

Uh-oh. For mobile auto repair and roadside assistance services you can trust, contact

CAM'S AUTOMOTIVE FAMILY OWNED AND OPERATED

587-444-5802

Reasonably priced
Efficient and honest
Highly knowledgeable

Servicing Olds/
Innisfail and Sundre

Brakes • Shocks • Drive Train Repairs
Tune ups • Oil Changes • Boosts
Battery Replacement • Unlocks • Tire Change
Fuel Delivery ...and so much more

Visit us

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. 30 July 24, 2023

J.R. WATKINS TRADE MARK

Since 1868

A full line of natural products for your home and family

YOUR INDEPENDENT WATKINS CONSULTANT

Candice Harrison

604-825-0380

www.RespectedHomeBusiness.com/5013070

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

TOP \$\$\$ PAID FOR SCRAP CARS

DJ'S TOWING AND SCRAP CAR REMOVAL

CALL FOR A QUOTE: **403.922.2412**

REVIVE cannabis

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

Experience the Difference at Revive Cannabis

403-227-0267 Locally Owned & Locally Operated

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

no minors permitted

Injured? Now What? We Help - A Lot!

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

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

For All Your Real Estate Needs

Tammy Ryrie

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

5008-50 St., Innisfail
O: 403.227.5571

tammyryrie.remax.ca

Everybody's Talking

Edible art? A New Zealand art gallery in Auckland was brave enough to display a piece of art that many may not consider to be art. The piece in question is a pickle from a fast food cheeseburger, smudged with a bit of sauce. Australian artist Matthew Griffin flung the pickle up to the ceiling of the Michael Lett Gallery, where it stuck. According to experts in the art field, an art installation such as this serves to get people talking about what is art, what isn't art, and why. The piece is called "Pickle." Needless to say, the online response revealed a mixture of lovers and haters of the whole thing.

Expensive date: A man from Shanghai, China, wasn't pleased when he and his girlfriend broke up. So he requested payback for things he helped finance during their relationship, to the tune of approximately \$9,000 (USD). Astonishingly, he presented her with a detailed log of expenditures, requesting payback in part or in full for the items listed. For example, he demanded half the cost of a dinner bill for food they had shared, and the entire amount of a bill for a snack, which his girlfriend reportedly had eaten herself. The man had also helped care for his girlfriend's mother, and he wanted to be paid back for expenses related to that, too.

Open road: An ice road open during the winter months connects mainland Estonia to Hiiumaa, an island in the Baltic Sea. The longest ice road in Europe, it is approximately 25 kilometres (15.5 mi.) long. Ice roads have some unusual rules. No one is allowed to wear a seatbelt because if the car breaks through the ice, people have to be able to get out of the vehicle. No vehicles are allowed on an ice road after the sun sets. At all times, drivers must maintain a distance of 250 metres (820 ft.) between their vehicle and the one ahead to minimize the load on one part of the ice. And speed limits are strict.

Sloped field: People who play soccer can get worn out from running around the large field, but that's nothing compared to what the participants of extreme alpine soccer must endure. This game has the same rules as normal soccer, but is played on steep mountain slopes in Austria. In 2014, some soccer-loving locals in the Montafon valley decided to come up with a game that would be more challenging than playing on a flat field. Co-inventors Franz Mair and Peppi Knünz knew that players would be able to keep up with the pace in this physically demanding game. Needed attributes? Strong legs and stamina that are common in the Alps.

Quoteable Quotes

"Let go of who you think you're supposed to be; embrace who you are." —Brené Brown

"Happiness lies not in finding what is missing, but in finding what is present." —Tara Brach

What's Happening

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 4:30-7pm. Runs until September 17.

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.

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.

New Horizons for Seniors Program Grant; Sundre Seniors Socialize. For 55 seniors, come for lunch, community resource speaker and entertainment, Noon to 3 p.m. RSVP essential.

