

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

f vennerbrandinc

Create vibrancy and well being in your life.

FREE! *New Issue Every Week!*

Coffee News®

"News To Be Enjoyed Over Coffee"

Bonnyville Edition

877-553-6397

www.coffee-news.ca

CANADA'S #1 RETAIL WINDOW COVERING FACTORY

real blinds

FREE DESIGN CONSULTATION
COMMERCIAL • RESIDENTIAL • WHOLESALE

780.741.2376
Toll Free 1.855.846.7325

REALBLINDS.CA

Made in Canada

THIS SPACE FOR RENT

OR SCAN HERE FOR MORE INFO

Call 780-220-6397

SHOP ONLINE!

www.scubagearcanada.ca

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

The Dive Outfitters

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

11781-156 St., Edmonton 780.483.0044

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

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

We've moved...

Gifts and Gadgets

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

NOW OPEN!

Donations of clothing and accessories accepted at 5316-54 Avenue Bonnyville

Non Profit Thrift Store
Open Mon-Sat, 10 am - 5 pm

HEART 2 HEART CLOTHING EXCHANGE

780.826.9462

WHEEL OF FORTUNE

WEEKNIGHTS 7PM/6PST

yesTV

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

Vol. 20 No. 30 July 24, 2023

Everybody's Talking

Edible art? A New Zealand art gallery in Auckland was brave enough to display a piece of art that many may not consider to be art. The piece in question is a pickle from a fast food cheeseburger, smudged with a bit of sauce. Australian artist Matthew Griffin flung the pickle up to the ceiling of the Michael Lett Gallery, where it stuck. According to experts in the art field, an art installation such as this serves to get people talking about what is art, what isn't art, and why. The piece is called "Pickle." Needless to say, the online response revealed a mixture of lovers and haters of the whole thing.

Expensive date: A man from Shanghai, China, wasn't pleased when he and his girlfriend broke up. So he requested payback for things he helped finance during their relationship, to the tune of approximately \$9,000 (USD). Astonishingly, he presented her with a detailed log of expenditures, requesting payback in part or in full for the items listed. For example, he demanded half the cost of a dinner bill for food they had shared, and the entire amount of a bill for a snack, which his girlfriend reportedly had eaten herself. The man had also helped care for his girlfriend's mother, and he wanted to be paid back for expenses related to that, too.

Open road: An ice road open during the winter months connects mainland Estonia to Hiiumaa, an island in the Baltic Sea. The longest ice road in Europe, it is approximately 25 kilometres (15.5 mi.) long. Ice roads have some unusual rules. No one is allowed to wear a seatbelt because if the car breaks through the ice, people have to be able to get out of the vehicle. No vehicles are allowed on an ice road after the sun sets. At all times, drivers must maintain a distance of 250 metres (820 ft.) between their vehicle and the one ahead to minimize the load on one part of the ice. And speed limits are strict.

Sloped field: People who play soccer can get worn out from running around the large field, but that's nothing compared to what the participants of extreme alpine soccer must endure. This game has the same rules as normal soccer, but is played on steep mountain slopes in Austria. In 2014, some soccer-loving locals in the Montafon valley decided to come up with a game that would be more challenging than playing on a flat field. Co-inventors Franz Mair and Peppi Knünz knew that players would be able to keep up with the pace in this physically demanding game. Needed attributes? Strong legs and stamina that are common in the Alps.

Quoteable Quotes

"Let go of who you think you're supposed to be; embrace who you are."
—Brené Brown

"Happiness lies not in finding what is missing, but in finding what is present."
—Tara Brach

What's Happening

Aug 5-7 - Edmonton Heritage Festival Experience the world in a weekend without leaving Edmonton at the world's largest multicultural festival. Sample culinary treats, shop for artwork, and chat with folks from all over the world. Temporarily relocated to the Edmonton Expo Centre.

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.

