

**BOOK NOW FOR YOUR PRIVATE AND HOLIDAY PARTIES!**

Come home to **Smitty's**

PROUD SPONSOR OF THE COFFEE NEWS CONTEST

Canada's Family Restaurant Since 1960

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

**ALL YOUR FAVOURITES... ALL DAY LONG**

**FREE!** *New Issue Every Week!*

# Coffee News®

"News To Be Enjoyed Over Coffee"

**Cochrane Bragg Creek Edition**

**780-220-6397**

www.bvcoffeeneews.ca  
amy@bvcoffeeneews.ca

Vol. 2 No. 48 November 27, 2023

From our farm to your table...

## SASKABERRY RANCH

- ✓ Pasture raised chicken (whole or by piece)
- ✓ Grass fed/finished lamb
- ✓ Other seasonal products

www.saskaberryranch.com  
phil@saskaberryranch.com  
403-507-8994

DELIVERED TO COCHRANE EVERY 3 WEEKS

**COLD SHOT**  
A DIVISION OF BALWARIA EMPIRE PVT. LTD.

**PASSENGER & PARCEL SERVICES**

GET YOUR REWARD CARD TO GET A FREE TICKET!

Parcel Website: [www.coldshotca.com](http://www.coldshotca.com)  
Passenger Website: [www.coldshot.ca](http://www.coldshot.ca)

TICKETS: 587-557-7719 | PARCEL: 587-557-7718

SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005

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

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

- Estate & Legacy Strategies
- Intergenerational Planning
- Wealth Strategies

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

**Edward Jones**

**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**

**Smitty's**  
28 - 312 Fifth Ave., Cochrane

## This Space FOR RENT

**780-220-6397**

**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.

**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](http://yamnuskawolfdogsanctuary.com)

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

**If this was your ad...**

Your Business **7 Days A Week**

**it would have been seen now!**

## Everybody's Talking

**Beanbag garment:** Have you ever wanted to sit down for a rest, but no chair or couch is available? Now a garment company in Japan called Takikou Sewing has made a beanbag, which are called "bead cushions" in Japan, that is wearable. With arm and neck holes, the garment curves outwards like a pear around the wearer's body. Someone sporting the creation can plunk themselves down anywhere and be assured of a comfy pillow, all the way around their body. Social media postings piqued people's interest. The beanbag outfit comes in several sizes and colours for kids and adults. The larger ones weigh about 5 kg (11 lbs.).

**Subway dog:** Heather Hamm of New York City had been thinking about getting a dog and had started to investigate where she might obtain one. Then she opened one of her social media accounts to find a post from someone explaining that a dog had been abandoned, tied to a railing, at a subway stop. Hamm immediately headed to the location and found two police officers investigating the situation. She asked if she could take the dog home, and they let her because the pup seemed to like her. The woman and the dog proved to be a great match. Hamm called her new best friend "Peaches," and now they are inseparable.

**Protective jeans:** If motorcyclists are involved in an accident, they are much more vulnerable to injury than motorists are. That is why a Swedish company called Mocycle decided to develop a new kind of airbag. Unlike the ones that pop out of a car's dashboard, this creation pops out of a pair of jeans. The Airbag Jeans are made of special material that looks like denim, with airbags built into the thighs and torso of the pants. The protection covers the bottom part of the spine, along with the thighs and hips. If the bags activate during an accident, they can be deflated and reused. The company also makes an Airbag Vest.

**Big bird:** Pets can be a variety of shapes and sizes, but only a few people are likely to have a crane for a companion. Mohammed Arif is one of them. From Uttar Pradesh state in India, Arif found an injured sarus crane in a field where he was working on the harvest. He took the feathered creature home with him and rendered some tender loving care. The bird lived in an outbuilding while recuperating, and whenever Arif came home from work, the crane would come to him and stay by his side. Back to good health now, the bird follows Arif everywhere, flying near him on motorcycle rides and accompanying him to the fields.

## Quoteable Quotes

"The difference between hope and despair is a different way of telling stories from the same facts."  
—Alain de Botton

"In youth we learn; in age we understand."  
—Marie von Ebner-Eschenbach

## What's Happening

**Dec 1 - 3. Bragg Creek Centre.** The annual Bragg Creek Xmas market is back. Visit us the first weekend of Dec and find that special gift for your whole list. Friday 5-9pm, Sat and Sun 10am-5pm. 23 White Ave.

