

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

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

ART OF TEA

The Perfect Gift for Tea Lovers

We've made holiday shopping easy! Save 15% on all teas, teaware, and gifts at ARTOFTEADEAL.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.

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

REVIVE cannabis

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

Experience the Difference at Revive Cannabis

403-227-0267

4917-50st Innisfail

10am-8pm Mon to Sat

12 -6 Sunday

Locally Owned & Locally Operated

no minors permitted

6 GARNEAU GATE

RE/MAX House of Real Estate

CARSTAIRS

So much natural light, and the views are spectacular!

Call me to view!

Dione J. Irwin ASSOCIATE

403.970.9424

www.dioneirwinteam.com

Fully dev. w/out bungalow

True oasis with oversized garage

Huge primary suite

\$639,900

THE BEST IN **Vein Treatment** SERVICES

Tired of ugly veins? We offer sclerotherapy to remove unsightly spider, reticular and varicose veins. And best of all - no downtime!

Call now: **403-335-8829**

SILVERFERN AESTHETICS AND VEIN MEDSPA

2028-17 AVENUE, DIDSBURY
SILVERFERNMEDSPA.COM

FRIENDLY PROFESSIONAL STAFF

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

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. 49 December 4, 2023

Everybody's Talking

Good driver: A little boy from Turkey is proving to be quite a good driver. Zayn Sofuoglu is under five years of age and isn't even tall enough to see out of the windshield, but that doesn't stop him from driving better than most adults with licences. Zayn comes by his talent honestly: his father is Kenan Sofuoglu, a famous motorcycle racer. Watching and getting lessons from his dad has allowed little Zayn to develop great expertise in manoeuvring vehicles. He uses a special in-car camera that shows him where he's going. The kid is so good that his dad lets him take his Ferrari out for a whirl in the driveway without a worry.

Different dish: A restaurant in Osaka, Japan, has an item on its menu that is raising eyebrows, but gaining fans. The restaurant is called Franken, and it is now serving bowls of spicy miso ramen with a slab of strawberry shortcake on top. A senior chef at Franken is sure that this is a winning combination because the spongy cake soaks up the soup to make its spiciness perfect. Called Ramen x Shortcake, the concoction was not created overnight. Rather, there were many attempts to get it right. And this bowl of soup has a unique look: white shortcake topped with a juicy strawberry, floating in a bowl of delicious red broth.

Strong man: A nonagenarian from Venice, California (U.S.) is thought to be the oldest man who is actively bodybuilding. Jim Arrington started to lift weights when he was a teenager, after spotting a bodybuilding magazine in a drug store. Using three-pound steel balls that his dad owned, he was able to begin building muscle and has been doing it ever since. Of course, he graduated to proper weights as he got stronger. At one time, he hoped to compete in the Mr. America contest, but soon realized that genetics prevented him from being in that category of bodybuilders. However, he kept it up and has remained healthy and strong well into his later years.

Strange song: Rainforest jungles in South America may sound like relaxing destinations. However, in some spots, they are also quite noisy, especially if capuchinbirds (Perissocephalus tricolour) live there. These unique birds, with their bald little heads and orange plumage, make quite a racket during mating season. The males are the ones who sing the loudest, and they do so by inflating air sacs on their throats, which help to amplify the sounds. That racket has been compared to a buzzing chain saw or even to a mooing cow. The male with the best song attracts the females, who flock around him like rock star fans.

Quoteable Quotes

"The Sun will rise and set regardless. What we choose to do with the light while it's here is up to us." —Alexandra Elle

"No one is too small to make a difference." —Greta Thunberg

What's Happening

Wednesday Nights in Olds. Social Dance. Modern Square Dance Club of Olds invites you to join our fabulous fun nights of Dance and socializing at Evergreen Hall 5237 - 52 St in Olds every Wednesday evening from 7-9:30pm Sept 20 - Dec 6, 2023. No partners or dance experience necessary.

TUESDAY Preschool Programs. Program offered at the Sundre and District Museum, every Tuesday from 130-3pm in the Museum Gallery. Suitable for preschool to Grade 3. Please donate 5 dollars, bring a healthy snack, inside shoes and water bottle.

TUESDAYS. Floor Curling in Olds. The Olds and District Evergreen Centre in Olds is hosting

FLOOR CURLING at 1 pm. Every Tuesday for 50 CENTS. Membership of The Olds and District Evergreen Club is 25 dollars for a season and you can join all the fun. **MON and WED. Carpet Bowling in Olds.** The Olds and District Evergreen Centre in Olds is hosting CARPET BOWLING at 945 am every Monday and Wednesday for 50 CENTS. Membership of The Olds and District Evergreen Club is 25 dollars for a season and you can join all the fun.