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. Is the curled top of violins and cellos a scroll, curlicue, or bow?
2. Mafadi Mountain is the highest peak in South Africa—T/F?
3. A cubit, chain, or rod spans from elbow to the middle finger's tip?
4. Waiting for Godot author was Samuel Beckett, Arthur Miller, or Shakespeare?
5. Are fluffy, cotton ball-shaped clouds cumulus, stratus, or cirrus?

(Flip bottom of page for answers)
© Published with Permission by Mad Mama Marketing
(Over)

WHEEL OF FORTUNE

WEEKNIGHTS 7PM/6PST

yesTV

This Space FOR RENT

780-220-6397

Sundre, get 100% pure fibre Internet.

Plans starting at just \$59.99/month!

Call 1-866-523-3193

Go beyond. xplore.ca/fibre Xplore

*Conditions apply. See website for details.

NOW OPEN IN COCHRANE!

ACCESSIBLE WELLNESS SOLUTIONS

THE BOW VALLEY'S ALL-INCLUSIVE ALTERNATIVE THERAPY CENTRE

we offer:

- 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

124 River Avenue, Cochrane (above Bike Brothers)

kayla@positivehealing.ca
www.positivehealing.ca

POSITIVE HEALING

CRYSTALS | YOGA | ALTERNATIVE THERAPY

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

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: **403-335-8829**

SILVERFERN AESTHETICS AND VEIN MEDISPA

2028-17 AVENUE, DIDSBURY
SILVERFERNMEDISPA.COM

FRIENDLY PROFESSIONAL STAFF

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

Recipe of the month

Island Mango Slaw

1/2 medium head Savoy cabbage, thinly sliced into 3-inch strips (about 8 cups)
 1/2 small head red cabbage, thinly sliced into 3-inch strips (about 6 cups)
 2 medium carrots, cut into thin 2-inch strips
 1 small sweet yellow pepper, cut into thin 2-inch strips
 1 small sweet red pepper, cut into thin 2-inch strips
 1 small red onion, halved and thinly sliced
 1/2 medium mango, peeled, cut into thin 2-inch strips

1/2 jalapeno pepper, seeded and finely chopped
Dressing:
 1/2 cup plain Greek yogurt
 1/4 cup thawed orange juice concentrate
 4 teaspoons lime juice
 1/2 teaspoon olive oil
 1/2 medium mango, peeled and coarsely chopped
 2 teaspoons minced fresh gingerroot
 1 teaspoon kosher salt
 1/2 jalapeno pepper, seeded and coarsely chopped
 1/4 teaspoon pepper

Prep Time: 25 min. + chilling Yield: 12 servings

In a serving bowl, combine first 8 ingredients. Process dressing ingredients in a blender until smooth. Toss dressing with slaw at least 30 minutes before serving. Refrigerate.

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

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.

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.reflectionshealthspa.net

Helping Adoptable Dogs and Cats Find Loving Homes

CAN YOU HELP?

pause4change
 rescue foundation
www.pause4change.com

DONATE VOLUNTEER FOSTER

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

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

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

Your Weekly Horoscope

ARIES (March 20 - April 19)

Aries are often big thinkers who don't worry much about the details. However, over the next two months, you may have an opportunity to expand your skills in this regard. Lucky numbers: 5, 11, 18, 28, 35, 44.

TAURUS (April 20 - May 20)

Your grounded demeanour may be shaken up at mid-week. If you pay attention, you could receive important insights. Otherwise you might have to just wait it out for a few days. Lucky numbers: 3, 4, 17, 29, 31, 34.

GEMINI (May 21 - June 20)

Your mind and emotions may be out of sync in the middle of the week. Take some deep breaths. You might find that the situation will pass in a couple of days. Lucky numbers: 1, 2, 15, 16, 17, 45.

CANCER (June 21 - July 21)

Cancers sometimes fear the world outside of their shell. At week's end, you may have energy available for a few days that could add a calming element for you. Lucky numbers: 11, 14, 25, 30, 40, 44.

LEO (July 22 - Aug. 22)

We are in a brief period of strong Leo energy. How do you want to take advantage of it to accomplish what is important to you, while not alienating others? Lucky numbers: 9, 18, 28, 36, 37, 41.

