

Lakeland EMPLOYMENT SERVICES

Unemployed? Underemployed? We can help. Contact us.

Bonnyville office

5110A 54 Avenue
780.343.0924
employabilities.ab.ca

EMPLOY Abilities

Imagine your business here!

For more information:
780-220-6397
or 877-553-6397
www.coffee-news.ca

Home | Auto | Business | Farm

We're in your community

780.826.4160
2 - 4428 50 Ave, Bonnyville
BrokerLink.ca

BrokerLink Insurance

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

THIS SPACE FOR RENT

OR SCAN HERE FOR MORE INFO



Call 780-220-6397

M-F, 10-6 | Thurs, 10-8 | Sat, 11-5 | Closed Sun & Holidays

Farmstead MARKET & MORE

VENDOR COLLECTIVE

OVER 250 LOCAL VENDORS IN STORE!

Clothing • Jewellery
Home Decor • Bath & Body
Giftware • Cleaning
Fresh Produce • Local Meats
Pantries & Freezer Items

BISTRO

Specialty Beverages
Fresh Baked Muffins, Cookies & Pastries
Hot Soup and Sandwiches
(made to order with local meat & produce)
Grab 'n Go Options • Daily \$12 Lunch Specials

780.205.3961
4908-50 (Main) St.
Kitscoty

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

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

Transform lives, one wish at a time.

Make-A-Wish.

Visit makeawish.ca

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"

Bonnyville Edition

877-553-6397

www.coffee-news.ca

Vol. 21 No. 23 June 3, 2024

Everybody's Talking

Safe surprise: In the Vermilion Heritage Museum in Alberta, Canada, a heavy safe that had defied opening for over 40 years was casually unlocked by Stephen Mills, a visitor with no prior experience in safe-cracking. He spun the dial to a random combination, and to the shock of onlookers, the door swung open. Inside, instead of expected treasures, were merely some old restaurant order slips and a payroll sheet from the 1970s. The safe had been a challenging enigma for professional locksmiths and even the manufacturer, all of whom all tried and failed to unlock its secrets over the years, making the visitor's casual twist of fate all the more remarkable.

Lipstick lore: Ancient Iranians must have flaunted red lips over 3,600 years ago! The lip colouring emerged from a burial ground in Jiroft, in southeastern Iran, that had flooded and been looted, after which many items were recovered and taken to a local museum. This Bronze Age lipstick is a testament to timeless beauty. Resembling modern-day lipsticks, its hue comes from the mineral hematite, added to quartz, plant wax, and several ingredients that served as darkening agents. While its precise origins remain a mystery, experts believe it belonged to a local Bronze Age civilization. This discovery hints at the social dynamics of the area, where cosmetics played a role in power and authority.

Nature's shield: For years, experts have worried about the Great Wall of China succumbing to nature's relentless assault. New research unveils a surprising safeguard on earthen sections: a delicate layer of biocrust. Composed of cyanobacteria, moss, and lichen, this natural "living skin" shields the wall from wind and rain erosion. The portions of the wall built with compacted soil and gravel are vulnerable due to their material composition. But the biocrust acts as a natural armour, with some organisms secreting a cement-like substance that fortifies the structure. Tests reveal biocrust-covered areas boast increased strength and stability, offering a glimmer of hope against the march of time.

Cat masterpiece: At an auction in New York (U.S.), the "world's largest cat painting" sold for \$826,000 (USD). The weight of this mammoth piece, featuring 42 cats on a 6-by-8.5-foot (1.8-by-2.6-m) canvas, required a reinforced wall. Commissioned in the late 1800s by cat enthusiast Kate Birdsall Johnson, who pampered hundreds of feline residents at her summer estate, the painting portrays their luxurious lifestyle. Each cat had a name and recognized it when called, and they were attended by a team of servants. Johnson bequeathed \$500,000 in her will for her beloved cats' perpetual care. That was a purr-fectly extravagant gesture!

