

A cozy little cabin filled with a variety of treasures!

COUNTRY GARDEN CRYSTALS

- Crystals & Gems
- Gemstone Jewellery
- Sterling Silver Chains
- Himalayan Salt Lamps
- SongPods
- Tibetan & Crystal Singing Bowls
- Gemstone Lamps
- Books, Decks & CDs

Open Thursday thru Monday, 10 a.m. - 5 p.m.
(Closed Tuesday and Wednesday)

403.946.5802

We are doing our best to remain a safe and healing space. **Please call ahead to arrange a time to visit the cabin!**
Check our website calendar for up and coming workshops and events. We are located west of Crossfield - see website for directions: www.countrygardencrystals.ca.

Angel Card Readings available with Charlene Money, AGP/AAEP
Please call the shop for more details!

FREE! *New Issue Every Week!*

Coffee News®

"News To Be Enjoyed Over Coffee"

Olds, Innisfail, Sundre and Areas Edition

888-242-9002

www.bvcoffeeneews.ca
amy@bvcoffeeneews.ca

Vol. 2021 No. 16 April 19, 2021



JV ROOFING & Exteriors

- No Wait Time
- New Roof
- Re-Roof
- New Siding
- Re-Siding
- Quality Workmanship
- Free Quotes
- Insurance Claims Welcome

587-378-ROOF (7663)
www.jvroofingsiding.com

Not all Superheros wear capes.



Coffee News
Cheering you every step of the way!

THANK YOU ESSENTIAL WORKERS!

Christina McCharles Consulting

- Personal & Corporate Accounting
- Bookkeeping Specialists
- Payroll Services
- CRA Audit Assistance
- U.S. Tax Returns

Tax Planning

Olds Office
#103, 5003-50th St
403-556-1474
403-597-6260

Innisfail Office
5040-50 St.
403-227-9499
403-597-6260



Christo Communications

- Sales, Service & Installation of Two-Way Radios
- Portable · Mobile
- Wide Area Repeaters
- Serving Central Alberta For 35 Yrs



Glenn Christopherson
403-556-7700 - Olds
christo@airenet.com

If this was your ad...



it would have been seen now!

Congratulations

to our latest contest winner for finding "Beans, the Coffee News Guy."

Angela Thomson
found "Beans" at Wendy's in Olds

Coffee News

Enter today for your chance to win!
www.bvcoffeeneews.ca



Recipe of the month

Baked Ham with Cherry Sauce

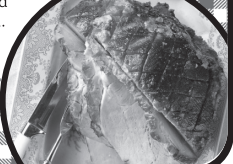
1 fully cooked bone-in ham (6 to 8 pounds) ½ cup sugar
1 cup cold water
1 cup packed brown sugar 1 can (15 ounces) pitted dark sweet cherries, undrained
3 tablespoons maple syrup
1 teaspoon ground mustard 2 tablespoons lemon juice
3 tablespoons cornstarch 1 teaspoon almond extract

Prep Time: 10 mins. Bake time: 1 hour 45 mins.
Yield: 12 servings

- Preheat oven to 325°. Place ham on a rack in a roasting pan. Using a sharp knife, score surface of ham with 1/4-in.-deep cuts in a diamond pattern. Mix brown sugar, syrup and mustard; rub over ham and press into cuts. Bake, covered, until a thermometer reads 140°, 1-3/4 to 2 hours.
- In a small saucepan, mix cornstarch, sugar and water until smooth. Add cherries; bring to a boil. Cook and stir until thickened, 1-2 minutes. Remove from heat; stir in lemon juice and almond extract. Serve warm with ham.

An ideal Easter meal showstopper!

Source: www.tasteofhome.com



Everybody's Talking

Lottery luck: It's not much fun to discover that a car tire is low on air, necessitating a stop at a gas station with an air pump. But for a man from Michigan (U.S.), it led to winning a whopping \$2 million. The fellow was driving his wife's truck when he realized one of the tires was going soft. He pulled into the nearest gas station, but didn't have coins for the air pump. That led him to enter the adjoining store to get some change, and he decided to pick up a lottery ticket while he was at it. The winner and his wife will invest their winnings in a new home, and maybe they'll even get a new, airtight tire for the truck.

Bear country: When Sean Atkinson looked at the security camera to see who had broken into his home near Orillia, Ontario (Canada), he was surprised to find that the burglar was not a person, but a bear! The animal seemed to have opened the door like a human, and then it walked in nonchalantly, as though it owned the place. It rummaged around quite a bit, but didn't find much to eat in the empty pizza boxes that were lying around. Getting out of the house was a little bit trickier because the door slammed back in the poor creature's face. However, the bear made it out, with not much damage to Atkinson's home.

