

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 MEDISPA
2028-17 AVENUE, DIDSBURY
SILVERFERNMEDISPA.COM

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

FRIENDLY, PROFESSIONAL STAFF

Uh-oh.

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

CAM'S AUTOMOTIVE INC.
FAMILY OWNED AND OPERATED
587-444-5802

Reasonably priced
Efficient and honest
Highly knowledgeable

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

Servicing Olds/Innisfail and Sundre

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

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

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

EMAIL INQUIRIES TO hr@west-cansealcoating.com

36+ Delicious Flavours!

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

and many more...

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

TROPICOOOL ICE CREAM

403.227.2222
Visit us today at Unit #104, 4911-50 Street | Innisfail

Helping Adoptable Dogs and Cats Find Loving Homes

CAN YOU HELP?

pause4change
rescue foundation
www.pause4change.com

DONATE VOLUNTEER FOSTER

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 Tridologist • Practical Herbalist

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

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. 2024 No. 3 January 15, 2024

Everybody's Talking

Long gallery: The subway system in Stockholm, Sweden, is more than just a place to catch a train to a destination. It is also a wonderful and unique art gallery. The Stockholm metro presents various art installations in many of the stations, rather than housing the art in a building. Passengers riding the subway can see beautiful artwork in the form of mosaics, sculptures, paintings, and more, all for the price of the train ticket they'd be buying anyway. At 110 kilometres (68 mi.), the subway has become known as the world's longest art gallery. The best times to ride and observe the art are weekdays in the middle of the day to avoid rush hour commuters.

Rule breaker: A woman from Australia lost respect from fellow athletes when she accepted a bronze medal that she did not rightly earn. Joasia Zakrzewski was in England to compete in an 80-kilometre (50-mi.) ultramarathon. Supposedly, she came in third; she accepted the medal and posed for photographs. However, organizers could clearly see in the race data that Zakrzewski had cheated because in a portion of the race, her running speed was unreasonably fast. When her leg was hurting, she had hitched a short ride in a friend's car, intending to withdraw from the race. But instead she resumed running without revealing that she'd cheated. The disgraced athlete's medal was given to the rightful third-place runner.

Ghost town: In the community of Wayne, in the western Canadian province of Alberta, visitors can imagine what life was like over a century ago. The location is about 150 km (93 mi.) northeast of Calgary. With the local coal mine long closed, Wayne is considered a ghost town. Still operating in a 1923 structure, the Last Chance Saloon and Rose Deer Hotel is decorated with artifacts, including a few framed bullet holes. Today, this little town has only a handful of permanent residents, but in the early 1900s, more than 3,000 called it home. Although just a hamlet with a history, Wayne welcomes many visitors looking for a unique slice of history.

Days off: There are good employers, and then there are great employers who design all kinds of incentives to keep their staff happy. An imported food company in China's Guangdong province is one of the great ones. At its general meeting, the administration provided amazing prizes that staff could win, including cash and a few extra days off. However, a young manager surnamed Lu surprised everyone by drawing the really big prize: a full 365 days off work, with pay. Lu was happy, but wondered who would do his work while he was away. The company gave him a choice: 365 days of vacation, or a regular work schedule with an extra yearly payment.

Quoteable Quotes

"Life is like riding a bicycle. To keep your balance, you must keep moving."
—Albert Einstein

"Character is doing the right thing when nobody's looking."
—J.C. Watts

What's Happening

Sundre District Museum Events. Sundre District Museum Preschool Programs every Tuesday 1:00 - 3:00 PM will continue into the new year. All are welcome.

Jan 20. Journaling at the Sundre Museum. Journaling - Making Something of Nothing Workshop, Jan. 20th from 1:00 - 3:00 PM.

Jan 26 and 27. Garage Sale in Olds. St. Stephen's CWL Annual Garage Sale is the last weekend in January. CASH ONLY. 930am-6pm on Friday Jan 26, and 9am-2pm Saturday Jan 27. Baked goods and lunch for purchase. 4302 57th Ave in Olds.

