat-loving artist: There is no question that Louis Wain (1860-1939) loved cats; the artist from London, England, loved to draw and paint them. He would put an amusing, human touch on the felines, depicting them dancing on their hind feet, playing musical instruments, making speeches, and singing carols. The artist spent a few years of his life in the Bethlem Royal Hospital in southeast England. The hospital is showing an exhibition of his work. Recently, a film was made about the artist's life, entitled The Electrical Life of Louis Wain. It starred English actors Benedict Cumberbatch as Wain and Claire Foy as Emily, his wife.

Quoteable Quotes

"The greatest mistake you can make in life is to be continually fearing that you'll make one."
—Elbert Hubbard

"We must be willing to get rid of the life we've planned, so as to have the life that is waiting for us."
—Joseph Campbell

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.ca/groups/anxiety-to-calm>

Apr 1 - Crib Tournament Join the fun at Meadowview Hall on April 1st. Registration starts at 10am with \$25 entry fee

Apr 8 - Gibbons Easter Egg Hunt Taking place at the cultural centre from 11am-1pm. Hosted by the Sturgeon River Agricultural Society. Free activities and paid concession

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. When was Guinness Book of World Records first published?
2. In which ocean is the island nation of Tuvalu?
3. Athlete Sonja Henie competed in gymnastics, figure skating, or archery?
4. What is bauxite?
5. John Montagu claimed to have invented what?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

45th ANNUAL NORTH COUNTRY FAIR

The Solstice Sun barely sets and the music plays on til dawn!

Delicious food, workshops, craft vendors and children's activities

Advance Adult Weekend Pass - \$160
Advance Youth/Senior - \$80
Kids 12 & Under Attend Free

Tickets on sale now at www.northcountryfair.ca

June 23 - 25 2023

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

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:
• Your name
• Your phone number
• 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.

Creating memories ...one vacation at a time!

NORDEGG VACATION RENTALS



Far from the hustle and bustle of city life, Nordegg is nestled in the peace and quiet of the Rocky Mountains. Whether you're interested in a weekend getaway or a longer vacation, we have the perfect house for you.

For more information:
1-855-NORDEGG (667-3344)

nordeggvacationrentals.ca



Home | Auto | Business | Farm

Insurance that fits

780.849.3941
105 6 Ave NW, Slave Lake
BrokerLink.ca

BrokerLink Insurance

©2022 BrokerLink Inc. "BrokerLink & Design" is a trademark of BrokerLink Inc. All rights reserved.

happy Easter

from your friends at **Coffee News®**

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
web consulting frontlineconsulting.ca

HIP OR KNEE REPLACEMENT?

THE DISABILITY TAX CREDIT ALLOWS FOR A

\$2,500 YEARLY TAX CREDIT

\$30,000 LUMP SUM REFUND

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

FOR EXPERT HELP:
1-844-453-5372

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

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

Transform lives, one wish at a time.

Make-A-Wish

Visit makeawish.ca

Chapel of Memories Funeral Home

Serving the entire Lakeland
Kinuso to Slave Lake to Wabasca

"Your family care provider offering assistance with Personalized Funerals, Memorials, Cremations, Cremation Jewelry & Monuments"

601 - 1A St. S.E. Slave Lake, Alberta
Phone: 780.849.5433

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 stores 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!

Affordable-Effective-Exclusive-CALL NOW!

BLUE BLOODS
MON - THURS 9:00
yesTV

Where Thrifty Dreams Come True
Mon - Fri 10 am - 6 pm
Saturdays 11 am - 5 pm

Lolly Pop Thrift Shop
4913-51 Street Athabasca
DONATIONS WELCOME

Supporting Children's Clubs, groups and organizations with their fundraising goals

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

Sweetgrass
An OPTIMALIVING Community

Come experience carefree senior living
Scan or call to book your visit

780.843.2383
sweetgrassseniors.ca
105-6th Avenue NE
Slave Lake, AB

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

Possession
Acquisition
License
Training

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

Dragons of the Past
Book Four of The Dragons of Nibiru

Available now at your local bookstore
www.dragonsofnibiru.com

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

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

Your Weekly Horoscope

ARIES
(March 21 - April 20)

Aries are usually confident about their strengths and abilities. But you may be feeling discouraged right now. This might not last long, so try not to let it get you down. Lucky numbers: 9, 16, 21, 28, 29, 34.

TAURUS
(April 21 - May 21)

Are you suddenly feeling eager to go on a journey? Consider planning a local trip that you can do quickly, during the short period that this energy may be in play. Lucky numbers: 11, 14, 15, 17, 35, 45.

GEMINI
(May 22 - June 21)

Geminis usually are capable of quickly plucking a lot of information out of the ether. This week, though, you might want to slowly sift through that data before making any decisions. Lucky numbers: 5, 13, 27, 28, 43, 44.

CANCER
(June 22 - July 22)

Are you feeling that the concerns you have expressed about a situation are not being heard? Consider trying again at week's end, and your argument may finally break through to others. Lucky numbers: 3, 4, 6, 11, 14, 15.

LEO
(July 23 - Aug. 23)

Try to be sure that your interactions with others reflect your integrity, especially early in the week. If you don't, you may risk damaging your reputation and relationship with those involved. Lucky numbers: 12, 18, 33, 39, 41, 44.

VIRGO
(Aug. 24 - Sept. 23)

Virgos usually can work patiently at difficult projects. Early in the week, the energy may support you in doing so. Try not to let any insecurities get in the way. Lucky numbers: 6, 14, 17, 22, 24, 40.