Subway splendour: When one thinks of subway stations in big cities, visions of concrete, graffiti, and dimly lit underground corridors may come to mind. Not so in Moscow, where the metro stations look more like ornately decorated dance halls. Rather than being dirty and unpleasant, these stations are beautiful and opulent. Each station in the city has its own unique design, with some featuring stained glass and chandeliers, while others display plaster mosaics and marble seating. They are unexpected sights to see while waiting to catch the train to a destination.

Lacy cookies: Judit Czinkné Poór of Ajka, Hungary, probably never expected that her skill at painting porcelain would transfer to cookie decorating. That is just what happened, and today the artist is a well-known pastry chef with her own shop. She is able to turn a gingerbread cookie into a creative edible that appears to be covered in traditional Hungarian lace and delicate flowers. She has expanded her decorating to include cartoon characters and animal figures. As can be imagined, completing a batch of cookies takes Poór a long time, so she is unable to keep up with the demand. However, she shares her talent through teaching.

Quoteable Quotes

"There is only one proof of ability: action." —Marie von Ebner-Eschenbach

"We are such stuff as dreams are made on; and our little life is rounded with a sleep." —William Shakespeare

What's Happening

Canmore UNCORKED. Come join in this yearly event highlighting the best in food and drink in the Valley. April 8 to 22. Visit canmoreuncorked.com for all the details.

Healthcare Online Auction. Running until April 13 and 6PM, support the Olds HealthCare Fundraising Committee with the goal of \$128k for 4 Panda Warmers. Par-take at oldsauction.com.

OLDS Spring Book Sale. Visit the Olds Library and don't miss out on their Spring Book Sale. On till the 16th from open to close, and by donation.

Finding Our Voices. This 6 week program runs Wednesday's at 6 PM in the basement of 4920 50 Ave, Olds. Participants share and learn on topics of self-image, shame, compassion and the significance of healthy relationships.

GET IN WHAT'S HAPPENING - Submit your event to www.bvcoffeeneews.ca and be seen here by thousands of readers each week.

Please take me home!



Coffee News® wants all of our readers to stay safe, so please take this copy with you.

Trivia

- Which American filmmaker created Jaws and Jurassic Park?
- Tonsils are part of the lymphatic system—T/F?
- A simoleon is a slang term for what?
- How often does the International Space Station orbit Earth?
- The Nehru jacket was a product of the 1940s, '50s, or '60s?

(Flip bottom of page for answers)

© Published with Permission by Mad Mama Marketing

(Over)

This Space FOR RENT

403-431-0027



REVIVE
cannabis

403-227-0267
4917-50st Innisfail
10am-8pm Mon to Sat
12 -6 Sunday

Innisfail's #1 Stop For All Your Cannabis & Accessory Needs

Experience the Difference at Revive Cannabis

Family Owned
Family Operated
no minors permitted

Congratulations

to our latest contest winner for finding "Beans, the Coffee News Guy."

Angela Thomson
found "Beans" at Wendy's in Olds

Coffee News

Enter today for your chance to win!
www.bvcoffeeneews.ca



Tobacconist La Havana

Fully Stocked Walk-In Humidor

- Premium Cuban & Non-Cuban Cigars
- Pipe Tobacco
- Vaporizers
- Huge selection of e-liquid
- Hookah · Chew
- Cutters, lighters, pipes, Zippo lighters, Lampe Berger Oils and much more...

Mon-Fri: 9-9
Sat: 10-9 · Sun: 11-5

4911-50 St. Innisfail - 587-484-9005
(across the street from Innisfail Legion)

Gifts for Friends
Cigars, Vaporizers & Pipes

Nesty Juice
Dinner Lady
Twelve Monkeys

BEST PRICES

THE BEST IN Vein Treatment SERVICES

Tired of ugly veins? We offer sclerotherapy to remove unsightly spider, reticular and varicose veins. And best of all - no downtime!

Call now: **403-980-2662**

SILVERFERN
AESTHETICS AND VEIN MEDISPA
LOCATED AT ANNA'S SPA AND WELLNESS, AIRDRIE
SILVERFERNMEDISPA.COM

FRIENDLY PROFESSIONAL STAFF

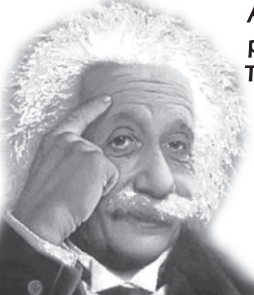
"Everyone will notice... but no one will know."



TEST YOUR MEMORY

After reading **Coffee News®**, put it aside for a moment. Then challenge yourself or a friend to remember as many ads as you can.

Your Score:
Less than 6 - Keep trying
7-10 - Getting better
11-15 - Excellent
16 or more - Genius!



