

Bring your best. We'll give you ours.

Hiring Class 1 Cement Bulk Operators and Cement Twin Operators/ Supervisors.

Employee Fuel Discount, immediate benefits, RRSP matching.

FUELLED BY GROWTH - DRIVEN BY OPPORTUNITY





TRICAN tricanwellservice.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

THIS SPACE FOR RENT

OR SCAN HERE FOR MORE INFO



Call 780-220-6397

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

We Need Volunteers In Your Area!

Help us to advocate for a quality of life that all Alberta seniors deserve



Alberta Council on Aging

Contact us:
780.423.7781 | 1.888.423.9666

AN INDEPENDENT NON-PROFIT, CHARITABLE ORGANIZATION SINCE 1967

200+ Delicious Meals Made for SENIORS!

PLEASE ASK US FOR STARTER PACK

NOW SERVING THIS COMMUNITY!

- ✓ Free Delivery*
- ✓ No Obligations
- ✓ No Minimum Orders*

*Some conditions apply

Request your **FREE MENU Catalogue** today!
780-666-2336
TF: 1-800-704-4779

HEART TO HOME MEALS
DELICIOUS MEALS MADE FOR SENIORS®
www.hearttohomemeals.ca

Get your refund instantly.

Walk in with your taxes and walk out with your refund.



Open year 'round.

Personal, small business, corporate income tax, bookkeeping, GST and payroll services.

H&R BLOCK

780.778.3030
New address:
4723-50 Ave., Whitecourt

Optimize Your Health

LIVE ACTIVATED

Unlock the health coded in your genes to fight the signs of aging and revitalize wellness at the source.



Call Leann or Dana, your local LifeVantage Consultants

780.257.4533
Leann.nrf2@gmail.com | <https://detox.lifevantage.com>

FREE! **New Issue Every Week!**

Coffee News®

"News To Be Enjoyed Over Coffee"

Whitecourt Edition

877-553-6397



www.coffee-news.ca

Vol. 21 No. 14 April 1, 2024

Everybody's Talking

Screen to sanctuary: As a teen actress in the 1957 film *Loving You*, newcomer Dolores Hart kissed Elvis Presley, marking her Hollywood debut. Her nine more films hinted at a glittering career. But while portraying St. Clare in *Francis of Assisi* in 1964, she met Pope John XXIII and told him of her role. He proclaimed, "No, you are Clare!" This helped redirect her path. Hart then broke an engagement, bid adieu to acting, and became a nun at the Abbey of Regina Laudis in Connecticut (U.S.). She did attend the 2012 Academy Awards, where *God Is the Bigger Elvis*, a documentary chronicling her journey, earned an Oscar nod.

Long and lonely road An amazing road connects Kashgar, China, with Islamabad, Pakistan. The Karakoram Highway snakes its way around mountains and through valleys for 800 km (500 mi.). Without this highway, much of the area would not be accessible. The road was built between 1959 and 1978 through an agreement between both countries. Over the course of the construction, over 24,000 workers dodged mudslides and rockfalls to get the job done. To this day, the road requires considerable maintenance to keep it functioning. Tourists who decide to travel this road are rewarded with beautiful views of mountains, glaciers, and alpine lakes.

Costly fix: Hiring a tradesman to come fix something can get pretty expensive these days, but it's not usually something to go berserk about. Not so for a man in Malaga, Spain. The fellow realized he had a broken pipe that needed tending, so he called a local plumber. When the tradesman arrived, he took a look at the job and provided a quote. However, the man was not impressed and got quite angry at the cost of the job. He was so irate, in fact, that he held the plumber hostage. Luckily, neighbours in the apartment building heard the ruckus and called police, who were able to intervene and arrest the angry man.

Shadowy art: Can shadows made from cut up cardboard boxes be considered art? To followers of a Japanese man named Kuronushi, the answer is a resounding "yes!" Kuronushi arranges pieces of cardboard in various ways. The seemingly mismatched piles of material don't look like anything unusual. But shine a light on the creations, and the shadows on the wall become art. One of Kuronushi's shadows reveals a pirate ship and, when the pile of cardboard is rotated, the ship turns into the pirate Jack Sparrow from the movie *Pirates of the Caribbean*. The artist also created Harry Potter shadow art, to the delight of his fans.

Quoteable Quotes

"It is only in sorrow bad weather masters us; in joy we face the storm and defy it."
—Amelia Barr

"If you have a garden and a library, you have everything you need."
—Cicero

What's Happening

Ongoing - Tuesdays Women's Wellness Slave Lake and Area Womens Wellness workshop. St. Peters Ecumenical Church, Slave Lake. Free and includes child care. Registration is required. For topic and to register, text Rebecca at 780-240-6245

Aug 21 - Links fore Literacy Charity Golf Tournament 2024 The Links fore Literacy Charity Golf Tournament is the Centre for Family Literacy's annual summer fundraising event. Proceeds from the tournament support the Centre's adult and family literacy programs. For more information, visit familit.cagolf2024

NON PROFIT organizations may submit fundraising events for FREE at www.coffee-news.ca. Please submit a minimum of 4 weeks in advance.