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. Do a plant's leaves or roots absorb sunlight during photosynthesis?
2. An ancient warship with three banks of oars was the bark, skiff, or trireme?
3. The Tasman Sea is located between Australia and _____?
4. Hesiod or Pan was the Greek god of woods, fields, shepherds, and flocks?
5. Vinegar is an acid (acidic) or a base (alkaline)?

(Flip bottom of page for answers)

© Published with Permission by Mad Mama Marketing

Unsure of the next step?

SCARED

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

Uh-oh.

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

CAM'S AUTOMOTIVE

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

WE ARE HIRING

Journeyman Heavy Duty Mechanic or Interprovincial Red Seal for On Road w/CVIP

3rd & 4th Year Heavy Duty Mechanic Apprentices (Must be actively registered in accredited program)

Full-time, Year Round Employment

- Competitive Wages
- Health Benefits & RRSP's
- Growth Opportunities
- Ongoing Training

WEST-CAN Seal Coating Inc.

EMAIL INQUIRIES TO hr@west-cansealcoating.com

For All Your Real Estate Needs

Tammy Ryrie

CONTACT ME TODAY:
403.848.3304
tryrie@gmail.com

RE/MAX real estate control abou

5008-50 St., Innisfail
O: 403.227.5571

EVERYONE DESERVES THEIR DREAM HOME

inogen

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.
PM2 20469 EN, EX, USA | In Only © 2023 Inogen, Inc.
303 Common Drive, Golden, CO 80117
Inogen® is a trademark of Inogen, Inc. The usage of any Inogen, Inc. trademark is strictly for identification without the prior consent of Inogen, Inc. All other trademarks are trademarks of their respective owners or holders.

BLOWN-IN INSULATION

RESIDENTIAL ATTICS SHOPS

GCC GRADY CLARKE CONTRACTING LTD.

403.636.1798

gradyclarkecontracting@gmail.com

REMOVAL OR TOP-UPS

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

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)

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.

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

TOP \$\$\$ PAID FOR SCRAP CARS

DJ'S TOWING AND SCRAP CAR REMOVAL

CALL FOR A QUOTE:
403.922.2412

Anxiety & Stress Doesn't need BIG Pharma

ACHIEVE
Mental Clarity And Emotional Calmness
With Our Personalized Alternative And Holistic Services
Call or Drop In Today

Perry Stang
Certified Fridologist • Practical Herbalist

STANG'S HEALTH CENTRE
Stangs Health Centre
#2, 5001-49 Ave., Olds (west of Firehall)
403-556-6090

JOIN YOUR LOCAL MEN'S SHEDS Sundre TODAY!

A Men's Shed provides a safe and friendly environment where men can work on meaningful projects. Men work at their own pace, in their own time, in the company of other men.

Improve your physical and mental health through activities
Learn or teach new skills and find new opportunities and interests
Meetings at Greenwood Neighbourhood Place

Contact Tom for more info: 403.638.6617 | mensshedscanada.ca

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.

FOR EXPERT HELP:
1-844-453-5372

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.

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/coffee news

CONGRATULATIONS TO OUR MOST RECENT CONTEST WINNERS!

Sept. 1 Draw Winners Emily J. from Sherwood Park Preston H. from Edson Sandy P. from Calgary	Oct. 1 Draw Winners Cassi S. from Edmonton Walter A. from Calgary Karen P. from Okotoks	Nov. 1 Draw Winners Yolanda P. from Edmonton Bob P. from Calgary Sarah H. from Okotoks
--	---	--

Your Weekly Horoscope

ARIES (March 20 - April 19)

Midweek may bring an opportunity to address an old emotional issue. The energy now might have a joyful optimism that you could use to help heal the situation, if you reach for it. Lucky numbers: 15, 25, 31, 35, 39, 44.

TAURUS (April 20 - May 20)

Are you in a stalemate with a relationship partner? There may be an opportunity this week to improve the situation for both of you, but it could require more open communication. Lucky numbers: 4, 11, 17, 26, 34, 39.

GEMINI (May 21 - June 20)

Gemini's approach to people and situations is often from a rational perspective. However, adjusting your style and adding more heart into your efforts may be helpful right now. Lucky numbers: 3, 6, 8, 29, 31, 47.

