

FREE!

New Issue Every Week!

Coffee News®

"News To Be Enjoyed Over Coffee"

Fort McMurray Edition
877-553-6397



www.coffee-news.ca

Vol. 20 No. 29 July 17, 2023

Everybody's Talking

Elderly runner: Most octogenarians have reached an age when they slow down a little. Not so for Barbara Humbert, an 80-something-year-old great-grandmother who ran 125 kilometres (78 mi.) in 24 hours. The elderly woman from Val d'Oise, France, competed in the French Championships in Brive-la-Gaillarde, and she broke the record for her age group. Humbert is not new to running. She started when she was in her 40s and has run many races over years, including 54 marathons. She usually runs 45 kilometres (28 mi.) per week. Although she has had a few minor injuries over the years, she managed to maintain her training, which gives her much more flexibility than many women of her age.

Lonely tree: A tree in Thailand has been dubbed the country's "loneliest tree." It grows on a tiny rocky islet called Koh Khai Hua Roh, which is just large enough to hold the tree and four or five people. Tourists can view it off the east coast of the country in Trat Province. A taban tree (Xylocarpus ramphii), this unique specimen can survive in the salt water that surrounds it on all sides. Social media has popularized the site, and many tourists visit to sit in the tree's branches and take photos. All of this traffic has caused damage, so the local administration is taking steps to curb visitors.

Name change: A promotion by a sushi restaurant chain in Taiwan convinced some people to legally change their names to include the word "Salmon." If people were willing to make the change, they were given great deals at the restaurant, such as free, all-you-can-eat sushi dinners for five diners. Many of the takers changed their names back to their original monikers, but government officials were not impressed. They said the promotion wasted employees' time and resources. Taiwan allows people to make up to three legal name changes, so the sushi-lovers will need to keep a count of their changes so they don't get stuck with a fishy name.

Contemporary art: "Stained Glass Geek" is the nickname that a Dutch artist has given himself. Arjan Boeve boasts an art degree and dabbled in many forms of artistic expression before landing on stained glass as his main medium. But there is a difference between his work and the traditional type of stained glass pieces that beautify churches and homes. His slant is as modern as it gets because he uses pop art as his muse. For example, video game and cartoon characters find their way into his work, and he has done a series on eggs breaking out of their shells. Boeve hopes his work will inspire other glass artists to create contemporary pieces.

Quoteable Quotes

"Who you are surrounded by often determines who you become."

—Vicky Saunders

"For small creatures such as we, the vastness is bearable only through love."

—Carl Sagan

What's Happening

Aug 20 - Underwater Rodeo Lake Cleanup Join divers from all over Alberta and Saskatchewan in skills development dives and a lake cleanup. Everyone is welcome, including non-divers snorkelers. Visit www.fortmacscuba.com for more info.

2nd Tuesdays of Month - Stitch n' Btch Stitch 'n Btch is a name that has been used to refer to social knitting groups since at least World War II. The group meets to knit, crochet, cross-stitch and talk. Bring your WIP and join at 4B 4010 50 Ave Lloydminster the 2nd Tuesday of each month.

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. A frog is a vertebrate—T/F?
2. South Sandwich Trench is in the Atlantic, Pacific, or Indian Ocean?
3. Is Ami du Chambertin a type of cheese or wine?
4. The village of Muff is in Norway, Germany, or Ireland?
5. Is flint corn named for the stone or the city of Flint, Michigan (U.S.)?

(Flip bottom of page for answers)

Home | Auto | Business | Farm

Insurance that fits

780.790.1578

604 Signal Rd, Fort McMurray
BrokerLink.ca

BrokerLink Insurance

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

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



Transform lives, one wish at a time.

Make-A-Wish

Visit makeawish.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!



prairiescentedcandles@gmail.com
www.prairiescentedcandles.com

We've moved... VISIT US IN OUR NEW LOCATION!



NOW AT 28-308 WESTGROVE DR., SPRUCE GROVE BEHIND MCDONALD'S

YOUR ONE STOP KITCHEN AND GIFT SHOP
780.962.5220 | www.giftsandgadgets.ab.ca

THIS SPACE FOR RENT

OR SCAN HERE FOR MORE INFO



Call **780-220-6397**

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 and • Your address so that we can send you some **cool prizes** if your photo is chosen to appear in the paper!



Reader of the Month
Alisha Raymond from Fort Sask.

Coffee News® Fun Reading. Serious Advertising.