VIRGO (Aug. 23 - Sept. 22)

Your attention to detail may be strengthened over the next two months. You could use this to help others who don't have this skill, thereby raising your profile with them. Lucky numbers: 6, 9, 12, 15, 27, 30.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 37.

LIBRA (Sept. 23 - Oct. 22)

Listen carefully in your conversations over the next two months. You may pick up details about your current situation that you could have easily missed, but these can aid you. Lucky numbers: 15, 18, 19, 23, 26, 27.

SCORPIO (Oct. 23 - Nov. 21)

At midweek your Scorpio energy may be resonating strongly with others. Be aware of this and consider side-stepping those who may be uncomfortable with your ability to read them. Lucky numbers: 13, 29, 33, 40, 41, 43.

SAGITTARIUS (Nov. 22 - Dec. 20)

Have you felt discouraged lately? The end of the week may provide an opportunity that allows you to bounce back from this feeling and encourages you to do a reset. Lucky numbers: 2, 4, 5, 10, 42, 48.

CAPRICORN (Dec. 21 - Jan. 19)

Have you recently gone through a difficult stretch? You may want to shuffle through these events to see the pattern. Where could an adjustment in your viewpoint help you move forward? Lucky numbers: 4, 7, 20, 26, 44, 47.

AQUARIUS (Jan. 20 - Feb. 18)

Over the next month, there is the potential to incorporate more enthusiasm and optimism into your life. How might you want to take advantage of this opportunity before it passes? Lucky numbers: 12, 22, 24, 25, 34, 38.

PISCES (Feb. 19 - March 19)

You may find yourself going back over old territory one more time. While this might be hard work, it could allow you to unearth the key to a new opportunity. Lucky numbers: 10, 14, 19, 25, 26, 31.

Did You Know...

Big bear: In Dunbar, Scotland, which is on the coast of the North Sea not far from Edinburgh, is DunBear, a steel statue made by sculptor Andy Scott. In the shape of a bear, it honours Dunbar-born naturalist John Muir.

Crazy cake: Flying Monkey Bakery in Philadelphia, Pennsylvania (U.S.), invented the two-layer pumpkin cake. On bottom is a chocolate cake with a pumpkin pie inside, and on top, a vanilla cake hides an apple pie.

Furious winds: A storm is considered a hurricane when its sustained winds reach 74 miles (119 km) per hour or more. The Saffir-Simpson Wind Scales rates them Category 1 through Category 5. Category 5 is the most dangerous.

Colourful eggs: A chicken egg's colour depends on two main pigments deposited on the shell as it forms: protoporphyrin (brown) and oocyanin (blue). Various coloured eggs, like green, have combined pigments.

Weird curiosities: Ripley's Believe It or Not Odditorium in Niagara Falls, Ontario (Canada), holds a host of bizarre curiosities, artifacts, and memorabilia. Examples include wax figures, dinosaur eggs, and holograms.

On the Lighter Side

We hired a tree trimmer who did a great job. He should take a bough!

Teacher: "What does it mean when the smoke alarm goes off?"
 Student: "In my house, it means dinner is ready."

What is a computer's favourite part of art class? The cutting and pasting.

Two mind readers met in the street. One said, "Hello, you're fine. How am I?"
 Knock! Knock! Who's there? Weirdo. Weirdo who? Weirdo deer and antelope play?

Answers

Trivia answers: 1. Scroll 2. True 3. Cubit 4. Samuel Beckett 5. Cumulus

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

inogen

FREEDOM. TO BE YOU.

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

MKT-P0240

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

Donate a Car to the Charity of Your Choice

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

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)

36+ Delicious Flavours!

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

Bubble Tea
 Milkshakes • Smoothys
 Hot & Iced Coffee
 ...with Plenty of Flavours!

TROPICOOOL ICE CREAM

403.227.2222

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

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

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.

FOR EXPERT HELP:
1-844-453-5372

WIPE OUT INFLATION, GET THE CREDIT!

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.