

Custom Fences • Patio Retaining Walls
RESIDENTIAL



Call for a quote today:
403-212-0606

Just hatching a new business?

CHECK OUT **Coffee News** ADVERTISING!

- People need to know about you!
- Reach thousands of local readers every single week
- Exclusive, affordable advertising

It's a crackin' good deal!



Experience A New Kind of Clean!
with Guided Biofilm Therapy

We are passionate about making preventive dental care accessible for everyone



dental hygiene collective
Bay 4, 206-Fifth Ave., Cochrane
403.326.0101 | dentalhygienecollective.com
~ OUR FEES ARE BELOW THE AB FEE GUIDE ~

Unsure of the next step?

CALL ACCESS MENTAL HEALTH TO DISCUSS YOUR OPTIONS.
We can help.

403.943.1500
1.844.943.1500 TF

ADDICTION AND MENTAL HEALTH
Information & Referral - Calgary Zone



Alberta Health Services Access Mental Health

Real Experience. Real Results.

Lee Edwards Associate
403.540.0540
lee@braggcreekrealestate.com

Proudly Serving Cochrane, Springbank, and Bragg Creek

✓ 44 years experience
✓ Pinnacle award top 1% since 2014

MaxWell
Canyon Creek



www.braggcreekrealestate.com

TOP \$\$\$ PAID FOR SCRAP CARS

DJ'S TOWING AND SCRAP CAR REMOVAL



CALL FOR A QUOTE:
403.922.2412

When YOU Get Paid We Get Paid

We're Here To Handle The Legal Complexity For You!

Braithwaite Boyle Injury Law 800-440-8298

It's The Only Law We Do - Since 1986

Free Initial Consultation

Offices in: Calgary, Red Deer, and Edmonton

WIN one of three \$400 prepaid Visa cards awarded monthly

Scan Once Weekly for Max. Entries



For contest rules and recent winners, visit www.accidentinjurylawyer.com/coffeeneews

FREE! *New Issue Every Week!*

Coffee News®
"News To Be Enjoyed Over Coffee"

Cochrane Edition
780-220-6397



www.bvcoffeeneews.ca
amy@bvcoffeeneews.ca

Vol. 2 No. 23 June 5, 2023

Everybody's Talking

Video haven: Making videos for social media platforms has become quite prevalent, but perhaps nowhere as much as in a small village called Tulsu in Chhattisgarh State, India. With a population of about 3,000, more than one-third of Tulsu's residents are in the business of making and posting their very own videos. A few years ago, friends Gyanendra Shukla and Jai Verma quit their jobs to make videos. In no time, they were making good money from their endeavours, and many of their neighbours decided to give it a try, too. Videos from the village cover topics like music, education, do-it-yourself information, and even original dramas. Maybe one day a village star will reach the big screen.

Taking offense: For a while, motorists in Spain's Balearic Islands may have had a way out of their traffic infractions. There was a man whom they could call and, for a charge, he would take the blame for strangers' violations. That kept their driving records unblemished. Before getting caught, the unnamed man had "helped" almost 100 people. Authorities eventually caught on when they realized the man had admitted to two different driving offenses in one day, but those offenses had happened too far apart for him to have been in both places. They also noticed that his licence had been suspended long ago because he had collected so many demerits for other people's violations.

Bright road lines: Those traveling on a one-kilometre (3,281-ft.) stretch of road in the Australian state of Victoria may have thought they'd come upon a science fiction movie set. That's because the route was the test site for a new kind of highway line that glows in the dark. For the markings, an Australian company called Tarmack Linemarking used a photoluminescent coating, which stores the sun's light and then emits it at night. The new substance worked well, with the lines being quite visible for night drivers, making travel safer. The only drawback of the "photo-luminescent delineation treatment," as it's called, is that after overcast days, the lines may lose their "glow."

