

FREE!

New Issue Every Week!

# Coffee News®

"News To Be Enjoyed Over Coffee"

Vegreville Edition

877-553-6397



www.coffee-news.ca

Vol. 20 No. 31 July 31, 2023

## Everybody's Talking

**Bee crazy:** Travelers to Provincia di Matera in the southern part of Italy can now get up close and personal with bees. Airbnb owner Rocco Filomeno has found a way to incorporate bees into his accommodation. Calling his place an "air bee and bee," the host offers a one-room house that sits amid nine apiaries. The high ceiling of the wooden structure has a glass hive through which guests can watch a colony of bees hard at work. They can go to sleep at night hearing the soft buzzing and smelling the gentle scent of the bees and their honey. The accommodation is situated on Filomeno's olive farm near the village of Grottole.

**Look-alike:** Arthid Duangsri of Chiang Rai, Thailand, sported long hair and a beard in his younger years. Now, the bulked-up, bald man is well known as the Thai Vin Diesel, the Hollywood star from the Fast and Furious movie franchise. The fan started to transform himself into that movie's Dominic Toretto character almost a decade ago when a friend suggested he could pull it off. So he shaved his head and began working out in a gym. Today, he looks so much like Vin Diesel that people stop him in the street and ask for photographs. His brother even helped him to soup up a car to resemble the one that Dominic Toretto drives in the movies.

**Dog business:** A pair of animal lovers in Skagway, Alaska (U.S.), has found a way to bring the dog community together in this small mountain town. The married couple, Mo and Lee Thompson, are available to pet sit, train, and walk people's pooches. They use an intriguing way to make their rounds, picking up the dogs at their residences on a small bus. The dogs are so well trained that, after waiting patiently in their yards, they hop on the bus, greet their dog pals, and then jump up on their assigned seat to be harnessed in for the ride to the dog park. The business grew quickly for the Thompsons, who are thrilled to be involved with such a rewarding undertaking.

**Keep running:** Running a marathon or completing an Iron Man triathlon is a tough feat, even for someone who is in topnotch health. But an Australian man named Russell Winwood has proven that, with effort, a difficult diagnosis can be overcome to live a dream. Winwood has chronic obstructive pulmonary disease (COPD), which makes breathing difficult because it negatively affects his lung capacity. However, the Brisbane man worked on improving his respiratory fitness by training, eating well, and consistently taking his prescribed medication. Today, he runs full marathons around the world. He wears an oxygen tank on his back and runs with a partner.

## Quoteable Quotes

"Nothing haunts us like the things we don't say." —Mitch Albom  
 "When someone shows you who they are, believe them the first time." —Maya Angelou

## What's Happening

**Fundraising Opportunity** Wainwright Encore Entertainment Society is looking for a youth group to run the coat check for the 2023-2024 season. Please email ceceand8@gmail.com, for a letter of expectations, return your letter expressing your interest and your project to the same.

**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](http://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](http://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. Construction of the Cathedral of Notre Dame began in 1099, 1163, or 1812?
2. An arcade, arch, or balustrade is a series of arches supported by columns?
3. Obsidian is an igneous, metamorphic, or sedimentary rock?
4. What is a piece of land almost completely surrounded by water?
5. A niddy noddly is a tool to wind yarn into skeins—T/F?

(Flip bottom of page for answers)

# THIS SPACE FOR RENT

OR SCAN HERE FOR MORE INFO



Call 780-220-6397

## 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](http://www.smallmiraclesadoption.com)

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!**



✓ 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

**25 WORDS OR LESS**

WEEKDAYS 3PM

yesTV

**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](http://www.accidentinjurylawyer.com/coffeenews)

**THE Perty's 2 FOR 1 Pizza & Pasta BIRTHDAY CLUB**

airs at 7:45 am Monday through Friday

Call or text 780.632.6671 during the show or submit a birthday through the website page the day before <https://country106.ca/the-birthday-club/>

**CRAVING COUNTRY?**

**106.5 COUNTRY**

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

Happy **HERITAGE Day**

from your friends at **Coffee News**

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**



**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](http://vennerbrandlabs.com)

780.441.1891 [vennerbrand@gmail.com](mailto:vennerbrand@gmail.com)  
[vennerbrandinc](https://www.facebook.com/vennerbrandinc)

Create vibrancy and well being in your life.

# WEBSITES From \$129/Month

**(780) 760-6922**  
**FRONTLINECONSULTING.CA**

Home | Auto | Life | RRSP TFSA | Group | Business | Farm | Travel

**All Your Investing and Insurance Needs All In One Place**

- Personalized Investment Solutions
- Home and Auto Insurance
- Farm & Commercial Insurance Specialists



**co-operators**

Investments. Insurance. Advice.