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. Is the curled top of violins and cellos a scroll, curlicue, or bow?
2. Mafadi Mountain is the highest peak in South Africa—T/F?
3. A cubit, chain, or rod spans from elbow to the middle finger's tip?
4. Waiting for Godot author was Samuel Beckett, Arthur Miller, or Shakespeare?
5. Are fluffy, cotton ball-shaped clouds cumulus, stratus, or cirrus?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

Sunrise Cannabis

LOCALLY OWNED AND OPERATED

Flower • Personal Care • Concentrates • Accessories
K9 Products • Edibles • Beverages • CBD • CBN

Located in the centre of town between Express Pizza & Subway
4809-50 Avenue, Bonnyville

780.812.2331

f @ Chamber

ESTHER BYRT
Mortgage Consultant

587.789.1707
esther@homemortgage.expert
www.homemortgage.expert

"Your Lakeland & Area Mortgage Expert"

- First Time Buyers
- Mortgage Renewal
- Refinancing
- HELOCs
- Second Homes/ Investment Properties
- Pre-Approvals
- Rate Holds & more!

powered by Axiom Mortgage Solutions

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

READY FOR CHANGE?

Hypnotherapy can help where nothing else has!

THE BLONDE MOVEMENT

A revolution to help women restore their power to live their best, unfiltered life with transformational hypnotherapy

Call or text to book your complimentary consultation today.

780.201.7646 f @THE.BLONDE.MOVEMENT

REGISTERED THERAPIST

Home | Auto | Business | Farm

Insurance that fits

780.826.4160

2, 4428 50 Ave, Bonnyville

BrokerLink Insurance

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

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/coffeenews

WEBSITES

From \$129/Month

(780) 760-6922

FRONTLINECONSULTING.CA

Short and Long Term Rentals Available



INQUIRE TODAY

MACRO PROPERTIES

780-207-7947 | www.macroproperties.com

MARINE SUPPLY!

PARTS AND ACCESSORIES



L & D Marine Rentals

61116 Hwy. 28 W
Bonnyville

780.201.0154

Oil for ALL Applications
Automotive • Power Sports
Marine • Heavy Duty Diesel, etc.

BOAT RENTALS AND REPAIRS

BRIGGS & STRATTON DEALER

DISCOVER THE POWER OF AMSOIL

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

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



Transform lives, one wish at a time.

Make-A-Wish

Visit makeawish.ca

ELK POINT



VAPE SHOP

780.614.6255 | 4910-50 Avenue, Elk Point



Family and Criminal Law

4802-49 Avenue, St. Paul (Located behind ATB)
780.645.0050 • www.newbeginninglaw.ca

Renée L.T. Moore
B.A., B.Comm. (Co-op), J.D.
Barrister & Solicitor

Jerred L.T.T. Moore
B.A. (Adv.), J.D.
Barrister & Solicitor

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

Your Weekly Horoscope

ARIES

(March 20 - April 19)



Aries are often big thinkers who don't worry much about the details. However, over the next two months, you may have an opportunity to expand your skills in this regard. Lucky numbers: 5, 11, 18, 28, 35, 44.

TAURUS

(April 20 - May 20)



Your grounded demeanor may be shaken up at mid-week. If you pay attention, you could receive important insights. Otherwise you might have to just wait it out for a few days. Lucky numbers: 3, 4, 17, 29, 31, 34.

GEMINI

(May 21 - June 20)



Your mind and emotions may be out of sync in the middle of the week. Take some deep breaths. You might find that the situation will pass in a couple of days. Lucky numbers: 1, 2, 15, 16, 17, 45.

CANCER

(June 21 - July 21)



Cancers sometimes fear the world outside of their shell. At week's end, you may have energy available for a few days that could add a calming element for you. Lucky numbers: 11, 14, 25, 30, 40, 44.

LEO

(July 22 - Aug. 22)



We are in a brief period of strong Leo energy. How do you want to take advantage of it to accomplish what is important to you, while not alienating others? Lucky numbers: 9, 18, 28, 36, 37, 41.

VIRGO

(Aug. 23 - Sept. 22)



Your attention to detail may be strengthened over the next two months. You could use this to help others who don't have this skill, thereby raising your profile with them. Lucky numbers: 6, 9, 12, 15, 27, 30.

LIBRA

(Sept. 23 - Oct. 22)



Listen carefully in your conversations over the next two months. You may pick up details about your current situation that you could have easily missed, but these can aid you. Lucky numbers: 15, 18, 19, 23, 26, 27.