CANCER (June 21 - July 21)

Have you been hiding in your shell the last few months, afraid that others will take advantage of your sensitive nature? Now may be the time to rectify the situation. Lucky numbers: 2, 24, 26, 27, 37, 39.

LEO (July 22 - Aug. 22)

The sunny optimism of Leo sometimes cannot see the impact of their actions on other people. You may have an opportunity now to adjust this pattern. Lucky numbers: 4, 14, 18, 21, 42, 44.

VIRGO (Aug. 23 - Sept. 22)

Is there something that you have been holding onto that you are now ready to release? The beginning of this week may be a good time to do so. Lucky numbers: 7, 24, 28, 39, 44, 46.

LIBRA (Sept. 23 - Oct. 22)

Your natural grace and charm may shine at week's end. It might be a good time to try to resolve any thorny issues with others, to the satisfaction of all. Lucky numbers: 10, 13, 15, 19, 22, 28.

SCORPIO (Oct. 23 - Nov. 21)

This may be a week when you are going to want answers. But be sure that you are emotionally ready for them, especially those regarding partners and close relationships. Lucky numbers: 1, 9, 14, 16, 35, 42.

SAGITTARIUS (Nov. 22 - Dec. 20)

In recent months, you may have felt unsure about who you are and what you believe. That dynamic could start to ease, but it may take some time to do so. Lucky numbers: 9, 12, 19, 23, 33, 41.

CAPRICORN (Dec. 21 - Jan. 19)

Capricorns are often seriously focused on successful accomplishments and legacy. However, you may have an opportunity now for some downtime with loved ones. Don't overlook it. Lucky numbers: 5, 11, 22, 34, 35, 37.

AQUARIUS (Jan. 20 - Feb. 18)

You may experience an issue in your relationship now. If so, resist any temptation to ignore it. Consider how to resolve the conflict now in a way that works for everyone. Lucky numbers: 8, 13, 15, 18, 47, 48.

PISCES (Feb. 19 - March 19)

Any confusion you have been experiencing could end, but it might take a while. Once things settle, consider investing your energy into something in line with your values. Lucky numbers: 12, 15, 18, 20, 34, 43.

Lucky numbers this week: This week's odds favour Libra winners with the luckiest number being 10.

Did You Know...

Fast food: Short-order cooks may get a bad rap because they often work in ordinary restaurants. But their task requires skill. They make simple meals quickly and to order, while endeavouring to maintain quality.

Long river: The Mississippi River (U.S.) is North America's second longest, 100 miles shorter than the Missouri River. Starting in Lake Itasca in Minnesota, the Mississippi runs about 2,350 mi. (3782 km) to the Gulf of Mexico.

Rules of the road: Bicyclists in Galesburg, Illinois (U.S.), need to keep both hands on the handlebars and both feet on the pedals. That's because fancy bike riding is outlawed in the city, including any kind of acrobatic actions.

Sticking together: What would the world do without Velcro to keep clothing and other things fastened together? Patented in 1955, Velcro was created by George de Mestral, a Swiss mountaineer and engineer.

Running mate: Animals who are well adapted to running, such as a horse or cheetah, are known as "cursorial" animals. The word is usually applied to animals who can run fast or for long distances at a constant speed.

On the Lighter Side

What's the best way to talk to a Viking? Norse code.

Did you hear about the kid who ran from New York to California? He needed to west.

I've just written a book on penguins. Paper would have been better.

Teacher: "I hope I didn't see you cheating on that test."
Student: "I hope you didn't either."

Knock! Knock! Who's there? X. X who? X me no questions, I'll tell you no lies.

Answers
Trivia answers: 1. Leaves 2. Treme 3. New Zealand 4. Pan 5. Acid

For available franchise opportunities – visit coffeenewsCanada.com
© Published with Permission by Mad Mama Marketing

This Space FOR RENT

780-220-6397

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

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

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

Bow Valley Coffee News

Sundre, get 100% pure fibre Internet.

Plans starting at just \$59.99/month!

Call 1-866-523-3193

Go beyond. xplora.ca/fibre Xplora

*Conditions apply. See website for details.

Locally Owned. Genuinely Canadian.

SUNDRE Home hardware building centre

Josh Hengen
Nicole Weatherbee
Dealer-Owners

[sundrehhbc](https://www.facebook.com/sundrehhbc)

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

Helping Adoptable Dogs and Cats Find Loving Homes

CAN YOU HELP?

pause4change
rescue foundation
www.pause4change.com

DONATE VOLUNTEER FOSTER

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