

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

THIS SPACE FOR RENT

780-220-6397

25 WORDS OR LESS

WEEKDAYS 3PM

yes TV

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!

SEW MUCH FUN!

Sewing Machine Sales & Service • Fabric Notions • Patterns Classes • Kits

...and more!

COTTON CANDY

QUILTS & SEWING

10545A-117 Ave., Grande Prairie | Shop our online store any time

780.532.2202 | www.cottoncandyquilts.ca

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

A wide range of safety training programs for industrial applications

2 FOR 1 TRAINING

BEING OFFERED FOR FEBRUARY and MARCH

CALL US FOR DETAILS!

we will work with you to find it. Have new hires? Ask about our multi class discount. Special rates for local on site equipment courses with a class minimum

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
gptraining@dxpe.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

FREE! New Issue Every Week!

Coffee News®

"News To Be Enjoyed Over Coffee"

Grande Prairie Edition

877-553-6397

www.coffee-news.ca

Vol. 20 No. 25 June 19, 2023

Everybody's Talking

Lying down: Everyone knows about ski competitions, bicycle races, and running marathons, but the village of Brezna, Montenegro, has a unique one. During their "lying down competition," people lie down for as long as they can. The competition has taken place annually for over a decade; in 2022, the winner was Zarko Pejanovic. With the exception of allowable washroom breaks, this winner stayed prone for 60 hours, beating out his nine competitors. The unusual event started because organizers wanted to make fun of the stereotype that people from Montenegro are lazy. Pejanovic was happy to take first prize, which included 350 Euros in cash, plus other rewards.

Balancing act: Wang Yekun of Hong Kong really knows how to keep things in balance, quite literally! He puts various items on top of each other and figures out how to make them stay there. For example, he placed two bottles on the ground, positioned a third bottle on top of the first two, and then balanced a bicycle on top of the bottles. Other items he's used in his precarious arrangements include sewing machines, wrenches, gas cylinders, bricks, and cell phones. The skill started as a hobby, and now his patience has paid off. He has quite a following on social media by people who are amazed at his clever ability.

Salty wall: Although the action is not condoned by public health authorities, patrons of The Mission restaurant in Scottsdale, Arizona (U.S.), sometimes lick the establishment's walls. That's because the walls in question are made of Himalayan salt blocks. Owner Matt Carter got the idea to build pink salt walls after he visited a Chicago restaurant that boasted a room lined with salt rocks. He claims that he does not encourage his customers to stick out their tongues for a taste in his own restaurant, unless, of course, it is to lick the salt block that comes with the tortillas. Or patrons can buy a small block of Himalayan salt to take home with them.

Screamer: Ashley Peldon has a gift for screaming, and she is using it to make a living. Born in New York, N.Y. (U.S.), in 1984, Peldon has worked as a child actor in such shows as Guiding Light, That 70s Show, and Ghost World. Her ability to scream well has landed her voice roles in movies, television shows, and video games. In real life, people may scream for many reasons, including feeling emotions such as fear, rage, happiness, and grief. But an actor may not be able to scream on cue, regardless of their acting ability. That's where Peldon steps in, providing the exact feeling needed to make the scene come to life.

Quoteable Quotes

"Between what is said and not meant, and meant and not said, most of love is lost." —Kahlil Gibran

When you don't slow down by choice, your body can make you slow down by force." —Katrina Leggins

What's Happening

Jun 23 Jul 14 Aug 11 - Night Market GP Night Market Festival is a unique and exciting event that brings together the best of food, music, and culture. Join us June 23-25, July 14-16, and August 11-13 at 55051 Twp Rd 710, for more information call 780-228-6969

Jul 22-23 - Peace Regional Air Show Sky dives n wheels up! A thrilling aerobatic show featuring pilots from all over Canada, the US and local Peace Region flyers. Freestyle motocross show, childrens activities, outdoor market, food vendors and more! Full details at peaceregionairshow.com

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. A triangle with at least two equal sides is equilateral, isosceles, or obtuse?
2. Backgammon originated near the Mediterranean Sea about 5,000 years ago—T/F?
3. A desert is one of the five kinds of biomes or climates?
4. Perseus, Heracles, or Apollo—who was the son of Zeus and Alcmene?
5. A grandfather clock is an analog or digital timepiece?

(Flip bottom of page for answers)

FREE HEARING TEST

SCAN HERE TO BOOK NOW!

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

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

857.760.2800

<https://zettatelecom.com>

DEDICATED TO FINDING OUR CLIENTS THE BEST SOLUTIONS WITHIN THEIR BUDGETS

PIONEER DAYS

STEP BACK IN TIME

Sat. & Sun., July 15 & 16

South Peace Centennial Museum
1km north of Beaverlodge

- Breakfast 8-10 a.m. both days
- Live Heritage demonstrations and kids' activities both days

For more info, contact Shelly: 780.897.0992 or shelly646@hotmail.com

Save the Date!

