











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)





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

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





www.bvcoffeenews.ca amy@bvcoffeenews.ca 780-220-6397

Vol. 2023 No. 51 December 18, 2023

Olds, Innisfail,

Sundre and

Areas Edition

Everybody's Talking

Good food: Different regions of the world have their own iconic street foods. In North America, vendors serve hot dogs out of trucks, and in England, hungry folks can usually find a fish-and-chips seller. On the Caribbean island country of Guadeloupe, the most famous street food is bokit. It is a sandwich famous for its bread: crispy, delicious, and fried. With this special bread forming the base, what's inside the sandwich is up to the imagination. Common items are saltfish and conch, but can also be chicken, lamb, chickpeas, or whatever else a sandwich maker prefers. Then cooks add accompanying toppings, such as lettuce, cheese, peppers, and various sauces. Sweet versions are eaten as dessert.

Famous cat: Tourist attractions might include castles, parks or amazing architecture, but in one Polish city, a cat named Gacek is a top-rated must-see. The chubby black-and-white feline lives in Szczecin in the northeastern part of the country. Gacek became famous when a post about him spread on social media. Then people started visiting the street where he lives, just to see and pet him. The pampered kitty resides in a wooden box with a roof, which is placed by the door of a shop. The shop's proprietors take care of him, although they do not claim to own him. He has become known as the "King of Kaszubska Street," for good reason!

Mistaken identity Sleeping on the day he was scheduled to be released didn't pay for an inmate at the Cowlitz County Jail in Longview, Washington (U.S.). That's because his cellmate, Brian Francisco Roman, heard a guard calling the inmate's name. As the inmate was sleeping, Roman sprang into action and pretended to be the soon-to-be-released prisoner. The two men have a similar appearance, so the guard allowed Roman to pick up his cellmate's keys, wallet, and clothes, and walk away from the facility. Prison staff realized the mistake when the cellmate woke up and asked when he could leave. A day later, authorities found Roman and brought him back to his cell.

Lost love: The things people will do for love! Or, to be more accurate, for lost love. One young man in China apparently felt desperate after his girlfriend broke up with him. In a bid to win back her love, he knelt on the sidewalk in front of her workplace in Dazhou City, Sichuan Province. Holding flowers, he stayed there through rain and chill, for an entire day. People walked by him at first, but eventually crowded around to learn his story. Many tried to tell him that if his girlfriend hadn't come out by then, she probably wasn't going to. After 21 hours, the poor fellow finally gave up. Hopefully, his heart will heal soon.

Quoteable Quotes

"Creativity demands nothing less than all you have. Talent alone is never enough." —Erica Jong

"Never confuse movement with action." —Ernest Hemingway

What's Happening

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.

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.

THURSDAYS. Cribbage in Olds. The Olds and District Evergreen Centre in Olds is hosting CRIBBAGE at 130 pm every Thursday for 50 CENTS. Membership of The Olds and District Evergreen Club is 25 dollars for a season and you can join all the fun.

TUESDAYS. Line Dancing in Olds. The Olds and District Evergreen Centre in Olds is offering LINE DANCEING at 930 am Every Tuesday and Friday for a DOLLAR. 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. bvcoffeenews.ca and be seen here by thousands of readers each week. Please give 6 weeks notice

Trivia

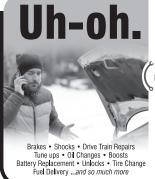
- 1. In which country can you find the Cape of Good Hope?
- 2. An opera solo is an aria, duet, or operetta?
- 3. The 2006 James Bond movie Casino Royale featured this type of poker game.
- 4. Bats use echolocation to navigate in the dark. Is it similar to sonar or GPS?
- 5. Membranes that cover openings in infants' skulls are called metatarsals-

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









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



✓ Efficient and honest
✓ Highly knowledgeable



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!



AESTHETICS AND VEIN MEDISPA

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



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

CENTRE

Book your own rejuvenating retreat,



Deep Tissue Massage Aqualead

Aromatherapy Intense Healing Breath Work Crystal Therapy

124 River Avenue, Cochrane (above Bike Brothers)

kayla@positivehealing.ca POSITIVE HEALING www.positivehealing.ca

CRYSTALS | YOGA | ALTERNATIVE THERAPY



(Over)





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







Water Sample Service









Your Weekly Horoscope

(March 20 - April 19)



Be aware of being too aggressive or impulsive in what you say, especially at midweek. Remember that the holidays can

bring up negative triggers for those in your orbit. Lucky numbers: 5, 12, 16, 19, 34, 36.

(April 20 - May 20)



Things may be somewhat chaotic and in flux this week. You may be tempted to resist this change. Perhaps instead consider making an adjustment to better

navigate the waves. Lucky numbers: 4, 9, 16, 25, 33, 46.