Feb 10. Journaling at the Sundre Museum. Journaling - Making Something of Nothing Workshop. Feb. 10th from 1:00 - 3:00 PM

July 30th 31st Central Alberta Antique Model Club Presents Antique Days Tractor Pulls, Royal Scot Train, Antique Buildings, Sawmill Demos, Petting Zoo, Homemade Cinnamon Buns, Threshing, Vendors. Admission \$5/person per day, Camping \$30/Weekend. 2mi. east 14 mi. s of Leslieville, AB. Text Vern 403-391-1305. Fun For All!

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

- Blue, red, and yellow are primary or secondary colours?
- Are termites known for eating plastic, wood, or carpet?
- This U.S. singer had sisters named Rebbie, Janet, and LaToya.
- What mountain range runs through France, Italy, Switzerland, Austria, and Germany?
- The Golden Ratio (1.618) is associated with the Avogadro, Dali, or Fibonacci sequence?

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

NOW OPEN IN COCHRANE!

ACCESSIBLE WELLNESS SOLUTIONS

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

PRIVATE & COUPLES Yoga

403-609-8716
124 River Avenue, Cochrane (above Bike Brothers)
kayla@positivehealing.ca
www.positivehealing.ca

CRYSTALS | YOGA | ALTERNATIVE THERAPY

Book your own rejuvenating retreat, ...or one with a few of your friends!

POSITIVE HEALING

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.
203 Cowan Drive, Colton, CA 95317
Inogen® is a trademark of Inogen, Inc. The usage of any Inogen, Inc. trademark is strictly forbidden without the prior consent of Inogen, Inc. All other trademarks are trademarks of their respective owners or holders.

This Space FOR RENT

780-220-6397

GRC-RCMP

UN UNIFORME À VOTRE NOM VOUS ATTEND

A UNIFORM WITH YOUR NAME ON IT IS WAITING FOR YOU

carriersgrc.ca rcmpcareers.ca

TOP \$\$\$ PAID FOR SCRAP CARS

DJ'S TOWING AND SCRAP CAR REMOVAL

CALL FOR A QUOTE: **403.922.2412**

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.

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)

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.

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

WIPE OUT INFLATION, GET THE CREDIT!

Locally Owned. Genuinely Canadian.

SUNDRE Home hardware building centre

Josh Hengen
Nicole Weatherbee
Dealer-Owners

sundrehhc

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

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.

radiobingo

NORTHERN ALBERTA | SOUTHERN ALBERTA
CFWE | **CJWE**

Play Monday, Thursday & Saturday at 6 p.m.

GUARANTEED \$10,000
ON SERIES 7 FULL CARD

2 GAMES GUARANTEED AT \$25,000
PER MONTH

For more information, visit **radiobingo.ca**

For All Your Real Estate Needs

Tammy Ryrie

CONTACT ME TODAY:
403.848.3304
tryrie@gmail.com

RE/MAX
5008-50 St., Innisfail
O: 403.227.5571

EVERYONE DESERVES THEIR DREAM HOME

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

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

Your Weekly Horoscope

ARIES
(March 20 - April 19)



Early this week, you may be very ambitious to achieve your goals. But be cautious about being too impulsive or getting angry with others, as either could jeopardize your success. Lucky numbers: 5, 7, 10, 20, 40, 47.

TAURUS
(April 20 - May 20)



This may be a good week to look for a new opportunity for success. Talking to others that you trust about what you are seeking may help manifest it. Lucky numbers: 6, 10, 12, 21, 37, 48.

GEMINI
(May 21 - June 20)



You may radiate Gemini energy to the maximum degree for a few days starting at the end of the week. Please remember to use kindness when speaking with others. Lucky numbers: 7, 14, 25, 43, 45, 48.

CANCER
(June 21 - July 21)



Do your emotions sometimes get the best of you in discussions with others? The astrological energy of the coming weeks may give you a more confident communication style. Lucky numbers: 1, 14, 36, 37, 42, 46.

LEO
(July 22 - Aug. 22)



Would others say that you are acting immaturely right now about a particular situation? How can you make an adjustment to your view or style to help resolve the matter? Lucky numbers: 4, 10, 23, 31, 33, 44.