Reelax Hemp Pet Products Now In Stock

We carry hemp products for the whole family

- Promotes healing
- May stimulate appetite
- Helps reduce anxiety & stress
- Promotes joint health and mobility
- May help to soothe itchy skin
- Has been known to ease digestive issues
- Helps reduce muscle spasms
- May relieve pain & inflammation

Reelax PET SCIENCES

Perry Stang
Certified Tridologist · Practical Herbalist

STANG'S HEALTH CENTRE
Stangs Health Centre
#2, 5001-49 Ave, Olds (west of Firehall)
403-556-6090



We Recover Your Investment

Prestige Upholstering

Andrew Sadlowski

403-638-3571
403-507-3864

Located in Bergen

www.albertatentrentals.com

We Rent **PARTY TENTS** to fit your occasion as well as tables & chairs

CERTIFIED MECHANICAL SYSTEMS LTD.

• Plumbing & Heating
• Residential
• Commercial
• Industrial

Innisfail, Penhold, Red Deer & Area

Plumbing • Gas Fitting • Gas Fireplaces • Hot Water Heating
Water Filters • Furnace Repair • Septic Systems
Well & Pressure Systems

Warren Blair
Office: 403-886-5805 • Cell: 403-357-4358

Clean, Reliable and Affordable Laundry Solutions!

Coin Laundromat
Wash and Fold Service
Commercial Laundry Service

PROUD SPONSOR OF THE COFFEE NEWS CONTEST

MOUNTAIN VIEW LAUNDRY
Mon-Sun, 7 a.m. - 8 p.m. Last load 7 p.m.
5010-51 St., Olds | 403-438-8111
info@mountainviewlaundry.ca | mountainviewlaundry.ca

Door Service by Moonlight Ltd.

Residential / Commercial / Agricultural
OVERHEAD DOORS & OPENERS

Sales / Service / Installation
of ALL makes and models

403-227-4485

Located at 3719 - 57 Ave Innisfail, AB

Paterson Community Centre Bowden

2101-27 Avenue, Bowden

- ✓ Seats up to 350 banquet style
- ✓ Onsite power RV parking
- ✓ Air conditioned
- ✓ Affordable all weekend rental includes tables, chairs, sound system
- ✓ No restrictions on catering and bar

Free WiFi

403.507.5090 | www.bowdencommunityhall.ca

Your One Stop Accounting and Advisory Shop

At The Catalyst Group, we can get you set up for future growth with cloud accounting. Snap a picture of receipts and have it go directly into your accounting software.

Anytime, Anywhere.

- Accounting & Advisory
- CFO Services
- Canadian & US Tax
- Cloud Accounting
- Wealth

meganb@thecatalystgroup.ca 403-767-1529

www.theCatalystgroup.ca

DO THE MATH!

If you advertise in a monthly publication, your ad is seen 12 times a year.
If you advertise in a bimonthly publication, your ad is seen 6 times a year.
If you advertise in **Coffee News**, your ad is seen **52 times a year!**
It takes the average person 8 - 10 times to see a message and retain it.
So, where would you want YOUR ad to be?

Coffee News® = Repetition

Xplornet Internet: Now 2x FASTER!

Call 1-866-218-8782 now!

XPLORNET | xplornet.com

Your Weekly Horoscope

ARIES (March 21 - April 20)

Something that may have been lost or hidden may now come to light. Secrets, mysteries, or long-buried feelings and desires could be revealed. Lucky Numbers: 3, 16, 18, 22, 29, 32.

TAURUS (April 21 - May 21)

You may be more impressionable and open, and your intuition may be heightened. The world of imagination or entertainment could hold some attraction for you. Lucky Numbers: 5, 6, 9, 33, 36, 39.

GEMINI (May 22 - June 21)

It may be a good time to come to an agreement, negotiate, or exchange your views with others. Ideas flow and you could present your case very well. Lucky Numbers: 12, 15, 23, 33, 38, 49.

CANCER (June 22 - July 22)

Conversations and sharing plans may be very productive now. You might better understand what others are telling you and also make yourself clearly understood. Lucky Numbers: 2, 17, 22, 27, 34, 40.

LEO (July 23 - Aug. 23)

Times may call for flexibility and your ability to think on your feet while accepting the unexpected. You might come up with fresh insight, which could be quite useful. Lucky Numbers: 11, 19, 21, 29, 31, 39.

VIRGO (Aug. 24 - Sept. 23)

This may be a favourable time to socialize with people with whom you have professional ties. The positive feelings you generate now could help you with your goals for the future. Lucky Numbers: 7, 13, 18, 19, 22, 48.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 11.

LIBRA (Sept. 24 - Oct. 23)

There may be major opportunities to make connections and to learn something through a chance encounter. This might be a good time to be out and about. Lucky Numbers: 17, 27, 33, 37, 40, 48.