**THE Pop Up Holiday Market.** Drop by Frank Wills Memorial Hall in Cochrane for the holiday goods. Open Nov 18 and 25, Dec 2 and 16. 11am-4pm. 405 1 St E.

**A European Christmas Village Market.** 80 Vendors, nightly fireworks, Santa, food, and kids activities and entertainment. Worth the drive out of Bearspaw! Dec 1,2,3 and Dec 8,9,10. [www.bearspawlc.org](http://www.bearspawlc.org)

**Dec 9-10. Farmers Market.** Cochrane Christmas Farmers Market will be held Dec 9 and 10, from 10am-4pm at the Spray Lake Sawmills Centre. Great gifts for all.

**Dec 16. Stories with Santa.** Cochrane Public Library. 1-3 pm. Santa is coming to town! Join us for stories and fun Christmas activities with the big man himself! Free to attend. No registration is required. [www.cochranepubliclibrary.ca/events](http://www.cochranepubliclibrary.ca/events)

**GET IN WHAT'S HAPPENING - Submit your event to [www.bvcoffeeneews.ca](http://www.bvcoffeeneews.ca) and be seen here by thousands of readers each week. Please give 6 weeks notice**

## Trivia

1. Sensory awareness of your body's movement is proprioception, kinesthesia, or both?
2. This mountain has the highest peak in Malawi.
3. Arthur Conan Doyle or Agatha Christie wrote The White Company in 1891?
4. World's Fair is an international exposition of industrial, scientific, cultural items—T/F?
5. What was the first commercial company to send humans to space?

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

Feeling a little **STReSSed?**

Relax with... **Coffee News**

"NEWS TO BE ENJOYED OVER COFFEE!"

See the difference quality makes

**MSG Construction Services**  
Geperit Myers Project Manager  
403.542.7485  
[info@m5gconstructionservices.com](http://info@m5gconstructionservices.com) / [m5gconstructionservices.com](http://m5gconstructionservices.com)

- ✓ Handyman Services
- ✓ Drywall and Paint Repairs
- ✓ Stipple Ceiling Repairs
- ✓ Commercial Renos
- ✓ Flood Restorations
- ✓ Complete Renovations

ART OF TEA

The Perfect Gift for Tea Lovers

We've made holiday shopping easy!  
Save 15% on all teas, teaware, and gifts at [ARTOFTHEADEAL.COM/59](http://ARTOFTHEADEAL.COM/59) with code MB15.

Code MB15 valid on online orders placed until December 31, 2023, at 11:59 PM PST. Discount does not apply to gift cards, wholesale orders, or Tea of the Month Subscriptions. Code cannot be combined with any other offer or discount.

## Congratulations

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

**Jodie Magee** found "Beans" at **Rockies Tavern** in Bragg Creek

**Coffee News**

Enter today for your chance to win!  
[www.bvcoffeeneews.ca](http://www.bvcoffeeneews.ca)

**Home Inspections and Air Quality Testing for Asbestos, Mold and Radon**

**Valley View**  
INSPECTION SERVICES  
**855.477.2280**

Lenny Roseier  
Certified CanNACHI Inspector

**ingen**

CLAIM YOUR **14-DAY RISK-FREE TRIAL!**

**PORTABLE OXYGEN FOR YOUR ON-THE-GO LIFESTYLE**

Call us toll-free at **1-833-301-1878**

\*14-day risk-free trial. Return within 30 days of purchase for a full refund of purchase price.  
PMS202428 EN - EX - USA | Do Not Copy © 2023 Ingen, Inc.  
3011 Colman Drive, Golden, CO 80117  
Ingen® is a trademark of Ingen, Inc. The usage of any Ingen, Inc. trademark is strictly forbidden without the prior consent of Ingen, Inc. All other trademarks are trademarks of their respective owners or holders.

Congratulations to our most recent winners of a prepaid \$400 Visa card!