May 1st Winners of a prepaid \$400 Visa card

Chelsey M. from Edmonton
Cindy C. from Sylvan Lake
Jay Z. from Edmonton

Braithwaite Boyle Injury Law 800-440-8298
It's The Only Law We Do - Since 1986
Free Initial Consultation

For contest rules, visit www.accidentinjurylawyer.com/coffeeneews

For all your real estate needs!

INTEGRITY • HARD WORK • PROFESSIONALISM



Kathy Bowers
BROKER/OWNER
FORT MCMURRAY

780.881.1649
kathybowers@gmail.com



WOMENS WORKWEAR



NOW OPEN!

8130 Fraser Ave, Fort McMurray AB

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

Pregnant? Facing Difficult Decisions?

We can help.
Call **780.421.1177** or text **587.596.5380**



A Small Miracles 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

Coffee News®

is proudly delivered by

wjs Canada

Coffee News® Part of your community.



Cedar Manor Upgraded apartments starting at \$660!

Save \$100!

780-875-5181

(780) 214-1300

Tesla Estates Luxury apartments starting at \$1,105!

\$399 Security Deposits

(780) 214-1300

Northview APARTMENT REIT

*On approved application, while promotion lasts.

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!

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.

WEBSITES
From \$129/Month
(780) 760-6922
FRONTLINECONSULTING.CA

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

Learn to SCUBA DIVE at our Edmonton location - call for details
780.483.0044

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

Injured? Now What? We Help - A Lot!



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

Ray's Coins and Stamps

THE CHOICE OF DISCERNING COLLECTORS

BUY and SELL

Coins

Graded coins and collectible coins from the Royal Canadian Mint and a few other mints

Tim Hortons Hockey Cards

...available to finish your set. Text 780.2619.2929 with your list!

Paper Money

Graded Canadian currency

Cell.: 780-619-2928

rgrikinis@yahoo.com | www.rayscoinsandstamps.com

Check our showcase # letter "I"

at Old Strathcona Antique Market, 10323-78 Ave.

BLUE BLOODS
MON - THURS 9:00

yesTV

Recipe of the month

Island Mango Slaw

1/2 medium head Savoy cabbage, thinly sliced into 3-inch strips (about 8 cups)
1/2 small head red cabbage, thinly sliced into 3-inch strips (about 6 cups)
2 medium carrots, cut into thin 2-inch strips
1 small sweet yellow pepper, cut into thin 2-inch strips
1 small sweet red pepper, cut into thin 2-inch strips
1 small red onion, halved and thinly sliced
1/2 medium mango, peeled, cut into thin 2-inch strips

1/2 jalapeno pepper, seeded and finely chopped
Dressing:
1/2 cup plain Greek yogurt
1/4 cup thawed orange juice concentrate
4 teaspoons lime juice
1/2 teaspoon olive oil
1/2 medium mango, peeled and coarsely chopped
2 teaspoons minced fresh gingerroot
1 teaspoon kosher salt
1/2 jalapeno pepper, seeded and coarsely chopped
1/4 teaspoon pepper

Prep Time: 25 min. + chilling Yield: 12 servings

1 In a serving bowl, combine first 8 ingredients. Process dressing ingredients in a blender until smooth. Toss dressing with slaw at least 30 minutes before serving. Refrigerate.

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

Your Weekly Horoscope

ARIES

(March 20 - April 19)



Each of us has a life purpose, whether large or small. Over the next two years, there may be an opportunity to find and advance yours. Try not to hold yourself back. Lucky numbers: 6, 8, 10, 11, 14, 33.

TAURUS

(April 20 - May 20)



Are you in a continued period of obstacles in your path? Unusual events may point you in the right direction. Be careful of distractions that can make you accident prone. Lucky numbers: 9, 16, 20, 25, 27, 35.

GEMINI

(May 21 - June 20)



Geminis tend to bring facts to an argument, but facts don't always win the day. You have a chance now to incorporate a more emotional appeal into your interactions with others. Lucky numbers: 4, 18, 25, 26, 36, 48.

CANCER

(June 21 - July 21)



Change can be hard, but is it perhaps necessary in this case? If so, now may be a good time to come up with a plan for what to do next. Lucky numbers: 5, 18, 24, 36, 45, 46.

LEO

(July 22 - Aug. 22)



This month the Sun returns to the position where it was when you were born. Look for a new opportunity that could help you manifest something you are passionate about. Lucky numbers: 2, 10, 35, 40, 41, 46.