Going barefoot: A young man from Cambridge, England, doesn't like wearing shoes, and he has proven as much by throwing away all of his footwear. Since 2021, George Woodville has been going barefoot all the time, and he does not care what the weather is like, saying his feet get used to being both hot and cold. He's run into a few problems along the way, such as grocery store owners kicking him out due to his dirty feet. However, Woodville is more than willing to dunk his feet into a pail of water to tidy them up for fussy merchants. Some people must love the idea because he has many followers on his multiple social media platforms.

Quoteable Quotes

"Only a fool tests the depth of the water with both feet."
—Proverb

"Don't waste a minute not being happy. If one window closes, run to the next window—or break down a door."
—Brooke Shields

What's Happening

German Canadian Club of Red Deer County Christmas Market. The GCC is looking for vendors for this popular Christmas Market event on Nov 4 in Red Deer County. Please contact Henrietta at 403.346.6610 or Donna at 403.343.1744 to secure a spot.

GET IN WHAT'S HAPPENING - Submit your event to www.bvcoffeeneews.ca and be seen here by thousands of readers each week. Please give 6 weeks notice

Trivia

1. This fleshy tissue hangs down near the back of the mouth.
2. A ____ is a wheel with a rope, cord, cable, chain, or belt on its rim.
3. Waitangi Day celebrates what country's founding document?
4. Did the Edmonton Oilers win the Stanley Cup between 1956-1960?
5. How long is the gestation period for an elephant?

(Flip bottom of page for answers)

(Over)

HIP OR KNEE REPLACEMENT?

THE DISABILITY TAX CREDIT ALLOWS FOR A

\$2,500
YEARLY TAX CREDIT

\$30,000
LUMP SUM REFUND

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

Wipe Out Inflation, Get the Credit!

FOR EXPERT HELP:
1-844-453-5372



Are you 65 or older?

Help us learn about and address social isolation and loneliness in older adults in Canada. Complete this survey by the Canadian Coalition for Seniors' Mental Health. Just scan the QR code with your phone's camera:



CCSMH
CANADIAN COALITION FOR SENIORS' MENTAL HEALTH

CCSMPA
LA COALITION CANADIENNE POUR LA SANTÉ MENTALE DES PERSONNES AGÉES

Recipe of the month

Grilled Glazed Drumsticks


1 cup ketchup	1/2 teaspoon garlic powder
1/3 cup reduced-sodium soy sauce	3 pounds fresh or frozen chicken drumsticks, thawed
4 teaspoons honey	Optional: Sliced green onions and ranch dressing
3/4 teaspoon ground ginger	

Prep Time: 10 min. + marinating Grill Time: 15 min.
Yield: Approximately 2 dozen

- 1 In a small bowl, combine the first 5 ingredients. Pour 1 cup marinade into a large shallow dish. Add the chicken; turn to coat. Cover and refrigerate for at least 4 hours or overnight. Cover and refrigerate remaining marinade for basting.
- 2 Drain chicken, discarding marinade. Grill, covered, over medium heat until juices run clear, 15-20 minutes, turning and basting occasionally with reserved marinade. If desired, top with sliced green onions and serve with ranch dressing.

The perfect recipe to try during May - BBQ Month!

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



Feeling a little STReSSed?

Relax with...
Coffee News

"NEWS TO BE ENJOYED OVER COFFEE!"



HUMANE SOCIETY EVENT! MAY 31, 8 AM - 3 PM
\$2.99+ GST PANCAKE BREAKFAST. ALL PROCEEDS TO THE COCHRANE HUMANE SOCIETY.

NOW HIRING

Come home to **Smitty's**

Canada's Family Restaurant Since 1960

PROUD SPONSOR OF THE COFFEE NEWS CONTEST

28 - 312 Fifth Avenue, Cochrane | Open 8 am to 7 pm



inogen

FREEDOM. TO BE YOU.

Call 1-833-301-1878 for a free consultation.



MKT-P0240

Donate a Car to the Charity of Your Choice

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



If this was your ad...



it would have been seen now!

Call today and receive a
**FREE SHOWER PACKAGE
PLUS \$1600 OFF**

**SAFE STEP
WALK-IN TUB**
1-844-995-4468

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

Thank You

to all the
distributors that display

Coffee News®

We are proud to be partners with you
in providing "News to enjoy over coffee"!