GEMINI

(May 21 - June 20)



For the next few months, your focus may turn to how you can be of service to others. This could take you back over old territory in ways you might not expect. Lucky numbers: 1, 26, 27,

28, 31, 41. **CANCER** (June 21 - July 21)



You are approaching the six-month mark since your birthday. Did you initiate a new plan then? Are you making progress, or do you perhaps need

to adjust it now? Lucky numbers: 9, 15, 16, 25, 26, 44.

LEO

(July 22 - Aug. 22)



At midweek, you may run into challenges to what you are trying to accomplish. Adjusting your view of the situation to look for new options

could help resolve the issue. Lucky numbers: 7, 10, 23, 30, 35, 37.

VIRGO

(Aug. 23 - Sept. 22)



You may feel confused or out of sorts early this week. Take a deep breath and wait a few days. When this energy passes, you might feel back to

normal. Lucky numbers: 10, 14, 23,

(Sept. 23 - Oct. 22)



Libras usually go out of their way to be considerate of others. However, if you find at midweek that you are angry at someone, then stop and

ask yourself why. Lucky numbers: 8, 10, 15, 34, 36, 45.

SCORPIO

(Oct. 23 - Nov. 21)



Scorpios often have an intensity of personality that is stressful to maintain. Regular moments of decompression are helpful. An opportunity may be avail-

able to you for a few days at midweek. Lucky numbers: 3, 6, 13, 19, 29, 31.

SAGITTARIUS

(Nov. 22 - Dec. 20)



This week may be a good time to actively seek an opportunity to put your unique stamp onto an endeavour. Just be careful not to overpromise on

results. Lucky numbers: 15, 17, 18, 27. 35. 43.

CAPRICORN (Dec. 21 - Jan. 19)



Now may be a good time to set goals for the next year. But first, work to release any old beliefs or behaviour patterns that might no longer work

for you. Lucky numbers: 6, 10, 11, 12, 28, 30.

AQUARIUS (Jan. 20 - Feb. 18)



A life theme for many Aquarians is aiding their fellow humans. Now may be a good time to seek an opportunity to develop practical ideas to mani-

fest your goals. Lucky numbers: 7, 25, 37, 46, 47, 48.

PISCES (Feb. 19 - March 19)



A significant aspect continues that can help restructure your Pisces nature to be more effective in the mundane world. How can you make

progress on such efforts this week? Lucky numbers: 2, 4, 7, 23, 35, 36.

Lucky numbers this week: This week's odds favour Capricorn winners with the luckiest number being 11.

Did You Know...

Big bird: After the ostrich, the emu is the largest living bird, averaging over 1.75 metres (5.7 ft.) tall. Now found only in Australia, this flightless bird travels widely, looking for plants and insects to eat.

Swimming holes: Cenotes are large limestone sinkholes filled with ground or rainwater. Mexico's Yucatán Peninsula has several thousand, in open air and in caves. Some are peaceful and intriguing places to hang out.

Capital cities: The cities that are U.S. state capitals are sometimes unexpected. For example, the capital of New York is Albany, not New York City. And the capital of California is not Los Angeles, but Sacramento.

Taking flight: The sugar glider is a wee possum of Australia and southeast Asia. Named after its favoured food and its ability to glide between trees, the animal uses a membrane, called a patagium, that stretches between its wrists and ankles.

Wondrous road: Norway's 8.27 km (5.14 mi.) Atlanterhavsveien (Atlantic Road) connects Averøya Island to the mainland over a series of islets. Drivers encounter eight bridges, including the spectacular Storseisundet Bridge.

On the Lighter Side

A guy got a universal remote. He said, "This changes everything!"

Son: "Dad can you lend me some money?"

Dad: "Yes, but remember a fool and his money are soon parted." Son: "Yes, I just figured that out."

Knock! Knock! Who's there? Pasta. Pasta who? Past the salt and pepper, please.

Where does a power cord go shopping? The outlet mall.

Basketball players are so well-rested because taller people sleep longer.

Answers

Hold'em 4. Sonar 5. False Trivia answers: 1. South Africa 2. Aria 3. Texas

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



PORTABLE OXYGEN FOR YOUR ON-THE-GO LIFESTYLE

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



14-DAY

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







in one of the ads 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 big

THIS MONTH'S

Bow Valley Coffee News

or enter online at

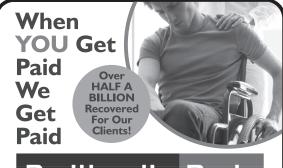


A Men's Shed provides a safe and friendly environment where men can work on meaningful projects. Men work at their own pace, in their own time, in the company of other men.

and find new opportunities and interests

Contact Tom for more info: 403.638.6617 | mensshedscanada.ca

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



Braithwaite Injury Law

Boul∈

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