Quoteable Quotes

"People don't notice whether it's winter or summer when they're happy."
—Anton Chekhov

"Smile in the mirror. Do that every morning and you'll start to see a big difference in your life."
—Yoko Ono

What's Happening

Thursdays Monthly - Evening Rhyme Storytime Join Lac La Biche County Libraries along with FCSS Young Family Connections for rhyme time. This will be held once a month on Thursdays from 6:30-7:30pm in the Wild Rose Room at Stuart MacPherson Library. Visit laclabichedcounty.com for all times

Hello RV Campers! Consider joining our RV Club's friendly, fun bunch. Monthly May to Sept. Camp outs within about 2 hours of Calgary, and off season Sunday brunches. For more info, please Email June at juwil80@telus.net

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

Enter one of three ways:
1. Scan the QR code
2. Visit www.coffee-news.ca
3. Mail your entry*

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

*Mail your entry 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. The capital of Greenland is Nuuk or Ilulissat?
2. Formicary is the technical term for anthill—T/F?
3. The Near Islands are near what land mass?
4. "The Fab Four" was the nickname of which rock group?
5. Which has approximately 27,000 teeth—earthworm or slug?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

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

Need to talk?
988 is here for you. 24/7

Suicide & Crisis Helpline
Call or text: 9-8-8

Edmonton.CMHA.ca

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

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

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
Jobin Thomas from Vegreville

Coffee News® Fun Reading. Serious Advertising.

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

Gaming Events Every day!

Arkane Angel

Pokemon
D & D
Magic
Warhammer

PAINTING COMPETITION DURING JULY

5123-50 Avenue Cold Lake 780.840.0150 | https://arkane-angel.net/

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

Book now and SAVE - www.bookcamrose.ca

Every dog deserves to thrive



Cage-free boarding in a beautiful setting
Gentle dog training designed to bring out the best in your dog.

The **CANINE FREEDOM** Centre
www.caninefreedomcenter.ca
Call today! 587-398-2861

NO HARSH TRAINING TOOLS USED

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

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!
LegalShield 1-877-579-9449

owned by the **Thackeray** FAMILY - A member of The Scott Group

Memento FUNERAL CHAPEL (1975) LIMITED

SERVING YOUR COMMUNITY FOR THREE GENERATIONS


- FUNERALS
- CREMATION
- MONUMENTS
- PRE-PLANNING

BONNYVILLE 780-826-3113 | GOLD LAKE 780-639-3113 | ST. PAUL 780-615-3113

EARN UP TO \$75+ USD PER HOUR WRITING LETTERS

PAID PER Letter ZERO
Experience Required

MUST BE 18+
EDUCATIONAL PROGRAM



START HERE!

Need Help with the Digital Side of Business?
We Can Help - for Free!

- Google My Business
- Websites
- Social Media

Contact Community Futures or mel.digitals@cf11b.com



It's not just a generator. It's a power move.

Receive a free 7-year warranty with qualifying purchase* - valued at \$945.

Call 888-688-0973 to schedule your free quote!




GENERAC

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.
PH: 204-669-EN, EX, USA | In Canada: 2023 Inogen, Inc. 301 Conover Drive, Coletta, CA 93117
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.


Your Weekly Horoscope

ARIES
(March 20 - April 19)




This year is a good opportunity to advance your purpose in this lifetime. However, now you may need to let go of whatever might be holding you back from doing so. Lucky numbers: 2, 8, 18, 24, 42, 44.

TAURUS
(April 20 - May 20)




You may be tempted this week to be a couch potato and ignore your responsibilities. If you dig in, though, your hard work could pay off at the end of the week. Lucky numbers: 16, 20, 32, 33, 36, 39.

GEMINI
(May 21 - June 20)




The middle of this week may be a good time to set a new intention. What would you like to focus on? Does this goal align with what you love and value? Lucky numbers: 1, 9, 14, 40, 43, 47.

CANCER
(June 21 - July 22)




Are you feeling burned out? This weekend may be a good time for Cancer-borns to unplug and reduce your stress level. So focus on carving out space to do so. Lucky numbers: 5, 6, 34, 38, 47, 48.

LEO
(July 23 - Aug. 22)



The expression of being "too clever by half" may be a risk for you in the next few weeks. Try to focus on honesty and integrity in your interactions with others. Lucky numbers: 8, 11, 29, 42, 43, 44.

VIRGO
(Aug. 23-Sept. 22)



Things may feel chaotic and in flux for the next few weeks, and you might receive a lot of new information. Carefully consider what to accept and what to reject. Lucky numbers: 11, 12, 15, 28, 31, 38.

LIBRA
(Sept. 23 - Oct. 22)



On and off this year, you may find that your relationships are focal points for growth and transformation. Deep conversations now could be key to this process. Lucky numbers: 7, 17, 28, 32, 35, 41.

