

What's In Your Glass? with R&R

Alberta Has It All

"Flatlands and rollin' plains, clear blue skies, prairie rains; a tapestry of colours in the fall. Snow covered mountain tops, wheat fields, canola crops; Alberta has it all." This is from our Alberta provincial anthem. That's just a smidge of it, because if we wrote the whole thing, well, you would miss our monthly wit and wisdom. Okay, maybe just our wit (haha).

There's no part in the anthem about our liquid assets. We mean of the alcohol type, of course. We make some wicked products in Alberta.



Leduc Co-op Liquor

103-100B Deer Valley Dr. • 780.980.5139

Nutri Juic'd Blood Orange/ Fruit Punch 6 pk......\$13.71*

Blindman Dry Hopped Kettle Sour 4 pk......\$14.85*

Strathcona Spirits Seaberry Gin.....\$49.42*

White Owl Coconut Whisky.....\$36.09*

Alberta Premium Whisky 1.14L.....\$35.13*

Rig Hand Double Double.....\$35.13*

*Price does not include GST or bottle deposit.

Beer... lots of fabulous beer of every size and type. We're in the spirit of things too with vodka, gin, whisky. Liqueurs, too. How about mead, coolers, fruit wines and pre-mixed cocktails... Albertans make those, too.

Come on everybody. Let's celebrate Alberta made products. We've got a ton to salute. *Cheers!*

www.leduccoopliquor.com

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

GENERAC

*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.

FROM \$85 A MONTH

ONKAR INSURANCE BROKERS

DRUG AND DENTAL PLANS

LIFE | SUPERVISOR | DISABILITY TRAVEL INSURANCE
RESP PLANS (up to \$9200 grants + 15% bonus)

Vikram Saggu
780-999-3000



Canada's HEALTHY Choice for Pets!

GLOBAL PET FOODS

SENIORS' DAY last Tuesday of every month
Save **15%**

Restrictions may apply. Inquire in store.

5103 - 50 Avenue, Leduc
780-980-8711 • www.globalpetfoods.com



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

The Mona LaHaie Group
www.horsepowerrianch.com

Living and working in the BEAUMONT AREA for over 40 years, offering our clients **EXCEPTIONAL SERVICE!**

Put your trust in this experienced group SPECIALIZING in Residential, Acreages, Farms & Real Estate Development.

780.850.0800

Brayden LaHaie-Ochitwa, Marketing Coordinator
Mona LaHaie, Realtor®
Melissa LaHaie-Scott, Realtor®

RE/MAX ELITE
Each office independently owned & operated

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




FREE! **New Issue Every Week!**

Coffee News®

"News To Be Enjoyed Over Coffee"

Beaumont Edition

780-220-6397



www.coffee-news.ca

Vol. 20 No. 26 June 26, 2023

Everybody's Talking

Watery mirror: The denizens of the city of Mitoyo, on Japan's Shikoku Island, wanted to attract tourists, so they held a photo competition in 2016. One of the submitted photos, taken at the Chichibugahama Beach, was so amazing that the city used it as a marketing ploy. The gorgeous photo showed colourful clouds and sky, shoreline, and people appearing as double images, one that is the real thing and the other a reflection in the calm, clear water. The city's website contains information about the best time to visit and provides tips on composing photographs at the location. Now many tourists come to the once-unknown beach to see its beauty.

Game stopper: This story has a happy ending, but at first a soccer player in Paraguay worried that his prank had turned out badly. In 1957, Roberto Gabriel Trigo, who was a teenager at the time, jokingly told his pilot friend Alfredo Lird to stop buzzing the soccer field during practices and games, or else he'd kick a ball at the plane. Trigo did kick a ball at the plane, never dreaming that it would hit its target. When it did, the plane crashed in a nearby field. By some miracle, no one was hurt and the game continued. The pilot and the soccer player remained friends after the incident, which is still famous in the country's soccer circles.

Double duty images: Veks Van Hillik is a tattoo artist from France who provides a little bit of extra creativity to his clients: they end up with two-in-one tattoos. That's because Hillik designs his inked images on people's legs or arms, but when they unbend their knees or elbows, the image expands into something different. The artist uses black and white inks to create surreal and gothic works of art. A fish's head on a bent knee turns into a butterfly when the client stands up, while a close-mouthed frog tattooed on an arm turns into an open-mouthed reptile as the elbow is unbent. When he is not creating images on skin, Hillik paints fascinating images on canvas.