**Todd T. Fournier**

Owner | Financial Advisor | Fournier Financial & Insurance Inc.

Vegreville 780.632.3240  
 Andrew 780.365.3803  
 Lamont 780.895.7303  
 Direct Line 780.934.8633  
 Claims Line 1.877.682.5246

**Come and enjoy rural Alberta!**

We have vacancies!

Studio suites and one bedroom couples' suites in our Lodge and one bedroom suites in our Self-Contained Manors. Experience fresh air and country living.

Call our office today!  
**780.853.5706**

or contact our office at [admin@vdhf.ca](mailto:admin@vdhf.ca)  
[www.vdhf.ca](http://www.vdhf.ca)



5401-46 St., Vermilion

# Recipe of the month

## Banana Split Icebox Cake



1 carton (16 ounces) frozen whipped topping, thawed  
1 cup sour cream  
1 package (3.4 ounces) instant vanilla pudding mix

1 can (8 ounces) crushed pineapple, drained  
24 whole graham crackers  
2 medium bananas, sliced  
Toppings: Chocolate syrup, halved fresh strawberries and additional banana slices

Prep Time: 30 min. + chilling Yield: 10 servings

- In a large bowl, mix whipped topping, sour cream and pudding mix until blended; fold in pineapple. Cut a small hole in the tip of a pastry bag. Transfer pudding mixture to bag.
- On a flat serving plate, arrange 4 crackers in a rectangle. Pipe about 1 cup pudding mixture over crackers; top with about 1/4 cup banana slices. Repeat layers 5 times. Refrigerate, covered, overnight
- Just before serving, top with chocolate syrup, strawberries and additional banana slices.

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



## HIP OR KNEE REPLACEMENT?

THE DISABILITY TAX CREDIT ALLOWS FOR A

# \$2,500

YEARLY TAX CREDIT

# \$30,000

LUMP SUM REFUND

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

FOR EXPERT HELP: **1-844-453-5372**



## 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](http://www.coldshotca.com)  
Passenger Website: [www.coldshot.ca](http://www.coldshot.ca)

TICKETS: 587-557-7719 | PARCEL: 587-557-7718

SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005



## Friendly service your family can trust!

# JJ's Value Drug Mart

INDEPENDENT PHARMACY

Transferring prescriptions is as easy as a phone call

#205, 5342-50 Avenue, Vegreville  
Galleria Shops | 587-790-7777

JJ Begalke  
20 years of experience as a pharmacist

FREE DAILY DELIVERY!



## Congratulations to our most recent winners of a prepaid \$400 Visa card!

### 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](http://www.accidentinjurylawyer.com/coffeenews)

May 1 Draw Winners	June 1 Draw Winners	July 1 Draw Winners
Chelsey M. from Edmonton Cindy C. from Sylvan Lake Jay Z. from Edmonton	Frank H. from Sylvan Lake Sandy P. from Calgary Steven R. from Lethbridge	Rodney B. from Lethbridge Brian P. from Edmonton Natasha W. from Red Deer

## 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



## Prepare for power outages today

WITH A HOME STANDBY GENERATOR

REQUEST A FREE QUOTE  
CALL NOW BEFORE THE NEXT POWER OUTAGE  
**(888) 688-0973**

FREE 7-Year Extended Warranty\* An \$895 Value!

GENERAC



# Your Weekly Horoscope

**ARIES**  
(March 20 - April 19)



At midweek, you may be particularly ambitious about achieving your objectives. However, be careful of being overly aggressive with others in the process.

Instead, try to work toward a win-win. Lucky numbers: 11, 17, 19, 21, 29, 47.

**TAURUS**  
(April 20 - May 20)



The Taurus-born are usually conservative in risk taking. But now you may have a strong desire to do something big and bold.

Before acting, consider the potential risks and rewards. Lucky numbers: 13, 17, 24, 31, 34, 40.

**GEMINI**  
(May 21 - June 20)



Your ambition level might be high right now, supported by an easy energetic flow. This might be a good time to start new creative endeavours outside of your comfort zone.

Lucky numbers: 2, 7, 25, 28, 34, 37.

**CANCER**  
(June 21 - July 21)



Cancers don't usually bring attention to themselves and their accomplishments. Now may be a good time to find a hidden opportunity that could encourage you to do so.

Lucky numbers: 12, 18, 22, 23, 42, 43.

**LEO**  
(July 22 - Aug. 22)



Are you of two minds right now about an important decision? Developing a list of the pros and cons may clarify your choice. Otherwise, perhaps wait a few days to decide.

Lucky numbers: 4, 6, 10, 23, 42, 45.