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

Trivia

1. Each player in chess has how many pieces?
2. Triskaidekaphobia is the fear of what?
3. What was Juliet's last name in Shakespeare's *Romeo and Juliet*?
4. This is the acronym for International Business Machines Corporation.
5. Actor Boris Karloff famously portrayed Lurch, Frankenstein's monster, or Wolf Man?

(Flip bottom of page for answers)

Get Your Meters' Calibrations Right

We are committed to proving your meters accurate and on time. Since 2003, Measurement Inc. has performed over 8,250 meter proves, so we won't be practising on yours.

— RELAX WHEN YOU GET AUDITED!
MY PROMISE TO YOU: "If all you want is someone cheap to tag your meters, I respectfully ask you to call someone else. Ours will be the best proving experience you have ever had. When audited you'll see the results of excellent measurement. This will be the most complete, professional proving and calibration you have ever experienced. We do the work right or we'll redo it for FREE. I guarantee it."
— Jerry Greiner

MEASUREMENT INC.

780-621-2555
www.MeasurementInc.ca

PORTABLE TEST SEPARATOR RENTALS

- Mobile Bench™
- Field Provers
- High Sour/Pressure
- Chart Calibration
- Zedi Calibration

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

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



DIRECT WORKWEAR

www.directworkwear.com

VINTAGE 100% WOOL BLANKETS

Brand new! Step into warmth and embrace the nostalgia of the 1950s-60s with these military grade blankets. Ideal for travel emergency kits, camping or on the farm.

\$39.95 ea.

Scan QR Code To Visit Our Website




Home | Auto | Business | Farm

We're in your community

780.778.3000

1 - 5024 51 Ave, Whitecourt

BrokerLink Insurance

©2023 BrokerLink Inc. *BrokerLink & Design is a registered trademark of BrokerLink Inc. All rights reserved.

HIP OR KNEE REPLACEMENT?

THE DISABILITY TAX CREDIT ALLOWS FOR A

\$2,500 YEARLY TAX CREDIT

\$30,000 LUMP SUM REFUND

85% SUCCESS RATE!

FOR EXPERT HELP:
1-844-453-5372




Groggy mornings?

Imagine starting each day refreshed, ready to conquer anything!


Optimize your routine to elevate your morning and capitalize on time.

Free month trial then only \$1 a month



Available on the App Store
GET IT ON Google Play

RISE UP



FREE LIVE STREAMING COMING THIS FALL

visit yestv.com for details



CERTIFIED IN BASIC, ADVANCED & DIABETIC FOOT CARE

Specialized+ Foot Nurse

Tracy Wheeler, LPN/FCN

call/text 780.333.3744
sfm.tracywheeler@gmail.com

BY APPOINTMENT ONLY AT THE COMMUNITY LUNCH BOX BUILDING

- Maintain Skin Integrity
- Promote Comfort
- Prevent Foot Problems
- Maintain Mobility

CANADA'S BRAND YOUR COMFORT

NAPOLEON



GEMCO FIREPLACES & WHOLESALE HEATING PRODUCTS

PH: 780-465-9719 9281-50 STREET, EDMONTON, AB
WWW.GEMCOFIREPLACES.COM

inogen

CLAIM YOUR 14-DAY RISK-FREE TRIAL!

PORTABLE OXYGEN FOR YOUR ON-THE-GO LIFESTYLE

Call us toll-free at 1-888-998-6714

*14-day risk-free trial. Return within 30 days of purchase for a full refund of purchase price.
PMS20469 EN, EX, USA | © Only © 2023 Inogen, Inc.
303 Common Drive, Colton, CA 95317
Inogen® is a trademark of Inogen, Inc. The usage of any Inogen, Inc. trademark is strictly forbidden without the prior consent of Inogen, Inc. All other trademarks are trademarks of their respective owners or holders.



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



HOME AND LAND FOR RENT AT

RIVER VALLEY ESTATES



Call 780.778.2901 for more information

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



Transform lives, one wish at a time.

Make-A-Wish

Visit makeawish.ca

WEBSITES From \$129/Month

(780) 760-6922

FRONTLINECONSULTING.CA

NWT SAFETY SUPPLIES

FIRE SALES & SERVICE

EXTINGUISHER

BAY 2, 1906-4 ST. NISKU 780 955 8797
X
50 SHEP ST. SPRUCE GROVE 780 962 1778

nwt-safety.com

Your Weekly Horoscope

ARIES (March 20 - April 19)

Your birthday month is a good time to develop new goals. In addition, the end of this week may be a good time to plan how to work toward them. Lucky numbers: 9, 12, 17, 19, 25, 38.

TAURUS (April 20 - May 20)

For the next few weeks, be on the lookout for an opportunity to achieve a long held or heartfelt goal. You may need to be proactive and seek it out. Lucky numbers: 8, 10, 11, 12, 21, 29.

GEMINI (May 21 - June 20)

You may find yourself eager to manifest everything you desire over the next few weeks. Perhaps take a step back and prioritize what is most important now. Lucky numbers: 10, 18, 24, 32, 33, 42.