Interested in having us in your restaurant or coffee shop?
Call us for availability in your area...

WE BUY HOUSES!



We • buy **AS IS**
in as little
as 5 days

• buy houses in **ANY CONDITION!**
• pay **CASH**
• **GUARANTEE*** your house will be sold

403.613.8119

Learn more at
www.ASAPhouseBUYERS.ca
or scan the QR code at right



Find us on
Facebook

**Neighbour Ned
Contracting Ltd.**

- Mulching & Excavation
- Grading & Trenching
- Driveway Construction & Repair
- HVAC & Sheet Metal Services
- Ditching & Drainage

Call Ned: 403.707.8977
neighbournedltd@gmail.com

Real Experience. Real Results.

Lee Edwards Associate
403.540.0540
lee@braggcreekrealestate.com

Proudly Serving Cochrane,
Springbank,
and Bragg
Creek

- ✓ 44 years experience
- ✓ Pinnacle award top 1% since 2014



MaxWell
Canyon Creek

www.braggcreekrealestate.com

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

What's important to you is important to me.
Reach out today and let's get started.



Sam Withey Financial Advisor
403.932.1275
sam.withey@edwardjones.com
edwardjones.ca/sam-withey

**Open the door to your
financial well-being**

- Estate & Legacy Strategies
- Intergenerational Planning
- Wealth Strategies

Edward Jones

Your Weekly Horoscope

ARIES
(March 21 - April 20)



You are more than half-way through an eight-year cycle where old wounds resurface in order to be healed. This week may be good for obtaining information that can help. Lucky numbers: 8, 17, 23, 32, 34, 39.

TAURUS
(April 21 - May 21)



An unexpected opportunity could suddenly appear this week, and you might be more open to seeing it than you usually would be. You may want to examine it carefully before deciding. Lucky numbers: 3, 5, 19, 22, 38, 47.

GEMINI
(May 22 - June 21)



Gemini is one of the signs that is good at picking up information from the ethereal realm. Your ability to do so could be heightened over the next few weeks. Lucky numbers: 6, 9, 16, 19, 23, 29.

CANCER
(June 22 - July 22)



Your emotions and thoughts may be out of sync early in the week. Wait a few days and this could improve. Meanwhile, you might want to postpone any important decisions. Lucky numbers: 16, 19, 33, 36, 38, 47.

LEO
(July 23 - Aug. 23)



Your focus for the next few months may be on romance. This period might provide an opportunity, but seeing the other person clearly, including their values, is important. Lucky numbers: 29, 32, 37, 41, 43, 46.

VIRGO
(Aug. 24 - Sept. 23)



Your typically stable emotional nature may be out of sorts at the end of the week. This might be an opportunity to stretch your comfort zone and explore your intuition. Lucky numbers: 5, 7, 12, 15, 24, 41.

LIBRA
(Sept. 24 - Oct. 23)



If you are having difficulty communicating with someone, now may be a good time to resolve the situation. However, you might need to be the first one to reach out. Lucky numbers: 12, 17, 23, 28, 33, 47.

SCORPIO
(Oct. 24 - Nov. 22)



Are your intuitive abilities not working properly now? Consider where you could adjust your thought processes to accommodate new forms of information and data. Lucky numbers: 2, 3, 12, 16, 26, 35.

SAGITTARIUS
(Nov. 23 - Dec. 21)



You may find that others are putting obstacles in the way of something you want. Rather than fighting this, perhaps consider changes you might want to make. Lucky numbers: 9, 13, 18, 21, 37, 39.

CAPRICORN
(Dec. 22 - Jan. 20)



Your insecurities may surface this week and encourage you to focus obsessively on a particular situation. Breathe deeply and wait it out, rather than immediately responding. Lucky numbers: 4, 18, 21, 29, 38, 43.

AQUARIUS
(Jan. 21 - Feb. 19)



The detached energy that makes Aquarius a fine humanitarian can create distance in personal relationships. Now may be a good time to be aware of and positively address this. Lucky numbers: 1, 4, 21, 30, 40, 44.