**Braithwaite Boyle Injury Law** 800-440-8298  
It's The Only Law We Do - Since 1986  
Free Initial Consultation

For contest rules, visit [www.accidentinjurylawyer.com/coffeeneews](http://www.accidentinjurylawyer.com/coffeeneews)

<b>Aug. 1 Draw Winners</b> Fiona L. from Edmonton Paige H. From Red Deer Ellery T. from Calgary	<b>Sept. 1 Draw Winners</b> Emily J. from Sherwood Park Preston H. from Edson Sandy P. from Calgary	<b>Oct. 1 Draw Winners</b> Cassi S. from Edmonton Walter A. from Calgary Karen P. from Okotoks
--	--	---

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

YOUR CONTACT INFORMATION IS SAFE WITH US!

For contest rules and recent winners, visit [www.accidentinjurylawyer.com/coffeenews](http://www.accidentinjurylawyer.com/coffeenews)



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

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!

**DO THE MATH!**

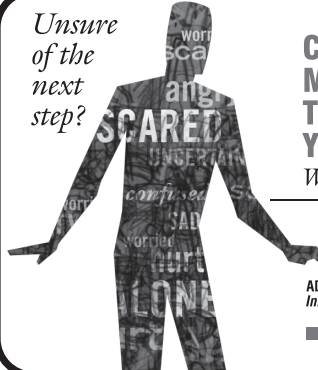
If you advertise in a monthly publication, your ad is seen 12 times a year.  
If you advertise in a bimonthly publication, your ad is seen 6 times a year.

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

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



**HIP OR KNEE REPLACEMENT?**

THE DISABILITY TAX CREDIT ALLOWS FOR A

**\$2,500** YEARLY TAX CREDIT  
**\$30,000** LUMP SUM REFUND

COPD, 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

**TOP \$\$\$ PAID FOR SCRAP CARS**

**DJ'S TOWING AND SCRAP CAR REMOVAL**



CALL FOR A QUOTE:  
**403.922.2412**

## Your Weekly Horoscope

**ARIES**  
(March 20 - April 19)



Aries sometimes impulsively speak before they completely think through their words. Be aware of this dynamic for the next two months because it may create a conflict for you. Lucky numbers: 7, 15, 22, 28, 30, 31.

**TAURUS**  
(April 20 - May 20)



Taurus-born are usually well grounded in their beliefs and actions. This week may present you with a situation that requires you to make an adjustment to ensure greater success. Lucky numbers: 11, 16, 33, 34, 36, 39.

**GEMINI**  
(May 21 - June 20)



The beginning of this week may be a good opportunity to complete an endeavour you have worked on for the previous month. Evaluate what to change, but wait to act. Lucky numbers: 4, 10, 15, 16, 27, 34.

**CANCER**  
(June 21 - July 21)



You may find yourself particularly emotional at midweek. Express this productively, if you can. Otherwise, take a step back for a few days until this energy passes. Lucky numbers: 14, 15, 20, 38, 40, 47.

**LEO**  
(July 22 - Aug. 22)



Your ability to express the joy of your personality may be heightened at week's end. If you have time, perhaps you can seek an opportunity to take an enlightening journey. Lucky numbers: 10, 13, 15, 19, 21, 28.

**VIRGO**  
(Aug. 23 - Sept. 22)



Unlike some other signs, Virgos generally don't seek out the spotlight. However, for the next couple of months, your precise and detailed work style could be positively highlighted. Lucky numbers: 7, 12, 15, 23, 35, 46.

**LIBRA**  
(Sept. 23 - Oct. 22)



The qualities of Libras can make them good leaders. If you have been reluctant to step into this role, you may have an opportunity to do so in the next two months. Lucky numbers: 3, 5, 9, 10, 13, 14.

**SCORPIO**  
(Oct. 23 - Nov. 21)



The deep intuition of Scorpios sometimes results in relationship difficulties. Right now you may have an opportunity to find a mentor to offer techniques to improve those interactions. Lucky numbers: 2, 12, 20, 26, 35, 41.

**SAGITTARIUS**  
(Nov. 22 - Dec. 20)



Sagittarians are excellent at communicating big ideas, but might overlook the details necessary for manifestation. Now may offer a potential to add a more grounded energy. Lucky numbers: 7, 12, 13, 34, 46, 47.

**CAPRICORN**  
(Dec. 21 - Jan. 19)



This week you may be tempted to dig in your heels on something. Perhaps you should ask yourself if this is in alignment with your highest values, and act accordingly. Lucky numbers: 5, 17, 23, 34, 40, 42.