VIRGO

(Aug. 23 - Sept. 22)



Each month you have an opportunity to reset your current endeavours. At midweek you may have a few days to do so. How might you want to use it? Lucky numbers: 15, 25, 30, 36, 37, 39.

LIBRA

(Sept. 23 - Oct. 22)



What makes up your comfort zone regarding relationships, career, or legacy? Over the next two years, you may see and integrate an untapped potential within you that expands who you are. Lucky numbers: 7, 22, 28, 32, 42, 47.

SCORPIO

(Oct. 23 - Nov. 21)



Your mind may be working on overdrive but you might not be getting anywhere, especially with others. This could last for a couple of weeks, so be conscious of it. Lucky numbers: 18, 23, 30, 33, 35, 36.

SAGITTARIUS

(Nov. 22 - Dec. 20)



You may find that the energetic flow is easy for the next two weeks. However, if you want to accomplish something in this period, you might need to be proactive. Lucky numbers: 3, 6, 12, 15, 22, 32.

CAPRICORN

(Dec. 21 - Jan. 19)



Are you continuing a recent process of dealing with a long-standing issue? If you are obsessing about a particular situation, now may be a good time to break the pattern. Lucky numbers: 10, 28, 32, 33, 41, 43.

AQUARIUS

(Jan. 20 - Feb. 18)



Are you afraid of allowing yourself to feel so optimistic right now? Perhaps you might try to figure out where that feeling comes from, and how to move past it. Lucky numbers: 1, 12, 26, 41, 42, 43.

PISCES

(Feb. 19 - March 19)



A challenge for Pisces is harnessing your will power to manifest things in the world. The energy right now encourages you to take charge of situations in your life. Lucky numbers: 13, 19, 26, 31, 39, 48.

Lucky numbers this week: This week's odds favour Aquarius winners with the luckiest number being 12.

Did You Know...

Mighty museum: Fossils, bones, footprints, and reproductions of many kinds of dinosaurs are on display at the Museo Del Jurásico (Jurassic Museum) of Asturias, Spain. The building is even shaped like a tridactyl footprint.

Tiny snake: The Barbados threadsnake (*Tetracheilostoma carlae*) is the world's smallest known snake and actually looks more like a worm. They are about as thick as a piece of spaghetti and live in tropical climates in the Caribbean.

Unwanted weed: Check your city's parks and green spaces for a plant called garlic mustard (*Alliaria petiolata*). Crushing its leaves releases a garlic smell. Young plants are edible, but it is considered an invasive species.

Wrong winner: The 2017 Academy Awards Best Picture was *Moonlight*. But announcers Faye Dunaway and Warren Beatty were handed the wrong envelope. They told the audience that *La La Land* had won. The embarrassing error was soon corrected.

Keeping the beat: A metronome is a device that makes a sound, often a click, to help musicians keep the beat. A musician can set it to a certain number of beats per second, depending on the speed of the music.

On the Lighter Side

Knock! Knock! Who's there? Freeze. Freeze who? Freeze a jolly good fellow...

A doctor broke his leg auditioning for a play. Luckily, he still made the cast.

Parent: "Why are you staring at that carton of orange juice?"
Kid: "Because it says concentrate."

What did the doorknob say to the door? It's your turn.

Optometrist's office: "If you don't see what you're looking for, you've come to the right place."

Answers

5. Stone
Trivia answers: 1. True 2. Atlantic 3. Cheese 4. Ireland

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

Looking for a place to rent?
Looking for someone to manage your property?

Call us today!
780.598.1360

RESIDENTIAL REMEDIES INC.
O/A 3% Realty Fort McMurray

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

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

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

inogen

FREEDOM. TO BE YOU.

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

MKT-P0240

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

LegalShield

Congratulations to May's **Coffee News Guy** contest winners!

Your prizes are in the mail!

Enter today for your chance to win at www.coffee-news.ca

Ann Henry
Ryan Dau
Gordon Pugh
Hilda Schulz

HIP OR KNEE REPLACEMENT?
THE DISABILITY TAX CREDIT ALLOWS FOR A **\$2,500 YEARLY TAX CREDIT** OR **\$30,000 LUMP SUM REFUND**

Restrictions in Walking or Dressing may qualify.

FOR EXPERT HELP:
1-844-453-5372

WIPE OUT INFLATION. GET THE CREDIT!