PISCES
(Feb. 20 - March 20)



You may receive a wave of information from your unconscious now. Try not to let yourself be overwhelmed by it. Instead, see how it can help guide you on your path. Lucky numbers: 7, 11, 18, 19, 25, 48.

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

Did You Know...

City of blue: The city of Jodhpur in Rajasthan, India, is full of blue-coloured houses. Called Brahmin blue, the calming colour has been found to repel mosquitos and keep houses cooler.

Rocky outcrop: The Farallon Islands lie about 27 miles (43 km) off the coast of San Francisco, California (U.S.). Indigenous peoples called them Islands of the Dead. The series of steep cliffs provide refuge for birds and other wildlife.

Tiny creature: The bumblebee bat (*Craseonycteris thonglongyai*) of Thailand and Myanmar is the smallest bat in the world. Also known as Kitti's hog-nosed bat, these wee creatures are smaller than a thumb and weigh only about 2 grams (0.07 oz.).

Pop royalty: Madonna, known as "The Queen of Pop," is a versatile musician and songwriter whose many songs have topped the charts over the years. She was born Madonna Louise Ciccone in 1958 in the U.S. state of Michigan.

Clean teeth: An expensive alternative to grocery store toothpaste is Theodent 300. Costing \$100 (USD) or more per tube, it contains a trademarked ingredient derived from cacao that is supposed to strengthen enamel.

On the Lighter Side

Ernie: "Are you a light sleeper?"
Bernie: "No, I like to sleep in the dark."

Why did the circus performer get tired? He was juggling two jobs.

Sign in a veterinarian's waiting room: "Be back in 5 minutes. Sit! Stay!"

Knock! Knock! *Who's there?* Dozen. *Dozen who?* Dozen anybody want to come out and play?

A persistent banker kept bothering me. He wouldn't leave me a loan.

Answers

Trivia answers: 1. Uvula 2. Pulley 3. New Zealand 4. No 5. 22 months

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

ENTER TO WIN!

Find the hidden Coffee News guy...
Hint: He's about this big in one of the ads

Then send your name and full address via email to amy@bvcoffeeneWS.ca or enter online at www.bvcoffeeneWS.ca

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!

THIS MONTH'S CONTEST SPONSOR

Smitty's 28 - 312 Fifth Ave. Cochrane

Struggling To Take Care of Your Feet?

Whether you suffer from ingrown nails, athlete's foot, corns, skin and nail fungus infections, or other common foot ailments... help is just a call away with Certified Podologist, Marion.

Toes On The Go Footcare
Call today for more information: 403-620-7851
marion@toesonthego.care • toesonthego.care

This Space FOR RENT
780-220-6397

Helping Adoptable Dogs and Cats Find Loving Homes
CAN YOU HELP?

pause4change
rescue foundation
www.pause4change.com

DONATE VOLUNTEER FOSTER

GENERAC

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
(844) 944-1991

*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.

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

Judie Norman
found "Beans" at Popeye's in Cochrane

Coffee News®
Enter today for your chance to win!
www.bvcoffeeneWS.ca

YAMNUSKA WOLFDOG SANCTUARY
Located at 263156 Range Rd 53, on the 1A Hwy

A non-profit organization that oversees the rescue and safe sanctuary for wolfdogs that have been neglected, abandoned, or otherwise displaced.

Through its educational programs, the Sanctuary discusses the challenges of wolfdog ownership and promotes responsible ownership by outlining what a suitable home should look like. The Sanctuary also touches on the importance of preserving wolves in the wild!

For further details about our mission, please call 587-890-WOLF (9653) or visit yamnuskawolfdogsanctuary.com
You can also find details there about our **Intro Tours** and **Interactive Tours**, including pertinent age restrictions.

COLD SHOT
A DIVISION OF BALMARIA EMPIRE PVT. LTD.

PASSENGER & PARCEL SERVICES
SHIP BY BUS

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