VIRGO
(Aug. 23 - Sept. 22)



Discussions with others may help move things forward over the next few weeks. You might be able to guide others in understanding what needs to be accomplished. Lucky numbers: 9, 11, 15, 16, 41, 42.

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

LIBRA
(Sept. 23 - Oct. 22)



Are you feeling burned out right now? The beginning of the week may be a good time to focus on yourself. You can't successfully help others if you are tapped out. Lucky numbers: 2, 8, 12, 40, 41, 46.

SCORPIO
(Oct. 23 - Nov. 21)



Your ability to clearly communicate your deeply intuitive insights continues this week. Have you figured out yet how to continue doing so, once this astrological aspect passes? Lucky numbers: 10, 14, 22, 35, 43, 45.

SAGITTARIUS
(Nov. 22 - Dec. 20)



Your heart and mind may be out of sync at the end of the week. You might want to wait a few days before making any important decisions or taking action. Lucky numbers: 11, 12, 17, 18, 32, 34.

CAPRICORN
(Dec. 21 - Jan. 19)



A significant insight may emerge from your unconscious at the end of the week. It might be helpful to talk about it to someone who you know you can trust. Lucky numbers: 8, 11, 17, 19, 33, 37.

AQUARIUS
(Jan. 20 - Feb. 18)



If you seek them, hidden opportunities may emerge early this week for you to achieve a desired goal. Use discernment and common sense to decide which ones to pursue. Lucky numbers: 4, 7, 9, 11, 18, 30.

PISCES
(Feb. 19 - March 19)



This week may be a good time to create practical ways to manifest your "castles in the air." If you encounter naysayers along the way, you can choose to ignore them. Lucky numbers: 3, 4, 10, 11, 17, 41.

Did You Know...

Crowd of pink: One island in the Bahamas, called Great Inagua, is home to more than 80,000 West Indian flamingos and fewer than 1,000 people. Inagua National Land and Sea Park covers nearly half of the land mass.

Fun for baby: Parents of fussy babies can thank Olivia Poole for making their lives easier. The Ojibwe woman from North Dakota (U.S.) invented the Jolly Jumper, patented in 1957 in Canada, where she had moved.

Sweet smell: A perennial wildflower known as the chocolate daisy (*Berlandiera lyrata*) grows in Mexico and the southwestern United States. Its yellow petals bloom at night, releasing a chocolate-like aroma.

Versatile spice: Unripe green mangoes that are dried and crushed results in a spice called amchoor powder. This citrusy flavouring is used in meat and vegetable dishes of North India.

Be careful: A stretch of beach in Oaxaca, Mexico, is beautiful, but dangerous. Playa Zipolite, which means "Beach of Death," has strong undercurrents that can be very hazardous to swimmers.

On the Lighter Side

Have you ever met a funny sewing machine? It keeps everyone in stitches.

I saw a ball in the sky, wondered why it was getting bigger, then it hit me.

Son: "Dad, there's a man at the door with a bald head."
Dad: "Tell him I already have one!"

Knock! Knock! *Who's there?* Pudding? *Pudding who?* Pudding on shoes before pants is a bad idea.

It's time to sell the vacuum cleaner. It's just gathering dust.

Answers

Trivia answers: 1. Primary 2. Wood 3. Michael Jackson 4. Alps 5. Fibonnacci

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

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.

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/coffeenews

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

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

Alberta Health Services Access Mental Health

MATTERHORN FOREST ENTERPRISES LTD.

WE OFFER YEAR-ROUND TREE SERVICES

Hazard Tree Removal
Tree & Hedge Trimming/Pruning
Stump Grinding • Fireproofing
Tree & Shrub Planting

Free Quotes 403-638-2796 • 403-559-8780
www.matterhornforest.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

BLOWN-IN INSULATION

RESIDENTIAL ATTICS SHOPS

GCC
GRADY CLARKE CONTRACTING LTD.
403.636.1798
gradyclarkecontracting@gmail.com

REMOVAL OR TOP-UPS

[GRADYCLARKECONTRACTING](http://www.facebook.com/GRADYCLARKECONTRACTING)