SCORPIO
(Oct. 23 - Nov. 21)



For the next few weeks, be careful of digging in your heels about your side of an argument. If you can't find a compromise, consider letting it go for the moment. Lucky numbers: 10, 12, 18, 27, 28, 44.

SAGITTARIUS
(Nov. 22 - Dec. 21)




Sagittarians like having a coherent worldview. This week may reveal new information about what you believe. Should you incorporate these new ideas? Lucky numbers: 3, 8, 10, 15, 38, 48.

CAPRICORN
(Dec. 22 - Jan. 19)




At week's end, you may feel that your head and heart are out of sync. How might you be able to create balance? If needed, take a deep breath and wait a few days. Lucky numbers: 4, 9, 19, 30, 38, 48.

AQUARIUS
(Jan. 20 - Feb. 18)



Important insights may emerge from your unconscious early this week. Ignoring painful information might be tempting, but it could be a catalyst for transformation. Lucky numbers: 6, 9, 16, 26, 43, 46.

PISCES
(Feb. 19 - March 20)



Pisces are at the half-year mark of a two-plus-year period focused on your relationship to structure and the physical plane. What changes have occurred for you? Lucky numbers: 9, 13, 16, 20, 21, 47.

Lucky numbers this week: This week's odds favour Gemini winners with the luckiest number being 9.

Did You Know...

Cute dolphins: Dolphins are commonly thought of as gray creatures. But the pink river dolphin has freshwater habitats throughout the Amazon and Orinoco river basins in South America. Their survival is under threat.

Quite the load: The annual wife carrying championship in Sonkajärvi, Finland, is a big deal. Since 1992, hundreds of couples have entered the race, with the husband carrying the wife in the 253.5-metre (831.7-ft.) course.

Long tresses: Empress Elisabeth of Austria, known as Princess Sisi, had ankle-length, auburn hair. She was proud of it, though its weight gave her headaches and her hairdresser spent up to three hours on it each day.

Rainbow mountain: Montaña de Siete Colores (Mountain of Seven Colors, or Rainbow Mountain) is a popular Peruvian Andes attraction. The 5,200-metre (17,000-ft.) mountain's appearance is due to 14 colourful minerals.

Flashes of love: Ever wonder why fireflies emanate flashes of light? Males use specific patterns when looking for mates. If a female flashes back, the twinkling conversation continues until they find each other.

On the Lighter Side

Only one large petal remained on the old rose. Last bud not least!

Magician: "I can turn this handkerchief into a flower."
Little boy: "That's nothing. I can walk down the street and turn into an alley."

Knock! Knock! Who's there? Vaughn. Vaughn who? Vaughn plus Vaughn equals two!

Why do hens lay eggs? If they dropped them, they'd break.

The earth's rotation really makes my day.

Answers

Trivia answers: 1. Nuuk 2. True 3. Alaska Peninsula 4. The Beatles 5. Slug


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

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

Recipe of the month



Macaroni Coleslaw

1 package (7 ounces) ring macaroni or ditalini
1 package (14 ounces) coleslaw mix
2 medium onions, finely chopped
2 celery ribs, finely chopped
1 medium cucumber, finely chopped
1 medium green pepper, finely chopped


1 can (8 ounces) whole water chestnuts, drained and chopped

Dressing:
1-1/2 cups Miracle Whip or mayonnaise
1/3 cup sugar
1/4 cup cider vinegar
1/2 teaspoon salt
1/4 teaspoon pepper

Prep Time: 25 min + chilling Yield: 16 servings

- Cook macaroni according to package directions; drain and rinse in cold water. Transfer to a large bowl; add the coleslaw mix, onions, celery, cucumber, green pepper and water chestnuts.
- In a small bowl, whisk the dressing ingredients. Pour over salad; toss to coat. Cover and refrigerate for at least one hour.

The perfect recipe for June 18, National Picnic Day! (Or anytime you're in the mood for macaroni salad, but craving slaw, too!)



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

Restrictions in Walking or Dressing may qualify.

FOR EXPERT HELP: 1-844-453-5372



85% SUCCESS RATE!

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



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

BRIDGES & STRATTON
DEALER

DISCOVER THE POWER OF **INSUL**
Home First in North America

CANADA'S BRAND YOUR COMFORT

NAPOLEON



GEMCO FIREPLACES
& WHOLESALE HEATING PRODUCTS

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

OOPS...



Want to ensure better turnout at your next event?
Submit the details of your event for inclusion in our popular "What's Happening" section!

Visit www.coffee-news.ca today!



Enter your event by scanning here