

STROLL BACK IN TIME...

CAROLINE WHEELS OF TIME MUSEUM AND HISTORICAL VILLAGE

Open May long weekend to September long weekend on Friday, Saturday and Sunday from 12 to 5 p.m.

Group tours available by appointment, email wheels3884@gmail.com

<http://www.carolinemuseum.ca/>

BUILDINGS
EXHIBITS
NATURE TRAIL
PICNIC AREA

Unsure of the next step?

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

403.943.1500
1.844.943.1500 TF

ADDITION AND MENTAL HEALTH Information & Referral - Calgary Zone

Alberta Health Services Access Mental Health

Sundre, get 100% pure fibre Internet.

Plans starting at just \$59.99/month!

Call 1-866-523-3193

Go beyond. xplora.ca/fibre

*Conditions apply. See website for details.

Outdoor Art Show & Sale

ARTISTS ON THE AVENUE

JULY 1 & 2

10 am-5 pm

ArtistsOnTheAvenue.com

Markerville

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@bvcoffeeneews.ca or enter online at www.bvcoffeeneews.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

Bow Valley Coffee News

Uh-oh.

For mobile auto repair and roadside assistance services you can trust, contact

CAM'S AUTOMOTIVE INC.

587-444-5802

Reasonably priced
Efficient and honest
Highly knowledgeable

Servicing Olds/Innisfail and Sundre

It's never TOO EARLY OR TOO LATE to work towards being the HEALTHIEST YOU

Family Owned/Operated
Trusted since 1971
Plant Based Protein Powder
Herbal Remedies & Supplements
Knowledgeable Staff

Perry Stang
Practical Herbalist, Certified Iridologist

#2, 5001-49 Ave., Olds (west of fire hall)
403-556-6090
Open 6 days

STANG'S HEALTH CENTRE

REVIVE cannabis

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

Experience the Difference at Revive Cannabis

Locally Owned & Locally Operated

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

no minors permitted

FREE! New Issue Every Week!

Coffee News®

"News To Be Enjoyed Over Coffee"

Olds, Innisfail, Sundre and Areas Edition

780-220-6397

www.bvcoffeeneews.ca
amy@bvcoffeeneews.ca

Vol. 2023 No. 24 June 12, 2023

Everybody's Talking

Burnt offerings: Crusty on the outside and chewy on the inside sound like a perfect combination for dinner rolls. However, the bread product in question is known as "heavy-fired" or "well-fired" rolls, and they can be as black as extremely burnt toast on the outside. Bakeries in Scotland have made these buns for many decades, and often sell out of their day's supply early in the morning. Some people love the charred offerings, finding them addictive. Others think the buns are a huge joke, wondering how a bakery could possibly get away with burning their wares, and then selling them. There is even some debate about whether the burnt tops are carcinogenic.

Meme mark: Anyone who subscribes to a stock photograph site can obtain an image and use it for their own purposes, such as to accompany a magazine article or illustrate a concept in an advertisement. But a man from Molins de Rei near Barcelona, Spain, was surprised to discover that his face had become a meme for "the worst person you know." It happened because Josep Maria Garcia had submitted his portrait to a photo site, where it was picked up and used to accompany a satirical magazine article. After getting used to the idea, Garcia decided to joke about it, as he knows he is not a bad person

Walking dog: A dog from Ouray, Colorado (U.S.), is a celebrity, but not as part of a circus act. Dexter, a Brittany spaniel and beloved pet of Kentee Pasek, walks on his two hind legs. It's not a trick. As a pup, Dexter was injured in a mishap with a car, leaving him with the use of only his hind legs. Pasek got him a doggy wheelchair, but before long, Dexter had abandoned the chair in favour of walking upright on his hind legs. Today, he is well known through social media and by taking part in parades. His loving human takes good care of him and ensures that Dexter regularly sees the vet for check ups.

