

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

FREE! *New Issue Every Week!*
Coffee News[®]
 "News To Be Enjoyed Over Coffee"
Cold Lake Edition
877-553-6397

www.coffee-news.ca Est. 1988

Visit us on Facebook-CoffeeNewsWeekly

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:
 1 Your name 2 Your phone number and 3 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
 Alishia Raymond from Fort Sask.

Coffee News Fun Reading. Serious Advertising.

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

Home | Auto | Business | Farm

Insurance that fits

780.594.7539
 102, 5605 55 St, Cold Lake
BrokerLink.ca **BrokerLink Insurance**

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

THIS SPACE FOR RENT

OR SCAN HERE FOR MORE INFO



Call **780-220-6397**

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

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

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!

PSC Prairie Scented Candles
Sunset Scents a RAY of Fragrance
prairiescentedcandles@gmail.com
www.prairiescentedcandles.com

Get More Traffic, Leads & Sales



• Website Development
 • Google Ads
 • Facebook Advertising
 • Social Media Management
 • SEO & Content Marketing
 • Reporting & Analytics

Frontline 780.760.6922
frontlineconsulting.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

780.441.1891 vennerbrand@gmail.com
 vennerbrandinc

Vol. 20 No. 34 August 21, 2023

Everybody's Talking

Life by the water: Anyone wanting to live in a unique, water-accessible community might consider Het Brekkense Wiel in the Netherlands. The area's name means "The Broken Wheel" in Dutch. Located between IJsselmeer, which is the largest lake in the country, and the Frisian Lakes, this neighbourhood was built in 1992. Near the water sport destination town of Lemmer, the design of this residential area is similar to its namesake. The 230 homes are arranged in a configuration that looks like a collection of broken wheel halves. The neighbourhood's design means all of the multi-family structures have access to water frontage, as well as roads that provide access by car.

Locked up: A woman in Bangkok, Thailand, is very thankful that she has a caring sister. Not having heard from the woman for three days, the sister called the police to investigate. It turns out that the doorknob on the woman's bathroom was faulty, and she had accidentally locked herself in. She tried banging and yelling to attract attention, to no avail. Although she didn't have food to eat, she was lucky to be able to stay hydrated with tap water. Being a healthy person, it didn't take long for the woman to get her strength back after a short stint in the hospital. The moral of the story? Get those broken doorknobs fixed!

Mechanical dogs: More and more people in China are choosing a robot dog for a pet instead of a real one. The craze is becoming noticeable, as more of these mechanical pets can be seen on the street being walked by their owners. Developed by robotics companies, some models of these "dogs" can carry a small amount of weight and can be programmed to sit, roll over, and shake a paw. While such pets may not be great at cuddling, their owners don't have to feed them, clean up after them, or find a sitter to look after the pretend animals when they go on vacation.

Fake kidnapping: A young woman, her boyfriend, and his family thought it would be a good idea for her to pretend to be kidnapped, and then ask her mother to pay the ransom money. The incident happened on Tenerife, one of the Canary Islands. The con artists filmed a video of the daughter making a tearful plea for her mother to hand over 50,000 Euros to ensure her release. The mom, luckily, called the cops, saying that this had happened before. The police were suspicious, so they started an investigation focused on the daughter and her boyfriend's family, quickly rounding up enough evidence to charge these criminals with fake kidnapping

Quoteable Quotes

"Every relationship goes through a struggle, but only strong relationships get through it." —Unknown
 "To err is human; to refrain from laughing, humane." —Lane Olinghouse

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

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!

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.

...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. Delicata, kabocha, and turban are varieties of what popular vegetable?
2. The study of algae is phycology, arcology, or aerobiology?
3. In Shakespeare, she is Polonius' daughter and Hamlet's girlfriend.
4. What is the collective noun for a group of giraffes?
5. This famous musician co-founded Rocket Music Entertainment.

(Flip bottom of page for answers)

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 **AMS OIL**
 Best made in Alberta!

Cold Lake BUS LINES

Transport our future. Become a school bus driver.

Apply now @ coldlakebus.ca



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.

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

WIPE OUT INFLATION. GET THE CREDIT!

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

25 WORDS OR LESS

WEEKDAYS 3PM

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!**

Ignite Centre for eLearning

...where community and connection IGNITE learning!

Re-Ignite Your Child's Love of Learning!

Spaces for the 2023-24 school year are limited - learn more today!

Join us for an Info Session to learn more about our gold-standard, inclusive online school for Grades 1 to 12

ignitecentre.ca

NEW HOMES FOR SALE AND RENT in Cold Lake

• WILDWOOD COMMUNITY
• CREEKSIDE • FONTAINE VILLAGE



Call 780.594.4101 for more information

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
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>



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

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.

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

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



Transform lives, one wish at a time.

