

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/coffeeneews

inogen

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.

PM2.5 20469 EN, EX, USA (c) 2023 Inogen, Inc. 3033 Coleman Drive, Colorado, CA 98127. 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.

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



Congratulations

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

Curtis Cook
found "Beans" at The Pitt in Olds

Coffee News

Enter today for your chance to win!

www.bvcoffeeneews.ca



FREE!

New Issue Every Week!

Coffee News®

"News To Be Enjoyed Over Coffee"



www.bvcoffeeneews.ca
amy@bvcoffeeneews.ca

Vol. 2024 No. 6 February 5, 2024

Olds, Innisfail, Sundre and Areas Edition
780-220-6397

Everybody's Talking

Underground accomodation: Wales is home to a hotel that is purported to be the deepest in the world. Aply named the Deep Sleep Hotel, it is located in an abandoned slate mine in the Snowdonia mountains. At 1,375 feet (419 m) below ground, getting there is quite an adventure for overnight guests. Guided by a trip leader, they have to hike for 45 minutes on mountain paths. Then, they are suited up with gear and taken down a challenging descent path in the mine. After that, they settle into very comfortable cabins and are provided with an expedition-style meal. The next day, staff members wake the visitors for the steep trek back up to the surface.

Shoddy work: In a village in India's Maharashtra state, residents have every right to complain about poorly done work. Folks in Karjat-Hast Pokhari had been looking forward to getting blacktop installed on the area's rough roads. So they were thrilled when a construction company arrived to do the work. However, the residents soon realized that the company had taken a huge shortcut in the job: they put down canvas material, then covered it with a very thin layer of asphalt. Several locals soon realized the situation when they lifted up a corner and it folded like a carpet. Villagers have made complaints against the contractor and the government department that hired them.

White line fever: The town may be small, but its authorities decided to fight hard to encourage speeding motorists to slow down. Baune, located in western France, sees many motorists speed over its streets as they navigate through the town's crossroads. Despite clear speed limit signs, drivers pay no heed and drive as fast as 100 km/h (60 mph) through the small town of 1,700 residents. To try to remedy the situation, the town painted confusing road lines. The continuous lines go this way and that, and often overlap. Drivers are slowing down to try to figure out what they are supposed to do. Hopefully motorists won't go back to their old ways anytime soon

Long race One ultramarathon starts from the pier in Santa Monica, California (U.S.), and ends at the welcome sign to the city of Las Vegas, Utah. Called The Speed Project, the length of the run is 340 miles (548 km) through the area's hot deserts, including Death Valley. The race is not advertised, there are no rules, and the participants must be invited to compete. Runners do not have to follow a particular route, but they are not allowed to run on highways. Started by Nils Arend and Blue Benadum in 2013, the race can be run solo, but it started out as a relay race for six team members

Quoteable Quotes

"Whether or not you know it, you're the infinite potential of love, peace, and joy."
—Amit Ray

"Everything that irritates us about others can lead us to an understanding of ourselves."
—Carl Jung

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.

Tuesdays in Sundre. Sundre District Museum Preschool Programs runs every Tuesday 1 - 3 PM. Buy your 2024 Memberships. Call 403.638-3233 for details.

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

Feb 18,19. Sundre Musuem Winterfest. Winterfest at the Museum February 18th and 19th. Buy your 2024 Memberships! Call 403-638-3233 for details.

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 \$5person 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

1. The Greek goddess of peace was Athena, Eirene, or Aphrodite?
2. Singer Elvis Presley had a twin brother—T/F?
3. How many limbs does a squid have?
4. Toad Hall is featured in this children's book.
5. "The Lady and the Unicorn" tapestry is Musee de Cluny, the Met, or the Smithsonian?

(Flip bottom of page for answers)

© Published with Permission by Mad Mama Marketing

(Over)

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



pause4change
rescue foundation
www.pause4change.com

DONATE
VOLUNTEER
FOSTER

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

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.

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

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

Dec. 1 Draw Winners

Keisha W. from Edmonton
Wendy W. from Camrose
Tanya M. from Rimbey

HIP OR KNEE REPLACEMENT?

THE DISABILITY TAX CREDIT ALLOWS FOR A
\$2,500 YEARLY TAX CREDIT
\$30,000 LUMP SUM REFUND

Restrictions in Walking or Dressing may qualify.
FOR EXPERT HELP:
1-844-453-5372

WIPE OUT INFLATION, GET THE CREDIT!



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

BEST PRICES! FULLY STOCKED WALK IN HUMIDOR!



- 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

587-484-9005

4911-50 St., Innisfail (across from the Legion)

This Space FOR RENT
780-220-6397

THE BEST IN **Botox/Filler**

Reclaim your youthful looks! Botox and Fillers are an incredible way to combat wrinkles and reduce worry lines in the forehead, between the eyebrows, and smile and laugh lines.

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

SILVERFERN
AESTHETICS AND VEIN MEDISPA
2028-17 AVENUE, DIDSBURY
SILVERFERNMEDISPA.COM

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

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.

Mountain View Food Bank Society

Olds Provincial Building
5025-15 Street, Olds

Open Tuesdays
9 a.m. - 1 p.m.