**AQUARIUS**  
(Jan. 20 - Feb. 18)



Aquarians often focus on serious issues of concern to large groups or humanity overall. While these are serious, you may want to consider adding more joy to achieve balance. Lucky numbers: 1, 2, 6, 9, 25, 29.

**PISCES**  
(Feb. 19 - March 19)



You may feel confused this week about how to proceed. Consider an adjustment to align your endeavours and efforts with whatever objectives you are passionate about achieving. Lucky numbers: 6, 9, 35, 38, 46, 47.

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

## Did You Know...

**Small but mighty:** Eagles and hawks often come to mind as birds of prey. But Southeast Asia's black-thighed falconet (*Microhierax fringillarius*), only 14-16 centimetres (5.5-6.3 in.) long, can pounce on lizards and small birds.

**Distance traveled:** Most drivers know that a car's odometer shows how far the vehicle goes. Samuel McKeen of Nova Scotia, Canada, invented an early version of this instrument in 1854.

**Indian food:** Café Lota, in the New Delhi National Crafts Museum, is almost as much of a draw as the museum! The café features an array of dishes from all across India, such as Uttarakhand black bean curry.

**Sundogs:** Those beautiful, arched beams of coloured light that may appear beside the sun on a cold day are called "sundogs." They occur when the sun's light is refracted by ice crystals in the air.

**Great painter:** Canadian artist Lawren Harris (1885-1970) was an original member of the Group of Seven Canadian landscape painters in the 1920s and 1930s. The group's pioneering style was internationally known.

## On the Lighter Side

Knock! Knock! Who's there? Yellow. Yellow who? Yellow! And how are you today?

What's the last thing a writer will ever write? The End.

I didn't know she had false teeth until things came out. In the conversation.

A chicken crossing the road is poultry in motion.

Patient: "What's wrong, doc?"  
Doctor: "You have 'pedestrian eyes.' They look both ways before they cross."

## Answers

Trivia answers: 1. Both 2. Mt. Mulanje 3. Arthur Conan Doyle 4. True 5. SpaceX

For available franchise opportunities - visit [coffeenewscanada.com](http://coffeenewscanada.com)  
© Published with Permission by Mad Mama Marketing

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



pause4change  
rescue foundation  
[www.pause4change.com](http://www.pause4change.com)

DONATE VOLUNTEER FOSTER

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...

Recipe of the month

**Roasted Chicken and Brie Holly Mini Bites**

1 French bread baguette (10-1/2 ounces)  
1/4 cup mayonnaise  
1-1/2 teaspoons garlic paste  
12 slices deli chicken, halved  
1/4 cup apple jelly  
1/4 cup fig preserves  
24 fresh baby spinach leaves  
4 ounces mini Brie cheese wheel  
1/3 cup sweetened dried cranberries

Prep Time: 20 min. Broil: 5 min. + cooling Yield: 2 dozen

1 Preheat broiler. Cut baguette into 24 slices; place on foil-lined baking sheets. Combine mayonnaise and garlic; spread evenly over baguette slices. Add a half slice of chicken to each. Combine apple jelly and fig preserves; spread evenly over chicken.

2 Add one baby spinach leaf to each slice. Standing the Brie wheel on end, cut crosswise into six narrow slices. Lay slices flat; cut each into four wedges. Add one cheese wedge to each baguette. Top with 3 cranberries. Broil 3-4 in. from heat until cheese is melted, 1-2 minutes. Cool 5 minutes before serving.

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



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



**Lock out your competition!**

Coffee News only allows one advertiser from each industry, so when you advertise your business, your competitors can't.

Call to lock out your competitors today!

**6 GARNEAU GATE**

RE/MAX House of Real Estate



\$639,900

So much natural light, and the views are spectacular!

Call me to view!

**Dione J. Irwin**  
ASSOCIATE

403.970.9424  
[www.dioneirwinteam.com](http://www.dioneirwinteam.com)

Real Experience. Real Results.

**Lee Edwards** Associate  
403.540.0540  
[lee@braggcreekrealestate.com](mailto:lee@braggcreekrealestate.com)

Proudly Serving Cochrane, Springbank, and Bragg Creek

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



Canyon Creek

[www.braggcreekrealestate.com](http://www.braggcreekrealestate.com)