Recovered phone: Things can get lost when people are boating on the River Wye near Cinderford, Gloucestershire, England, as Owain Davis learned. While canoeing on the body of water with his fiancée, Davis's phone fell out of his pocket, never to be seen again, or so he thought. Imagine his surprise when he discovered, through a friend who had seen a notice on social media, that his phone had been found 10 months after he'd lost it. A man named Miguel Pacheco saw it in the mud, dried it out, and charged it up. Pacheco shared photos on social media of the phone he'd found, and the responses led him to Davis.

Quoteable Quotes

"No one can make you feel inferior without your consent."
—Eleanor Roosevelt

"Don't explain your philosophy. Embody it."
—Epictetus

What's Happening

Jul 5 - Seniors Concert Join Leduc County Recreation at the Looma Community Hall at 1 p.m. Bring lawn chairs or a blanket to sit on. Snacks will be available! If you have any questions or require some support with registration please call 780-770-9262.

Jul 23 - Summer Market Taking place from 11am-4pm and featuring 50 local vendors, handmade goods, specialty vendors, jewelry, cosmetics, baked goods and so much more! Food trucks on site! Beaumont Community Centre, 5204 50 Ave.

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!

...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. Nigeria's official language is Igbo, English, or Yoruba?
2. Does a dragon, unicorn, or centaur adorn the Welsh flag?
3. A variety of rhythms played together is syncopation, staccato, or downbeats?
4. Antarctica or Asia is the highest, driest, windiest continent?
5. The Trek to Petra is a hike in Jordan, Egypt, or Israel?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

CN-Proudly printed by One to One Mailing

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



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



Venner Brand Labs

Create vibrancy and well being in your life.

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



THIS SPACE FOR RENT

780-220-6397

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

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



When YOU Get Paid We Get Paid

Helping You Maximize Your Financial And Physical Recovery!

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/coffeenews




You never listen to me, you only hear what you want to hear

Sure, I'll have a beer

Communication not what it once was?

Call us today!

frequency

HEARING

4920-50 Avenue, Beaumont • 780-737-7117

Need ONE More Reason to Join?

- You don't have an up to date will
- You don't understand the difference between a trust and a will
- The CRA selects you for an audit
- You need a letter written on your behalf by a lawyer
- You receive a speeding ticket
- 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

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
frontlineconsulting.ca

Intentional Connections

WELLNESS SERVICES

You Are Not Alone

- Grief Support (ages 18+)
- Youth Counselling (ages 14-24)

SCAN HERE FOR A FREE 30 MINUTE CONSULTATION

780.781.0302
janelle@icws.ca
www.icws.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

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!

Alberta Council on Aging
Let's Stop Ageism

Call today to book your appointment!

We only want to make you SMILE

Millet Denture Clinic

780.387.3311 • 5022 - 50 Street, Millet
BARB UNGER, DD • barb@milletdenture.ca

THE ONE

93.1 FM

LEDUC'S BEST COUNTRY

Your Weekly Horoscope

ARIES (March 20 - April 19)

You may be experiencing a continuing period of addressing old karmic wounds. One element of doing so is to understand what you value and to bring your life into alignment with it. Lucky numbers: 9, 10, 11, 19, 20, 32.

TAURUS (April 20 - May 20)

You may feel the desire to break free of a restriction. An open and honest conversation may clarify how to change the situation or if you need to move on. Lucky numbers: 7, 8, 10, 18, 25, 44.

GEMINI (May 21 - June 20)

Emotion may be getting in the way of your usual mental process. This should pass soon, but you may want to see if you can successfully incorporate these feelings instead. Lucky numbers: 5, 14, 16, 21, 30, 48.

CANCER (June 21 - July 21)

For the next few weeks, there will be a strong link between your mind and your feelings. Consider using this connection to negotiate through difficulties you may be having with others. Lucky numbers: 2, 4, 13, 41, 44, 45.

LEO (July 22 - Aug. 22)

Leo's goals are often personally oriented. Over the next six months, you may be presented an opportunity that asks you to expand your efforts to a bigger horizon. Consider it carefully. Lucky numbers: 6, 12, 22, 25, 32, 35.

VIRGO (Aug. 23 - Sept. 22)

You are entering a period where you may feel out of sorts from your normally grounded personality. How can you positively use this dynamic to expand beyond your comfort zone? Lucky numbers: 11, 16, 22, 43, 46, 47.

LIBRA (Sept. 23 - Oct. 22)

Your natural diplomatic talents are highlighted at the beginning of the week. For the next few days, if you step forward, you may be able to help resolve a conflict. Lucky numbers: 3, 8, 18, 26, 28, 38.