LIBRA
(Sept. 24 - Oct. 23)

Look back over the last six months. What projects are ready to be brought to completion? This can free you up to begin to plan your next phase of activities. Lucky numbers: 7, 9, 10, 13, 33, 48.

SCORPIO
(Oct. 24 - Nov. 22)

Your intuitive antenna may ping wildly toward the end of the week. If you can, try retreating from the world for a few days. This might be beneficial for your emotions. Lucky numbers: 2, 5, 7, 37, 45, 47.

SAGITTARIUS
(Nov. 23 - Dec. 21)

Does your enthusiasm lead you to impulsive conversations with others? For the next few months, you may want to make an adjustment, and slow down when talking with them. Lucky numbers: 17, 23, 33, 36, 39, 47.

CAPRICORN
(Dec. 22 - Jan. 20)

Capricorns generally project a stable persona to others. The energy late this week enhances this image and might reassure others in your orbit that you can be relied upon. Lucky numbers: 5, 6, 15, 17, 19, 40.

AQUARIUS
(Jan. 21 - Feb. 19)

Aquarius can often address situations with many theoretical ideas. Early in the week, you may have an opportunity to take a more grounded approach, which others might be likely to appreciate. Lucky numbers: 15, 25, 26, 29, 34, 43.

PISCES
(Feb. 20 - March 20)

Pisces sometimes look at people and events through rose-coloured glasses. At week's end, you may be faced with a more realistic view regarding someone or something that you love. Lucky numbers: 10, 23, 29, 30, 31, 36.

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

Did You Know...

Long career: British actress Angela Lansbury (1925-2022) was well known for her various Broadway and movie roles. However, she'll be remembered as crime novelist Jessica Fletcher in the television series, *Murder, She Wrote*.

Good horse: Horse lovers say the Appaloosa breed is wonderful to own because of its gentle, friendly disposition. These horses have spotted coats of colourful patterns, and are intelligent and loyal.

Eye to behold: The Richat Structure is in western Mauritania. From the air, concentric rings of rock in this Sahara Desert landform look like a blue bull's-eye. The diameter of the "Eye of the Sahara" is about 40 kilometres (25 mi.).

Orange tint: Like ginger, turmeric is a root plant. With only a teaspoon or two, the dried or powdered form flavours many dishes in Southeast Asia and India with its peppery, bitter, and earthy taste.

Healthy skin: As people age, their skin may become drier because oil glands become less active. Therefore, dermatologists recommend giving the skin a boost by using moisturizer, which helps with hydration.

On the Lighter Side

What do you call an alligator in a vest? An investigator.

Customer: "Waiter, this soup tastes funny."
Waiter: "Then why aren't you laughing?"

What do you call a tiny onion? A minion.

Take it from a scientist: never believe atoms. They make up everything.

Knock! Knock! *Who's there?* Tick. Tick *who?* Is tock there? It's time we got back together!

Answers

Trivia answers: 1. 1955 2. Pacific 3. Figure skating 4. Aluminium ore 5. Sandwich

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

QUALITY WORK. REASONABLE RATES.

RRC
 EXTERIOR FINISHING

- 5" Continuous Eavestrough
- Decks
- Asphalt Roofing
- Siding ■ Soffit ■ Fascia

CALL RYAN TODAY FOR YOUR FREE ESTIMATE:
780.519.1335
Serving Athabasca/Slave Lake and area

FREE HEARING TEST

NORTH STAR HEARING
#110, 9719-98 Avenue, Grande Prairie
780.533.3444 | www.northstarhearing.ca

THE ONLY LOCALLY OWNED AND OPERATED HEARING CLINIC IN NORTHERN AB

Helping You Is What We Do
Katee Nelson
780-805-4425

ROYAL LEPAGE
PROGRESSIVE REALTY
Each office independently owned and operated

Running for office?

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

Call for opportunities in your local community.

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

Recipe of the month

Baked Ham with Honey-Chipotle Glaze

1 fully cooked bone-in ham (8 to 10 pounds)
1 cup packed brown sugar
3 tablespoons honey
2 tablespoons cider vinegar
2-1/4 cups ginger ale

4 chipotle peppers in adobo sauce, minced
3 garlic cloves, minced
1-1/2 teaspoons Dijon mustard
3/4 teaspoon ground cinnamon
3/4 teaspoon ground cumin

Prep Time: 10 min. Cook Time: 2 hours Yield: 16 servings

- Preheat oven to 325°. Place ham on a rack in a roasting pan. Using a sharp knife, score surface of ham with 1/2-in.-deep cuts in a diamond pattern. Bake, uncovered, 1-1/2 hours.
- Meanwhile, for glaze, in a small saucepan, mix brown sugar, honey, vinegar and ginger ale. Bring to a boil; cook until mixture is reduced by half, about 15 minutes. Stir in remaining ingredients. Reduce heat; simmer, uncovered, 5 minutes. Remove from heat. Reserve 1 cup mixture for sauce; keep warm.
- Brush ham with some of the remaining glaze. Bake, uncovered, until a thermometer reads 140°, about 30 minutes, brushing twice with additional glaze. Serve with reserved sauce.

An ideal Easter showstopper!

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

Home is Where Your Story Begins.
Let Me Help You Finance Your Dream Home!

Debbie Jacobsen, AMP
780.805.8840
deb@dlc1st.ca | www.dlc1st.ca

DOMINION LENDING CENTRES
Mortgage Mentors