



- 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

Sundre, get 100% pure fibre Internet. Plans starting at just \$59.99/month!



Call 1-866-523-3193

Go beyond. xplore.ca/fibre

ditions apply. See website for details











This Space **FOR RENT** 780-220-6397

New Issue Every Week! "News To Be Enjoyed



FREE!

www.bvcoffeenews.ca amy@bvcoffeenews.ca

Vol. 2023 No. 35 August 28, 2023

Over Coffee"

Olds, Innisfail, Sundre and

Areas Edition

780-220-6397

Everybody's Talking

Raincoat nabber: For over a decade, women in Osaka, Japan, have had to keep a sharp eye on their raincoats. That is because someone was stealing the hooded, poncho-type garments, known as kappa. Luckily, the culprit was caught. His name is Yoshio Yoda, and he would nab the items out of baskets on bicycles that were left unattended in the parking lots of such places as train stations and shopping malls. And he hadn't stolen just one or two raincoats; after searching the man's home, police discovered that he had snatched more than 360 of the ponchos during his reign of raincoat theft. He has become known as "Raincoat Man."

Fast chair: While sitting in a wobbly wheeled office chair, did you ever try moving it over to a file cabinet to retrieve a document? Not fun. A prototype of a new kind of office chair would put an end to such annoyances. Made by designers at the German carmaker Volkswagen, this new chair has controls so the user can drive it at a speed of up to about 20 km (12.4 mi.) per hour. And driving it is safe, as it offers a seatbelt, horn, and sensors to prevent collisions with desks and other fixtures. Apparently, the chair is not available for purchase because it was meant as a marketing ploy, but maybe that will change!

Shoe art: A Pakistani truck artist named Haider Ali is known for the creative ways he turns trucks into rolling pieces of art. Now, he has turned his attention to another medium: running shoes. Ali's work is quite distinctive, and when applied to a pair of sneakers, the result is a unique and colourful blend of flowers, petals, birds and more. The artist hand paints each shoe, selling them for far more than they would be worth without the designs. He customizes his work to his client's desires, and it can take several days to complete a matching set of runners. Ali has also applied his creative talents to such media as walls,

Dirty dancing: If you've got a bad back and take paid time off work because of it, it's best not to be caught in activities that are unsuitable for your ailment. A woman from Spain known as Mrs. Piedad learned this the hard way. She had been on leave from her job due to severe back pain, but when her employer discovered videos on social media of her dancing, they fired her, claiming she was taking advantage of the company's benefits package. The woman took the employer to court, but the judge agreed that if she truly had back pain bad enough to be off work, she certainly would not be participating in wild dance moves.

Quoteable Quotes

'You can't have everything. Where would you put it?' —Steven

"Make happy those who are near, and those who are far will come." –Proverb

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 430-7pm. Runs until September 17.

Aug 27. Innisfail Kinsmen Car Show. Innisfail Kinsmen Car Show is August 27, 830am-3pm. This years annual Car Show will highlight home made Trophies and a 5050 draw. We close the entire downtown of Innisfail off. \$10 per vehicle and the event is free for spectators, lots of food trucks.

Aug 25. Neighbours' Day in Sundre. 8 AM TO 3 PM. Annual Trade Show and Community Information Event held at the Sundre

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.

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

Trivia

- 1. Is indigo, saffron, or madder considered the King of Dye?
- 2. This reflex allows cats to always land on their feet.
- 3. How many children are in a set of quintuplets?
- 4. Mozart, Puccini, or Verdi composed the opera Cosi Fan Tutte?
- 5. The deltoid muscle moves the thigh, shoulder, or wrist?

(Flip bottom of page for answers)

© Published with Permission by Mad Mama Marketing (Over)







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



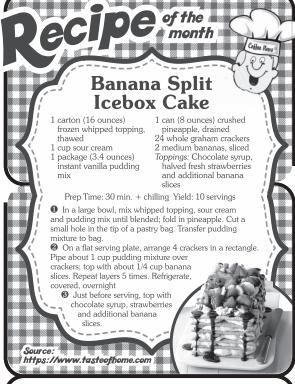
Brakes • Shocks • Drive Train Repairs Tune ups • Oil Changes • Boosts lattery Replacement • Unlocks • Tire Change Fuel Delivery ...and so much more

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

\CAM'S 587-444-5802 ✓ Reasonably priced



Servicing Olds/ Innisfail and Sundre











ENTER TO

Coffee News guy.. this big

n one of the ads

or enter online at

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

Bow Valley Coffee News



403-227-0267

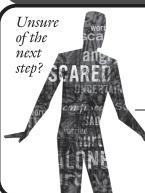
4917-50st Innisfail 10am-8pm Mon to Sat 12 -6 Sunday

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

Experience the Difference at Revive Cannabis

> **Locally Owned** & Locally Operated

> > no minors permitted



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







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

Braithwaite Boule Injury Law

800-440-8298

It's The Only Law We Do - Since 1986 Free Initial Consultation

Offices in: Calgary, Red Deer, and Edmonton

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/coffeenews



Your Weekly Horoscope

(Sept. 23 - Oct. 22)

Despite their diplomatic

talents, Libras sometimes

find emotions interfere in

their efforts to clearly

communicate their needs.