**VIRGO**  
(Aug. 23 - Sept. 22)



Virgos like to focus on achieving concrete results. Midweek, you may have the opportunity to expand your endeavours into developing deeper relationships.

Accepting this challenge is your choice. Lucky numbers: 5, 9, 12, 16, 17, 41.

**LIBRA**  
(Sept. 23 - Oct. 22)



Is there something you want to do but haven't, maybe for fear of upsetting someone? At the end of the week, you might find the courage to do so anyway.

Lucky numbers: 6, 17, 21, 26, 37, 43.

**SCORPIO**  
(Oct. 23 - Nov. 21)



Do you feel that others are putting obstacles in your path right now? Is there a resolution that you could offer that does not compromise your values and sense of self?

Lucky numbers: 14, 17, 28, 33, 46, 48.

**SAGITTARIUS**  
(Nov. 22 - Dec. 20)



Things may be flowing easily for you right now. If so, are you giving your maximum effort to achieve your objectives? If not, are those goals truly what you want?

Lucky numbers: 1, 12, 14, 22, 23, 35.

**CAPRICORN**  
(Dec. 21 - Jan. 19)



Capricorns often vigorously defend tradition and stability, even to their detriment. Consider asking yourself where you can make an adjustment in viewpoint without abandoning your values or authentic self.

Lucky numbers: 15, 18, 24, 25, 31, 47.

**AQUARIUS**  
(Jan. 20 - Feb. 18)



This may be a good time to review your efforts over the last six months. Complete anything that needs to be wrapped up, but consider holding off on starting new projects.

Lucky numbers: 7, 12, 15, 24, 34, 41.

**PISCES**  
(Feb. 19 - March 19)



Your Pisces connection to the ethereal realm may be particularly strong now. If you feel discouraged at the end of the week, seek out allies who can help lighten your mood.

Lucky numbers: 3, 4, 14, 25, 31, 42.

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

## Did You Know...

**Heightened status:** The Grand Canyon in Arizona (U.S.) became a National Park in 1919, while an original, smaller version of today's Grand Teton National Park in Wyoming received that status in 1929.

**Long horns:** A spider that looks scary but won't hurt humans is the long horned orb-weaver (*Macracantha arcuata*). Its distinguishing feature is the presence of two spiny "horns" that grow from its sides.

**Moon time:** The planet Mars has two moons, Phobos and Deimos. Phobos is close to the planet's surface and completes three orbits in each Martian day, which is about 17 minutes longer than an Earth day.

**Ear movement:** Not many people can move their outer ears back and forth, like a cat. However, humans have three auricular muscles that some folks are able to voluntarily engage, making for an interesting trick.

**On TV:** The first, full National Hockey League game on TV was on February 25, 1940, on New York's W2XBS, an experimental station. The station's 300 subscribers watched the New York Rangers beat the Montréal Canadiens, 6-2.

## On the Lighter Side

Customer: Do you have a camouflage jacket?  
Clerk: We have dozens but I can't find them.

How does a clock put on its gloves? One hand at a time

Electric company sign: "We'd be delighted if you pay on time. If not, YOU will be de-lighted."

Knock! Knock! Who's there? Byte. Byte who? Byte you're happy to see me again!

The ship's captain had to dock in a very tiny space. He was under a lot of pier pressure.

## Answers


Trivia answers: 1. 1163 2. Arcade 3. Igneous 4. Peninsula 5. True

For available franchise opportunities - visit [coffeenewscanada.com](http://coffeenewscanada.com)  
© Published with Permission by Capital Marketing Ltd

## 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](http://www.coffee-news.ca/editions)

## Friendly service your family can trust!

# JJ's Value Drug Mart

INDEPENDENT PHARMACY

Transferring prescriptions is as easy as a phone call

#205, 5342-50 Avenue, Vegreville  
Galleria Shops | 587-790-7777

JJ Begalke  
20 years of experience as a pharmacist

FREE DAILY DELIVERY!



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

## Transform lives, one wish at a time.

Make-A-Wish

Visit [makeawish.ca](http://makeawish.ca)



## inogen

# FREEDOM. TO BE YOU.

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



## 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](mailto:prairiescentedcandles@gmail.com)  
[www.prairiescentedcandles.com](http://www.prairiescentedcandles.com)



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

# Gifts and Gadgets

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](http://www.giftsandgadgets.ab.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](http://www.acaging.ca)

780-423-7781 or toll free 1-888-423-9666  
Email: [office@acaging.ca](mailto:office@acaging.ca)

Be the voice for your community. Become a Volunteer!



## SHOP ONLINE!

[www.scubagearcanada.ca](http://www.scubagearcanada.ca)

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

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