Dumpling drink: Lots of people enjoy eating gyoza, which are fried, boiled, or steamed meat dumplings that originated in China, where they are called jiaozi. Usually spiked with a bit of chili, ginger, and garlic, they are served with a vinegary sauce, making the flavour combination quite satisfying. A beverage company in Japan launched a soda they claimed tastes like gyoza, but the feedback has been mixed. Many people find the taste incongruent with a carbonated beverage, and say they prefer to eat their gyoza, not drink it. The bottled soda does attract the curious, who might dare friends and family members to give it a try.

Quoteable Quotes

"Stand for something or you will fall for anything." —Rosa Parks
"You can make more friends...by becoming interested in other people than you can...by trying to get other people interested in you."
— Dale Carnegie

What's Happening

Sundre Museum. The Museum welcomes school and group tours. Call for details 403.638.3233.

Tuesdays at the Sundre and District Museum. Structured Learning Programs. Tuesday Afternoons 130 to 3pm. Suitable for preschool - Grade 2. Please bring a 2 dollar donation per child, a healthy snack, inside shoes, and water bottle.

Sundre's Kick It to the Curb is BACK. Saturday AM, place unwanted items OUTSIDE on the front yard with a FREE note attached! Tour around town to find your own FREE treasures. Unclaimed items must be indoors by 8PM Sunday. Runs May 27,28. June 17,18. July 22,23. Aug 26,27. Sept 16,17.

Fridays. Farmers Market. Sundre Farmers Market. Fridays at 430-7pm. Runs until September 17.

June 23. Pro Rodeo. Sundre's Pro Rodeo is going WILD. June 23,24,25. Get on out there to see the best in the West.

June 24. Sundre Musuem Sip and Paint. Save the Date - Sip and Paint Saturday June 24th 1-4pm. Call 403-638-3233 for more information.

Nov 4. German Canadian Club of Red Deer County Christmas Market. Come out for this popular Christmas Market. 10a - 4p, Nov 4th at 38167 RR280 in Red Deer County.

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

- _____ is when a caterpillar transforms into a butterfly.
- A hock, knee, or elbow joint connects a chicken's drumstick and ankle joint?
- This is a large body of ice that moves over land.
- The Battle of Waterloo was fought in present-day England, Belgium, or France?
- What is a southerly buster?

(Flip bottom of page for answers)

© Published with Permission by Mad Mama Marketing
(Over)

J.R. WATKINS Since 1868 TRADE MARK

A full line of natural products for your home and family

YOUR INDEPENDENT WATKINS CONSULTANT

Candice Harrison

604-825-0380
www.RespectedHomeBusiness.com/5013070

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

BOOK NOW FOR YOUR CANMORE GETAWAY!

ACCESSIBLE WELLNESS SOLUTIONS

we offer:

THE BOW VALLEY'S ALL-INCLUSIVE ALTERNATIVE THERAPY CENTRE

Deep Tissue Massage
Aqualead
Aromatherapy
Intense Healing Breath Work
Crystal Therapy
Ear Candling
Fire Cupping
ION Foot Detox
Reiki • Reflexology
Sound Therapy
Tarot Reading
Quantum Healing

Book your own rejuvenating retreat, ...or one with a few of your friends!

PRIVATE & COUPLES Yoga

403-609-8716

709-10 Street, Canmore (beside Communitea)

kayla@positivehealing.ca
www.positivehealing.ca

CRYSTALS | YOGA | ALTERNATIVE THERAPY

This Space FOR RENT

780-220-6397

HIP OR KNEE REPLACEMENT?

THE DISABILITY TAX CREDIT ALLOWS FOR A

\$2,500 YEARLY TAX CREDIT

\$30,000 LUMP SUM REFUND

FOR EXPERT HELP:
1-844-453-5372

WIFE OUT INFLATION GET THE CREDIT!

A cozy little cabin filled with a variety of treasures!

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

Angel Card Readings with Charlene Money, AGP/AAEP Call for details!

Check our website calendar for upcoming workshops and events!