Make-A-Wish.
Visit makeawish.ca

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 @THE.BLONDE.MOVEMENT

Your Weekly Horoscope

ARIES (March 20 - April 19)

Aries sometimes may be a bulldozer, pushing their way toward what they want. For the next few weeks, you have an opportunity to be more diplomatic in your interactions. Lucky numbers: 3, 4, 18, 23, 34, 41.

TAURUS (April 20 - May 20)

What do you value in terms of relationships and finances? You may be experiencing stress now in one or both of these areas, but new opportunities may also be available. Lucky numbers: 2, 8, 12, 15, 17, 26.

GEMINI (May 21 - June 20)

Your mind and your emotions may not be in balance at midweek. Take a deep breath, wait a few days, and this should pass. You may want to postpone important decisions. Lucky numbers: 5, 18, 29, 36, 44, 46.

CANCER (June 21 - July 21)

Is there someone who is relying too much on your nurturing qualities? You may want to correct the situation now or risk your frustration blowing up over the next few weeks. Lucky numbers: 1, 2, 7, 14, 17, 43.

LEO (July 22 - Aug. 22)

Leos generally have a natural charm that radiates to others. For the next few weeks, you may be open to understanding the viewpoint of others and thus reach agreements easily. Lucky numbers: 11, 13, 14, 21, 26, 33.

VIRGO (Aug. 23 - Sept. 22)

This month the Sun will return to the position of when you were born. Plan for your new solar year, but consider waiting a month to make changes. Lucky numbers: 6, 12, 20, 31, 39, 40.

LIBRA (Sept. 23 - Oct. 22)

The phrase "an iron fist in a velvet glove" may apply to you for the next few weeks. However, if you are conscious of its use, the energy may help you. Lucky numbers: 7, 9, 18, 23, 29, 47.

SCORPIO (Oct. 23 - Nov. 21)

Your emotional intensity may be increased for the first few days of this week. You may want to steer clear of those who are really sensitive to this until things ease. Lucky numbers: 9, 11, 26, 28, 36, 44.

SAGITTARIUS (Nov. 22 - Dec. 20)

Your natural enthusiasm and optimism may be greatly heightened this week. If you plan to engage in a new endeavour, just be sure you have properly calculated the risks. Lucky numbers: 4, 5, 18, 27, 29, 37.

CAPRICORN (Dec. 21 - Jan. 19)

You may have experienced a long and sometimes painful period of transformation. You might be eager to enter a new phase, but be patient; this year contains echoes of the old one. Lucky numbers: 8, 12, 28, 31, 33, 36.

AQUARIUS (Jan. 20 - Feb. 18)

Aquarians are known as humanitarians, even though personal styles often are intellectual and cool. For the next few weeks, your humanitarian ambitions might be expressed with more warmth. Lucky numbers: 14, 18, 22, 37, 44, 45.

PISCES (Feb. 19 - March 19)

Have you been in a stalemate the last few weeks, with yourself or another? If so, it could be broken by developing more healthy behaviours and boundaries for yourself. Lucky numbers: 10, 13, 14, 25, 26, 39.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 33.

Did You Know...

Rising sun: The Blyde River Canyon is located in the South African province of Mpumalanga (Zulu for "the place where the sun rises"). In the eastern part of the country, this large canyon is filled with subtropical vegetation.

Cornea facts: Surprisingly, the cornea of the human eye does not have any blood vessels except at its edges. If a cornea is scratched, it will heal more quickly than any other tissue in the body.

Twisted horns: The addax is a kind of antelope that lives in Northern Africa's Sahara desert. These endangered animals have twisted horns and flat hooves that keep them from sinking into the desert sand.

Not too bad: American actor Bob Odenkirk, famous for playing Saul Goodman on the TV shows "Breaking Bad" and "Better Call Saul," is also a comedian and writer. He comes from a family of seven children.

Pyramid count: When thinking about pyramids, Egypt naturally comes to mind. That country has about 138 of these ancient structures, but Sudan has even more: between 200 and 250 pyramids.

On the Lighter Side

Son: "Was your wedding very emotional?"
Dad: "I'll say! Even the wedding cake was in tiers."

What's the easiest kind of house to lift? A lighthouse.

What is Mickey's job at school? He is the mice principal.

Knock! Knock! Who's there? Giraffe. Giraffe who? Giraffe anything to eat in there?

Those two volcanoes over there are inseparable. It's true lava.

Answers

Trivia answers: 1. Squash 2. Phycology 3. Ophelia 4. Tower 5. Elton John

For available franchise opportunities - visit coffeenewscanada.com

inogen FREEDOM. TO BE YOU.

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

MKT-PO240

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

LOYALTY, TRUST AND EXPERIENCE SINCE 1975

Memento 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

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

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

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

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