SCORPIO (Oct. 24 - Nov. 22)

This may be a good time to make decisions about your financial affairs, with judgment that is sound and reliable. Spending time with old friends could bring you happiness. Lucky Numbers: 5, 10, 17, 22, 37, 43.

SAGITTARIUS (Nov. 23 - Dec. 21)

Confidence and inner harmony may prevail. You might move forward with creative projects and express yourself more easily and comfortably now. Lucky Numbers: 1, 2, 3, 11, 22, 33.

CAPRICORN (Dec. 22 - Jan. 20)

Thoughts of the past and the choices you've made may be prominent. Making a decision regarding your home or your family life could be favoured at this time. Lucky Numbers: 21, 26, 29, 31, 36, 39.

AQUARIUS (Jan. 21 - Feb. 19)

You may see connections and possibilities that you had overlooked before. Now might be a good time to communicate your enthusiasm and share your plans. Lucky Numbers: 5, 10, 15, 25, 35, 45.

PISCES (Feb. 20 - March 20)

You may receive appreciation and a positive response for your generosity. Being with people and giving something of yourself and your talents might be your path. Lucky Numbers: 1, 4, 14, 24, 34, 44.

Did You Know...

Multilingual: Swedish actress Ingrid Bergman (1915-1982) had many talents. As well as starring in famous movies of her day, such as *Casablanca* and *For Whom the Bell Tolls*, she could speak five languages.

Yummy soup: People in New Orleans, Louisiana (U.S.), are quite familiar with a traditional soup called yakamein. The tangy beef broth is chock full of spaghetti, beef, green onions, and hard-boiled eggs, and topped with Creole seasoning.

Silence is golden: Surprisingly, wind doesn't make a sound. That is, until it comes into contact with objects. So when whistling, rattling, rolling, or squeaking sounds are heard on windy days, it's not really the wind!

Long borders: The longest international border in the world, between the United States and Canada, is 8,890 kilometres (5,524 mi.) long. Next longest is the border between Russia and Kazakhstan, which is 6,846 km (4,254 mi.) long.

Unique tree: Baobab, also known as the bottle tree, is a genus of tree that has several species. They grow in Madagascar, Africa, and Australia. Their thick trunks store water, and they can live to be hundreds of years old.

On the Lighter Side

Why did the traffic light turn red? You would, too, if you had to change in the middle of the street.

First pupil: "Great news! Teacher said we're going to have a test today, come rain or shine."
Second pupil: "Why is that good news?"
First pupil: "It's snowing!"

0 and 8 are taking a walk in the desert. The 0 turns to the 8 and says, "You must be hot with that belt on."

A candle loses nothing by lighting another candle.

What a fine thing experience is! It enables us to recognize a mistake every time we make it.

Answers

Trivia answers: 1. Steven Spielberg 2. True 3. A dollar 4. Every 90 minutes 5. 1960s

For available franchise opportunities - visit coffeenewscanada.com
© Published with Permission by Mad Mama Marketing

403.342.2272
Toll Free 1-800-790-5038

SHUR-WAY TRUCKING

Personal & Business Users

Twice Daily to/from Red Deer, Penhold, Innisfail, Bowden, Olds & Sundre

Donate a Car to the Charity of Your Choice

DONATE A CAR CANADA 1-877-250-4904
www.donatecar.ca

THE BEST IN Botox/Filler SERVICES

Reclaim your youthful looks! Botox and Fillers are an incredible way to combat wrinkles and reduce worry lines in the forehead, between the eyebrows, and smile and laugh lines.

Call now: **403-980-2662**

SILVERFERN AESTHETICS AND VEIN MEDSPA
LOCATED AT ANNA'S SPA AND WELLNESS, AIRDRIE
SILVERFERNMEDSPA.COM

"Everyone will notice... but no one will know."

Happy **Earth Day** April 22

from your friends at **Coffee News**

Shocking News!

You can pay less for electricity and gas with a locally owned provider.

VECTOR ENERGY

Go to our web site: www.vectorenergy.ca
or phone customer care at: **403-770-9090**

Coffee News is so popular... even our competitors read it!

From Port Alberni, B.C. to St. John's, Newfoundland

Served in **1579** restaurants and coffee shops

Read by over 1.25 million Canadians per week

Coffee News is Canada's choice for positive news from around the world!

ENTER TO WIN!

Find the hidden Coffee News guy...
Then send your name and full address via email to amy@bvcoffeenews.ca or enter online at www.bvcoffeenews.ca

Hint: He's about this big in one of the ads

Tell us the ad in which you found the CN guy hidden, the edition name and date and the location where you picked up Coffee News for a chance to win a great prize!

APRIL'S CONTEST SPONSOR **Bow Valley Coffee News**