403.946.5802

COUNTRY GARDEN CRYSTALS

Located west of Crossfield - see website for directions: www.countrygardencrystals.ca
Open Thursday thru Monday, 10 a.m. - 5 p.m. (Closed Tuesday and Wednesday)

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 yamuskawolfdogsanctuary.com

You can also find details there about our Intro Tours and Interactive Tours, including pertinent age restrictions.

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

Ayaan Hossain
found "Beans" at **Prairie Donair** in Olds

Coffee News

Enter today for your chance to win!

www.bvcoffeeneews.ca

JV ROOFING & Exteriors

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

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

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 MEDISPA
2028-17 AVENUE, DIDSBURY
SILVERFERNMEDISPA.COM

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

BLACK DOG DRILLING INC.

UNDER NEW OWNERSHIP

- Water Wells and Geothermal for Acreages, Farms and Recreational Properties
- Tie-Ins and Abandonments
- Shock Chlorination, Testing and Water Sample Service
- Pump and Pressure - Service and Installs

1-888.396.6389 | www.blackdogdrilling.com

For All Your Real Estate Needs

Tammy Ryrie

CONTACT ME TODAY:
403.848.3304
Tammy.Ryrie@remax.net

RE/MAX
5008-50 St., Innisfail
O: 403.227.5571

tammyryrie.remax.ca

Donate a Car to the Charity of Your Choice

DONATE A CAR CANADA

1-877-250-4904
www.donatecar.ca

When YOU Get Paid We Get Paid

We're Here To Help You When You Need Results!

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

YOUR CONTACT INFORMATION IS SAFE WITH US!

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

Your Weekly Horoscope

ARIES (March 20 - April 19)



Be aware of your mood, especially at the beginning of the week, particularly your temper. If you are feeling aggressive toward others, look inward rather

than starting an argument. Lucky numbers: 8, 19, 22, 28, 35, 43.

TAURUS (April 20 - May 20)



This week may present a new opportunity for you to manifest something that advances your personal philosophy or beliefs. If you don't actively seek it out, it might pass by. Lucky numbers: 4, 5, 17, 25, 35, 36.

GEMINI (May 21 - June 20)



At midweek, you may have an opportunity to set a new intention and develop a plan around it. This may require that you focus and decide among a group of options. Lucky numbers: 2, 3, 9, 18, 24, 47.

CANCER (June 21 - July 21)



Emotions are usually close to the surface for Cancers. This may be especially true at the end of the week. Take deep breaths and wait for these feelings to subside. Lucky numbers: 11, 16, 31, 36, 37, 41.

LEO (July 22 - Aug. 22)



Leos have a natural charisma that may be highlighted now in conversations with others. If you are looking for assistance, this may be the right time to ask for it. Lucky numbers: 9, 12, 18, 39, 40, 43.

VIRGO (Aug. 23 - Sept. 22)



A nine-month phase is ending. The focus may have been on your role as a mother and/or as a child. What have you learned? How can it improve your relationships? Lucky numbers: 6, 7, 8, 20, 36, 37.

LIBRA (Sept. 23 - Oct. 22)



Balance is an important theme for Libras. The start of this week may highlight an imbalance in your life. It may be within yourself or in a relationship with others. Lucky numbers: 5, 8, 22, 34, 37, 46.

SCORPIO (Oct. 23 - Nov. 21)



For the past two-plus years, you may have felt pressured by an old karmic pattern. While this dynamic is ending soon, the pattern won't end if you haven't addressed it. Lucky numbers: 14, 16, 17, 26, 35, 40.

SAGITTARIUS (Nov. 22 - Dec. 20)



At the end of the week, your mind and emotions may be out of sync. Perhaps you want to postpone important decisions for a few days until this disconnect passes. Lucky numbers: 15, 26, 28, 29, 34, 37.