CANCER (June 21 - July 22)

By default, Cancers often place heart over head in decision making. But early this week, you may have an opportunity to play with balancing that dynamic. Lucky numbers: 5, 10, 27, 28, 43, 44.

LEO (July 23 - Aug. 22)

You may have a continued opportunity to reach beyond yourself and expand your role in the world. Be sure your efforts in this regard align with your values. Lucky numbers: 2, 4, 11, 26, 27, 32.

VIRGO (Aug. 23 - Sept. 22)

Midweek, your normally detailed and disciplined thought process may feel confused and muddled. Take a deep breath. This might pass in a few days. Lucky numbers: 3, 4, 14, 27, 36, 39.

LIBRA (Sept. 23 - Oct. 22)

Over the next few weeks, you may feel in a stalemate about how to proceed in some area of your life. Be sure to look to your values in order to find a solution. Lucky numbers: 4, 6, 13, 14, 26, 29.

SCORPIO (Oct. 23 - Nov. 21)

Do your current endeavors reflect your heart? If not, consider making an adjustment to find the courage to bring your life in alignment with who you are now. Lucky numbers: 15, 24, 28, 32, 37, 40.

SAGITTARIUS (Nov. 22 - Dec. 21)

Things may go fairly smoothly for you over the next few weeks. However, there might be an opportunity, if you seek out its potential, to reach the next level. Lucky numbers: 4, 6, 13, 14, 26, 29.

CAPRICORN (Dec. 22 - Jan. 19)

Early in the week, your ability to dig in and push past obstacles to achieve success may be heightened. Don't neglect your connection to others in the process. Lucky numbers: 15, 24, 28, 32, 37, 40.

AQUARIUS (Jan. 20 - Feb. 18)

What are you passionate about achieving in the world? This week may offer an opportunity to start a process toward bringing transformational change for you and others. Lucky numbers: 13, 30, 33, 39, 44, 45.

PISCES (Feb. 19 - March 20)

Are you clear about how you want to proceed next? Now may be a good time to communicate with others to find an opportunity to achieve a common goal. Lucky numbers: 6, 13, 17, 35, 44, 47.

Lucky numbers this week: This week's odds favour Aries winners with the luckiest number being 17.

Did You Know...

To the grave: In ancient Egypt, the dead took their recipes to the grave with them, literally. Researchers have found hieroglyphs on the walls of tombs that depict recipes for food, believed to have been used as references for the afterlife.

The john: Societies use many names for the word toilet, but one of the most popular is "the john." That's because Sir John Harrington designed the first flushing toilet in 1596. He was one of Queen Elizabeth I's godchildren.

Started early: American Selena Gomez, born in 1992, has become one of the biggest stars of her generation. She got her acting start at a young age, appearing on the children's television show *Barney and Friends* from 2002 to 2004.

Big headache: World War II Italian dictator Benito Mussolini wouldn't eat mashed potatoes. That's because he claimed they caused him to have migraine headaches.

Donut lovers: Canadians really like their donuts, those round, yummy, sweet, spongy cakes with a hole in the middle. In fact, Canada boasts more donut shops per capita than any other country in the world.

On the Lighter Side

I tried archery, but didn't like it. There were too many drawbacks.

Mutt: "I wish I were in your shoes."
Nutt: "Why would you want to be in my shoes?"
Mutt: "Mine have holes!"

Why did the hedgehog say, "Ouch"? He put on his coat inside out!

Knock! Knock! *Who's there?* Nose. *Nose who?* Nose any knock-knock jokes?

You can have my chimney for free. It's on the house!

Answers

Trivia answers: 1. 16 2. The number 13 3. Capulet 4. IBM 5. Frankenstein's monster

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

WE BUY USED GOLD AND DIAMONDS

Blue Diamond Jeweller



780.968.0040
Main Street, Stony Plain
www.bluediamondjewellers.com

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

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

Bras don't have to be uncomfortable!

Romantic Notions Inc.

#30, 210 McLeod Ave., Spruce Grove
780.962.4944 | 1.855.962.4944
@romanticnotionsab
Book your appointment: www.romanticnotions.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!

PSC Prairie Scented Candles

Sunset Scents a RAY of Fragrance

prairiescentedcandles@gmail.com
www.prairiescentedcandles.com



WHEN YOU GET PAID We Get Paid

WHIPLASH COMPENSATION?

Get the whiplash compensation you deserve from a trusted team of experienced lawyers. **You pay nothing up front.** Not all injury claims are capped.

1-800-661-4902
WhiplashInformationCentre.com

Braithwaite Boyle Injury Law 800-440-9298
It's The Only Law We Do - Since 1986
Free Initial Consultation

Offices in: Edmonton, Red Deer, and Calgary
ALBERTA OWNED AND OPERATED FOR OVER 35 YEARS



RETIREMENT LIVING CHRISTENSON

Personalized Services • Full Kitchens • Pet Friendly

Join Our Vibrant Community

the manor by CHRISTENSON COMMUNITIES

Social & Recreation • Independent & Care Suites
4901 - 47 Ave, Whitecourt
587-442-4090
CDLhomes.com