You may have the oppor-

Scorpios have a strong intuition they sometimes hide from others. How-

ever, there is a cost to not

showing them who you

truly are, and now may

Is there something ending

in your life? Consider

whether you want to fight

the process or evaluate

what you can learn from

it. Take that lesson into

Have you recently run

into an obstacle about

money or romance? You

may ĥave an opportunity

now to make an adjust-

ment to your view that

Your intellectual abilities

may be even stronger

than usual at the begin-

ning of the week. While

this has its uses be care-

ful of being too detached

tunity now to change this paradigm.

be the time for change. Lucky numbers:

your next endeavour. Lucky numbers:

will help resolve the issue. Lucky

in your interactions with others. Lucky

numbers: 16, 28, 40, 42, 45, 48.

(Jan. 20 - Feb. 18)

numbers: 1, 3, 6, 9, 12, 17.

(Feb. 19 - March 19)

Lucky numbers: 2, 6, 11, 27, 31, 40.

(Oct. 23 - Nov. 21)

7, 10, 29, 33, 37, 43.

SAGITTARIUS

6, 16, 39, 40, 45, 47.

(Dec. 21 - Jan. 19)

CAPRICORN

AQUARIUS

(Nov. 22 - Dec. 20)

SCORPIO

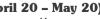
(March 20 - April 19)



You may get information this week that can help you deal with an old issue. However, it may require you to adjust your beliefs or attitude

about the situation. Lucky numbers: 12, 17, 23, 24, 29, 34.

TAURUS (April 20 - May 20)





Have you experienced sudden or unexpected changes the last few years? You may find yourself going back over that territory again. Consider how you may want

to course correct going forward. Lucky numbers: 8, 16, 19, 30, 45, 47.

GEMINI

(May 21 - June 20)



Geminis often can easily see all sides of an argument. At the end of the day, though, you need to establish a set of values that works for you. Lucky numbers: 9, 12, 23, 24,

25, 36. **CANCER**



(June 21 - July 21) At the end of the week, the energetic pattern may provide a new opportunity for you to strengthen your intuitive abilities. Don't be afraid to reach for this gift. Lucky numbers: 3, 7, 9,

17, 33, 48. **LEO**

(July 22 - Aug. 22)



You may have been focused on your relationship the last few months. Blocks in this area may start to ease now. What lessons from this period can you use

going forward? Lucky numbers: 15, 20, 33, 36, 43, 45.

VIRGO

(Aug. 23 - Sept. 22)



Virgos can sometimes sacrifice their relationships in favor of practical results. Over the next month, you will be given an opportunity to create a

better balance in this dynamic. Lucky numbers: 18, 19, 22, 25, 38, 42.



PISCES

Midweek is favourable to bring current endeavours to an end. As you plan what to do next, it may be more important than usual to establish clear

expectations with others. Lucky numbers: 10, 11, 31, 33, 35, 39.

Lucky numbers this week: This week's odds favour Cancer winners with the luckiest number being 7.

Did You Know...

Bright fruit: The marble berry (*Pollia condensata*) plant grows in Central Africa. Its fruit looks like shiny blue marbles covered in metallic paint. Scientists say it is the brightest thing found in nature.

Keyboard shortcuts: Many keyboard shortcuts make computer work more efficient. "Control (Command on a Mac) + Shift + t" reopens the most recently closed browser tab. "Control + t" opens a new tab.

Common birthday: Birthdays are cause for celebration, and September 9 is the most common day for people to have a birthday. Nine of the top 10 birthday dates are in the month of September.

Webbed digits: A small, stocky monkey lives in Central African swamp forests. Called Allen's Swamp monkey (Allenopithecus nigroviridis), these primates have a small amount of webbing on their fingers and toes.

Fingers only: Fried chicken is a traditional favourite food in the state of Georgia (U.S.). However, don't try using a knife and fork to dig in. That's been illegal since 1961. You must eat it with your fingers.

On the Lighter Side

What planet is like a circus? Saturn—it has three rings!

The best sermons are lived, not preached.

Knock! Knock! Who's there? Isolate. Isolate who? Isolate to the party I almost missed it.

A washbasin is standing in front of the door. Let that sink in.

Teacher: "Which two days begin with T?" Student: "Today and Tomorrow."

Answers

4. Mozart 5. Shoulder

Trivia answers: 1. Indigo 2. Righting reflex 3. Five

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



403.638.3508 | Hwy 584 W, Sundre | info@sundrehhbc.com



building centre

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

I-888.396.6389 | www.blackdogdrilling.com







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







(we offer

THE **BOW VALLEY'S ALL-INCLUSIVE ALTERNATIVE THERAPY**

CENTRE

Book your own rejuvenating retreat,



POSITIVE HEALING

Ear Candling Fire Cupping ION Foot Detox Reiki • Reflexology Sound Therapy Tarot Reading Quantum Healing PRIVATE & **COUPLES** 090

Deep Tissue Massage

Aromatherapy Intense Healing Breath Work Crystal Therapy

403-609-8716 124 River Avenue, Cochrane

(above Bike Brothers)

kayla@positivehealing.ca 🖪 www.positivehealing.ca

CRYSTALS | YOGA | ALTERNATIVE THERAPY