CAPRICORN (Dec. 21 - Jan. 19)



There may be an opportunity toward the end of the week to step outside the comfort zone of your stable Capricorn nature. You might see the situation from a new angle. Lucky numbers: 1, 5, 7, 14, 24, 28.

AQUARIUS (Jan. 20 - Feb. 18)



For the last month, your focus may have been on your career or legacy. Now is the last week of this dynamic, so it is time to consolidate any gains. Lucky numbers: 3, 6, 18, 27, 31, 47.

PISCES (Feb. 19 - March 19)



You may be feeling stuck, but this could give you an opportunity to see the details of an old personality issue. How might you make a positive adjustment related to it? Lucky numbers: 7, 8, 13, 18, 19, 34.

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

Did You Know...

Magical place: Parque Francisco Alvarado in Zarcero, Costa Rica, is quite a sight. That's because gardener and artist Evangelisto Blanco shapes hedges and shrubs into all manner of magical and abstract figures, such as animals, people, and archways.

Sweet heat: The datil pepper is grown near St. Augustine, Florida (U.S.). It is quite hot, like a habanero, with a sweet, fruity flavour. Cooks like to use these peppers in hot sauces, pickles, and mustards.

Upright duck: A certain breed of duck actually looks more like a penguin. The Indian Runner duck's posture is upright. Rather than waddling, they can run but they cannot fly. They are raised mostly for their egg production.

Safest shelter: If a tornado is coming your way, the best place to shelter is in a basement or on the lowest level of the house or building. Choose a room without windows, such as a bathroom or closet.

The best: Only three movies have won all of the five major Academy Awards: Best Picture, Best Director, Best Screenplay, Best Actor, Best Actress. They are *It Happened One Night* (1934), *One Flew Over the Cuckoo's Nest* (1975), and *Silence of the Lambs* (1991).

On the Lighter Side

Knock! Knock! Who's there? Ooze. Ooze who? Ooze been telling you these terrible jokes?

We hired a doormaker the other day. She really knew how to make an entrance.

Bill: "What do you think of artificial respiration?"
Will: "I'd rather have the real one."

A fisherman baits his hooks, but a bad student hates his books.

The chocolate lover moved to Canada. She heard it was full of mousse!

Answers

Trivia answers: 1. Metamorphosis 2. Hock 3. Glacier 4. Belgium 5. Strong southerly wind

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

36 + Delicious Flavours!

Blueberry Cheesecake
Moon Mist • Shark Attack
Birthday Cake • Orange Float
Cotton Candy • Bubble Gum
Cookies & Cream

and many more...

TROPICOOOL ICE CREAM

403.227.2222

Visit us today at Unit #104, 4911-50 Street | Innisfail

We also have:
Bubble Tea
Milkshakes • Smoothys
Hot & Iced Coffee
...with Plenty of Flavours!

BEST PRICES! FULLY STOCKED WALK IN HUMIDOR!

La Havana TOBACCONIST

M-F 9-9 | SAT 10-9
SUN 11-5

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

HUGE VARIETY OF DISPOSABLE VAPES

- Premium Cuban and non-Cuban Cigars
- Pipe Tobacco • Vaporizers
- E-Liquid - Huge Selection
- Hookah • Chew
- Cutters, Lighters, Pipes, Zippo Lighters, Lampe Berger Oils ...and more

WHEEL OF FORTUNE

WEEKNIGHTS 7PM/6PST
yesTV

We specialize in skin and gut health

- Facials
- Medical Aesthetics
- Skin Care and Make Up Products
- Sugaring Hair Removal
- Nutrigenomix - testing how our DNA affects our nutrition absorption

REFLECTIONS Health Spa

5333-57 Ave., Olds
403.507.5423 | www.reflectionshhealthspa.net

inogen

FREEDOM. TO BE YOU.

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

MKT-P0240

TOP \$\$\$ PAID FOR SCRAP CARS

DJ'S TOWING AND SCRAP CAR REMOVAL

CALL FOR A QUOTE:
403.922.2412

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.