- Gospel Jamboree August 4-6
- Harvest Festival September 9

COMING SOON!

- Friday Lunches
- Farmers' Market

More info at southpeacemuseum.com

WEBSITES

From \$129/Month

(780) 760-6922

FRONTLINECONSULTING.CA

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

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

Venner Brand Labs

A carefully curated wellness brand dedicated to prioritizing how best to support the concept of mind, body and spirit connections.

vennerbrandlabs.com

780.441.1891 | vennerbrand@gmail.com

[vennerbrandinc](https://www.facebook.com/vennerbrandinc)

Create vibrancy and well being in your life.

Dragons of the Past

Book Four of
The Dragons of Nibiru

Available now at
your local bookstore

www.dragonsofnibiru.com



Your Weekly Horoscope

ARIES

(March 20 - April 19)



You may have a good opportunity this week to address an old karmic wound. Try to have a conversation with someone who can help you find a resolution for this issue. Lucky numbers: 1, 7, 12, 14, 24, 37.

TAURUS

(April 20 - May 20)



At midweek, keep your eyes open for a sudden or unexpected opportunity that may surface. Don't immediately reject it because it's unusual, but carefully examine the pros and cons. Lucky numbers: 2, 6, 16, 18, 39, 43.

GEMINI

(May 21 - June 20)



Geminis can see many possibilities and can connect individual pieces into a cohesive whole. You are entering a period where you may be able to offer these skills in service to others. Lucky numbers: 6, 8, 17, 38, 41, 46.

CANCER

(June 21 - July 21)



The Sun is returning this month to the position where it was when you were born. This provides an opportunity for you to set new goals and plans to achieve them. Lucky numbers: 8, 20, 30, 31, 35, 47.

LEO

(July 22 - Aug. 22)



Your ambition level and ability to communicate your ideas effectively to others may be heightened right now. How do you want to use this dynamic to achieve your objectives? Lucky numbers: 12, 18, 38, 40, 42, 44.

VIRGO

(Aug. 23 - Sept. 22)



Virgo has the ability to complete hard, detailed, and precise work that would be more difficult for other signs. This skill may be strengthened for you at the week's end. Lucky numbers: 5, 20, 31, 34, 40, 43.

LIBRA

(Sept. 23 - Oct. 22)



You are entering an extended period where your focus may be on your role as a mother and/or as a child. This is an opportunity to address issues in this area. Lucky numbers: 11, 12, 19, 27, 34, 47.

SCORPIO

(Oct. 23 - Nov. 21)



Have you experienced communication difficulties the last two weeks? Perhaps consider making an adjustment to your style. Remember that others aren't always ready to see the truth. Lucky numbers: 9, 10, 15, 19, 26, 36.

SAGITTARIUS

(Nov. 22 - Dec. 20)



You are entering a period where your confidence may be challenged. Are there ways to adjust your behavior that could allow you to expand your sense of self? Lucky numbers: 10, 13, 23, 26, 30, 31.

CAPRICORN

(Dec. 21 - Jan. 19)



Capricorns like to feel in control, but right now that may not be the case. You may find ways to adjust things that might allow you to be more flexible. Lucky numbers: 3, 13, 20, 30, 38, 46.

AQUARIUS

(Jan. 20 - Feb. 18)



You may be very busy for the next few weeks. Plan time for relaxation if you become stressed. You are likely to be able to clearly communicate your ideas to others. Lucky numbers: 4, 5, 6, 22, 27, 47.

PISCES

(Feb. 19 - March 19)



You may receive a lot of information right now, but it may be more confusing than clarifying. It may contain an opportunity, but be sure to review it carefully before deciding. Lucky numbers: 7, 14, 23, 26, 31, 40.

Lucky numbers this week: This week's odds favour Cancer winners with the luckiest number being 30.

Did You Know...

Old tree: The Alerce Costero National Park in Chile is the home of a very old tree, possibly the world's oldest. It's a Patagonian cypress known as *Gran Abuelo* ("great-grandfather") and is estimated to be almost 5,500 years old.

Scenic road: Only one road goes to a village called Cuevas del Agua in northern Spain. Travelers must drive on a narrow roadway that goes through a 300-metre (984-ft.) natural cave, complete with stalagmites and stalactites.

Hear the sound: When movie viewers hear raindrops pattering on a window or piano keys tinkling under someone's fingers, this is "diegetic" sound. The sound happens while the action takes place in the film; it is not added later.

Multi-talented: American musician Prince (1958-2016) played at least 27 instruments, including guitar, bass, piano, drums, and orchestral bells. He also wrote many hit songs performed by others, such as "Manic Monday" by The Bangles.

Delightful sandwich: A restaurant in Brookings, South Dakota (U.S.), serves a specialty of the state: pheasant sandwich. Made from the meat of this wild fowl, the restaurant's version also includes apples, cranberries, and pecans.

On the Lighter Side

My brother got a job making telescopes. Things are really looking up.