SCORPIO

(Oct. 23 - Nov. 21)



At midweek your Scorpio energy may be resonating strongly with others. Be aware of this and consider side-stepping those who may be uncomfortable with your ability to read them. Lucky numbers: 13, 29, 33, 40, 41, 43.

SAGITTARIUS

(Nov. 22 - Dec. 20)



Have you felt discouraged lately? The end of the week may provide an opportunity that allows you to bounce back from this feeling and encourages you to do a reset. Lucky numbers: 2, 4, 5, 10, 42, 48.

CAPRICORN

(Dec. 21 - Jan. 19)



Have you recently gone through a difficult stretch? You may want to shuffle through these events to see the pattern. Where could an adjustment in your viewpoint help you move forward? Lucky numbers: 4, 7, 20, 26, 44, 47.

AQUARIUS

(Jan. 20 - Feb. 18)



Over the next month, there is the potential to incorporate more enthusiasm and optimism into your life. How might you want to take advantage of this opportunity before it passes? Lucky numbers: 12, 22, 24, 25, 34, 38.

PISCES

(Feb. 19 - March 19)



You may find yourself going back over old territory one more time. While this might be hard work, it could allow you to unearth the key to a new opportunity. Lucky numbers: 10, 14, 19, 25, 26, 31.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 37.

Did You Know...

Big bear: In Dunbar, Scotland, which is on the coast of the North Sea not far from Edinburgh, is DunBear, a steel statue made by sculptor Andy Scott. In the shape of a bear, it honours Dunbar-born naturalist John Muir.

Crazy cake: Flying Monkey Bakery in Philadelphia, Pennsylvania (U.S.), invented the two-layer pumpkin cake. On bottom is a chocolate cake with a pumpkin pie inside, and on top, a vanilla cake hides an apple pie.

Furious winds: A storm is considered a hurricane when its sustained winds reach 74 miles (119 km) per hour or more. The Saffir-Simpson Wind Scales rates them Category 1 through Category 5. Category 5 is the most dangerous.

Colourful eggs: A chicken egg's colour depends on two main pigments deposited on the shell as it forms: protoporphyrin (brown) and oocyanin (blue). Various coloured eggs, like green, have combined pigments.

Weird curiosities: Ripley's Believe It or Not Odditorium in Niagara Falls, Ontario (Canada), holds a host of bizarre curiosities, artifacts, and memorabilia. Examples include wax figures, dinosaur eggs, and holograms.

On the Lighter Side

We hired a tree trimmer who did a great job. He should take a bough!

Teacher: "What does it mean when the smoke alarm goes off?"

Student: "In my house, it means dinner is ready."

What is a computer's favourite part of art class? The cutting and pasting.

Two mind readers met in the street. One said, "Hello, you're fine. How am I?"

Knock! Knock! Who's there? Weirdo. Weirdo who? Weirdo deer and antelope play?

Answers

Trivia answers: 1. Scroll 2. True 3. Cubit 4. Samuel Beckett 5. Cumulus

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

The World's #1 Restaurant Publication!

LOYALTY, TRUST AND EXPERIENCE SINCE 1975

owned by the
Thackeray
FUNERAL CHAPEL
(1975) LIMITED
mementofuneralchapel.com
FUNERALS • CREMATION • MONUMENTS • PRE-PLANNING
QUALITY FUNERAL SERVICES WITH AFFORDABLE OPTIONS AND A PRICE MATCH GUARANTEE (WITHIN NORTH EASTERN AB)
CURRENTLY OFFERING UP TO **35% OFF** MONUMENTS
BONNYVILLE 780-826-3113 COLD LAKE 780-639-3113 ST. PAUL 780-615-3113

inogen
FREEDOM. TO BE YOU.
Call 1-888-998-6714 for a free consultation.
MKT-P0240

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

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

HIP OR KNEE REPLACEMENT?
THE DISABILITY TAX CREDIT ALLOWS FOR A
\$2,500 YEARLY TAX CREDIT
\$30,000 LUMP SUM REFUND
Wipe out inflation, get the credit!
CPD, arthritis, and many other disabling conditions that cause
Restrictions in Walking or Dressing may qualify.
FOR EXPERT HELP:
1-844-453-5372

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

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/coffeenews

GENERAC
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.