SCORPIO (Oct. 23 - Nov. 21)

At midweek, your ability to pick up on the emotional vibes of others may be heightened. This could become intense, so find a way to retreat if that is available to you. Lucky numbers: 8, 10, 15, 24, 40, 41.

SAGITTARIUS (Nov. 22 - Dec. 20)

Your natural optimism may increase at the week's end. This could be good for accomplishing your goals, but be aware if you are overreaching on risk taking. Strive for a reasonable balance. Lucky numbers: 4, 9, 13, 23, 28, 32.

CAPRICORN (Dec. 21 - Jan. 19)

Are you encountering obstacles in interactions with others? Perhaps you should consider adjusting your way of communicating to connect positively with them. This could help get you to a win-win. Lucky numbers: 1, 2, 10, 19, 27, 41.

AQUARIUS (Jan. 20 - Feb. 18)

Humanitarian service is an important theme for Aquarius. Over the next six months, look for opportunities that may help manifest it, but wait until this period ends before proceeding. Lucky numbers: 10, 11, 13, 14, 19, 36.

PISCES (Feb. 19 - March 19)

Over the next six months, an old issue may surface that you previously have not been able to see clearly. Insight you get now could help you resolve this matter. Lucky numbers: 12, 26, 30, 35, 36, 47.

Lucky numbers this week: This week's odds favour Sagittarius winners with the luckiest number being 23.

Did You Know...

Rough estimate: The frequency of a cricket's chirping can estimate the temperature, a principle called Dolbear's law. Count the number chirps from one cricket in 15 seconds, and then add 40 to that number to get a Fahrenheit temperature.

Laughing name: Towns have all sorts of names, but one in the province of Québec (Canada) is called Saint-Louis-du-Ha! Ha! It is the only town anywhere in the world with two exclamation marks in its name. Very funny!

Grape tradition: *Uvas de la suerte* is a New Year's Eve tradition in Spain and some Spanish-speaking countries. Eating 12 grapes at exactly midnight brings good luck in the new year. Some make a wish on each grape.

Train trip: In the late 1800s, Le Petit Train de La Mure (Little Train of La Mure) in France hauled coal from mines from the French Alps. Today, tourists take it for a scenic route through the mountains.

Cookbook haven: The Notting Hill district of London, England, is the home of Books for Cooks, a store that sells cookbooks of all kinds. It also offers a café featuring dishes made from recipes from the store's books.

On the Lighter Side

Diner: "Waiter, this lobster only has one claw."
Waiter: "It must have been in a fight."
Diner: "Well then, bring me the winner."

How do archers get in shape? They do arrowbics.

Two men walked into a bar. You'd think one of them might have seen it!

Knock! Knock! *Who's there?* Dots. *Dots who?* Dots for me to know, and you to find out!

A scientist wanted to clone a deer. So he bought a doe-it-yourself kit.

Answers

4. Antarctica 5. Jordan
Trivia answers: 1. English 2. Dragon 3. Syncope 4. Antarctica 5. Jordan

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

inogen

FREEDOM. TO BE YOU.

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

MKT-PO240

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

GET THE JOB DONE RIGHT. HIRE AN ELECTRICIAN.

Breault

40 Years Experience
Commercial and Residential Service

780.999.0927
Master Electrician | Licensed and Insured

SPECIALIZING IN ALL TYPES OF ELECTRICAL REPAIRS FOR YOUR HOME OR BUSINESS

HIP OR KNEE REPLACEMENT?

THE DISABILITY TAX CREDIT ALLOWS FOR A

\$2,500 YEARLY TAX CREDIT

\$30,000 LUMP SUM REFUND

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!

Legal Services You Can Trust

COOPER REGEL LLP LAWYERS

- Wills, Enduring Powers of Attorney and Personal Directives
- Probate & Administration • Estate Litigation
- Real Estate Sales, Purchases and Refinance

Shantelle Smith | 780.570.8453

77 Chippewa Road, Sherwood Park AB

Pain Management

We have a cream for that!

As a compounding pharmacy, we can create the custom medication you need, such as a topical cream for arthritis

COVID-19 Vaccine - Pfizer and Moderna Available without an appointment!

AbEx Pharmacy Beaumont

#112, 6102-29 Ave., Beaumont, AB T4X 0H5
780.929.1810 | abexhealthservices.ca

BLUE BLOODS

MON - THURS 9:00

yesTV

Dragons of the Past

Book Four of The Dragons of Nibiru

Available now at your local bookstore

www.dragonsofnibiru.com