Son: "Why did you buy this TV? It's stuck on full volume."
Dad: "I know. It was so cheap, I couldn't turn it down."

Why are fish such terrible basketball players? They're afraid of the net.

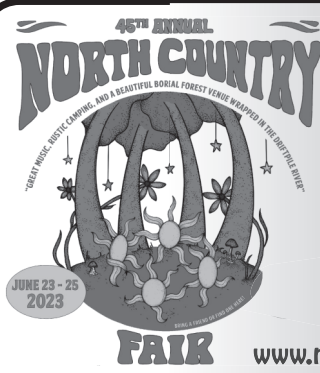
The sheep all went into the barn together. They were tightly knit.

Knock! Knock! *Who's there?* Thermos. *Thermos who?* Thermos be a better joke than this one!

Answers

Trivia answers: 1. Isosceles 2. True 3. Biomes 4. Heracles 5. Analog

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



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

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

Weekend Adult - \$200
Youth/Senior - \$120

Saturday Adult - \$140
Youth/Senior - \$60

Kids 12 & Under Attend Free

Sunday gate sales are donated to Kokum's Outreach in Dripville

Tickets on sale now at www.northcountryfair.ca

AN INDEPENDENT NON-PROFIT, CHARITABLE ORGANIZATION SINCE 1967

Alberta Council on Aging

An aging demographic is changing the face of Alberta. Alberta Council on Aging, with regional representation across the province, addresses many of the challenges our older population faces. We engage in conversation with various organizations addressing relevant research-based matters, communications, and programs. ACA is committed to providing support and resources to all Alberta communities.

For a presentation in your community contact us or visit our website:

www.acaging.ca

780-423-7781

or toll free

1.888.423.9666

Email: office@acaging.ca



Be the voice for your community. Become a Volunteer!

inogen

FREEDOM.
TO BE YOU.

Call 1-888-998-6714
for a free consultation.



Bookkeeping services.

- Payroll
- Year-end T4 summary and supplements
- GST remittance
- GST returns
- Ledgers and journals
- Corporate tax returns
- Financial statements

Visit us today:
#2 - 11302A 100 St. Grande Prairie, AB
780-532-5152

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

When YOU Get Paid We Get Paid

Over HALF A BILLION Recovered For Our Clients!

Braithwaite Boyle Injury Law 800-440-8298

It's The Only Law We Do - Since 1986

Free Initial Consultation

Offices in: Edmonton, Red Deer, and Calgary

WIN one of three \$400 prepaid Visa cards awarded monthly

Scan Once Weekly for Max. Entries

YOUR CONTACT INFORMATION IS SAFE WITH US!

For contest rules and recent winners, visit www.accidentinjurylawyer.com/coffeeneews



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

REAL ESTATE APPRAISALS

COMMERCIAL • INDUSTRIAL • RESIDENTIAL

AGM VALUATIONS GROUP LTD.

OFFICES IN GRANDE PRAIRIE AND PEACE RIVER

Phone: 780.624.0020 Andre Cell: 780.274.1133 Adam Cell: 780.897.0391

www.amvaluationsgroup.com

SERVING: Grande Prairie, Sexsmith, Clairmont, Wembley, Beaverlodge, Hythe, Grovedale, Rycroft, Spirit River, Fox Creek, Whitecourt

Peace River, Grimshaw, Fairview, High Prairie, Valleyview, Manning, Slave Lake, High Level, La Crete, Fort Vermilion, Rainbow Lake, Dixonville, Hines Creek, Fahler, Donnelly, Nampa, Girouxville, Eaglesham, McLennan, St. Isidore.

www.scubagearcanada.ca

REAL ESTATE TO ACCOMMODATE

We'll help you buy or sell on your schedule



Curtis VALENTINE REALTOR®



587-343-2551

curtis@cmoorealty.ca | cmoorealty.ca

SHOP ONLINE!

www.scubagearcanada.ca

- Snorkelling Gear • Reef-Safe Sunscreen
- Beach Water Shoes • Dry Bags & Wallets • UV Shirts

SNORKELLING AND SCUBA DIVING LESSONS

The Dive Outfitters

Learn to SCUBA DIVE at our Edmonton location - call for details

Scuba Diving & Snorkeling

11781-156 St., Edmonton

780.483.0044



SCUBAPRO | SHERWOOD | GARMIN | SHEARWATER | AKONA | HENDERSON | SEALIFE | TUSA

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

HIP OR KNEE REPLACEMENT?

THE DISABILITY TAX CREDIT ALLOWS FOR A

\$2,500 YEARLY TAX CREDIT

\$30,000 LUMP SUM REFUND

Restrictions in Walking or Dressing may qualify.

COVD, arthritis, and many other disabling conditions that cause

Restrictions in Walking or Dressing may qualify.

FOR EXPERT HELP:

1-844-453-5372



WIPE OUT INFLATION, GET THE CREDIT!

Zone 33-Grande Prairie