Emergency Number: 403.556.1693



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

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

Recipe of the month
Stuffed Pizza Bites
 1 tube (13.80 ounces) refrigerated pizza crust
 1/4 cup prepared ranch salad dressing
 6 ounces pepperoni, finely chopped
 1 cup shredded pepper jack cheese
 1/4 cup shredded Romano cheese
 1/4 cup thinly sliced green onions
 1/4 cup chopped green pepper
 4 cooked bacon strips, chopped
 2 teaspoons Italian seasoning
 1 teaspoon garlic powder
 Optional: Marinara sauce or Alfredo sauce, warmed
 Total Time: 30 min. Yield: 1 dozen
 1 Preheat oven to 350°. Grease 12 muffin cups; set aside.
 2 On a lightly floured surface, unroll pizza crust. Spread ranch to within 1/2-in. of edge. Sprinkle with pepperoni, cheeses, green onions, green pepper, bacon and seasonings. Roll up jelly-roll style; pinch the edge closed. Cut crosswise into 12 slices. Place 1 slice in each prepared muffin cup.
 3 Bake until lightly browned, 20-25 minutes. Serve rolls warm, with marinara or Alfredo sauce if desired.
 Source: <https://www.tasteofhome.com>

TOP \$\$\$ PAID FOR SCRAP CARS
DJ'S TOWING AND SCRAP CAR REMOVAL
 CALL FOR A QUOTE: **403.922.2412**

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

Locally Owned. Genuinely Canadian.
SUNDRE Home hardware building centre
 Josh Hengen
 Nicole Weatherbee
 Dealer-Owners
403.638.3508 | Hwy 584 W, Sundre | info@sundrehhbc.com

Your Weekly Horoscope

ARIES (March 20 - April 19)
 How can you bring your purpose in line with your values? Look to any old wounds that may be clouding your judgment about next steps to achieve something worthwhile. Lucky numbers: 10, 11, 21, 30, 39, 40.

TAURUS (April 20 - May 20)
 A sudden or unexpected opportunity may surface this week. You might want to examine it carefully, especially if you are unsure if this possibility is what you want. Lucky numbers: 11, 16, 22, 27, 33, 41.

GEMINI (May 21 - June 20)
 Your intuitive and intellectual skills may be heightened in the next few weeks via the placement of Mercury, your ruling planet. How could you use these additional energies? Lucky numbers: 13, 17, 24, 26, 30, 32.

CANCER (June 21 - July 21)
 At midweek, your heart may be pulled in one direction and your head in another. You might consider waiting a few days to see if the current stalemate will ease. Lucky numbers: 5, 6, 9, 11, 20, 25.

LEO (July 22 - Aug. 22)
 For the next several weeks, you may have an opportunity to reach for a goal that aids others. But this might require that you put aside your own goals for now. Lucky numbers: 7, 11, 20, 25, 36, 43.

VIRGO (Aug. 23 - Sept. 22)
 Virgos often focus on small goals and objectives. For the next few weeks, you may have an opportunity to envision something larger. It might require that you adjust your viewpoint. Lucky numbers: 9, 12, 26, 36, 39, 44.

LIBRA (Sept. 23 - Oct. 22)
 For the next two weeks, addressing any challenges to your finances or in a relationship may be important. Making needed changes now could reduce potential future issues. Lucky numbers: 12, 19, 20, 21, 37, 40.

SCORPIO (Oct. 23 - Nov. 21)
 For the next few weeks, you may feel conflicted about who you are. Consider a deep dive into your psyche to gain understanding, seeking help if you need it. Lucky numbers: 3, 12, 15, 24, 38, 47.

SAGITTARIUS (Nov. 22 - Dec. 20)
 Your thought processes may be sharper and more clear for the next several weeks. How can you use this opportunity to initiate positive change within yourself, heading into the future? Lucky numbers: 7, 11, 19, 25, 31, 36.

CAPRICORN (Dec. 21 - Jan. 19)
 At midweek, your mind and emotions may be in sync. For a few days, this might provide an opportunity to start a project in alignment with your values. Lucky numbers: 7, 11, 19, 25, 31, 36.

AQUARIUS (Jan. 20 - Feb. 18)
 The end of the week may be a good time to communicate your goals to others, including those that will aid your community. Outline a plan they can help manifest. Lucky numbers: 6, 14, 15, 18, 24, 39.

PISCES (Feb. 19 - March 19)
 This week is full of energies that may help you find new opportunities, initiate action, and ask others to help. You might need to adjust your view of the goal. Lucky numbers: 1, 7, 15, 21, 36, 40.

Lucky numbers this week: This week's odds favour Aquarius winners with the luckiest number being 39.

Did You Know...

Garlicky goodness: While white garlic is well known, black garlic is made by carefully aging raw bulbs for a few weeks in hot and humid conditions. This process gives them a sweet and savoury flavour.

Boundary: The region between the U.S. and South America is called "Central America." But geographically, the North-South boundary is Panama's southern border, so Central America technically is in North America.

Plant meanings: Over eons, different flowers and plants carried different meanings, like red roses for love and orchids for beauty. Less positive associations include aloe for grief and striped carnation for refusal.

Unfinished palace: Neuschwanstein Castle in Schwangau, Bavaria, Germany, looks like the quintessential fairy tale castle. Bavarian King Ludwig II commissioned the palace, but died in 1886 before it was completed.

Five kids: Paul McCartney of Beatles fame has five children: Heather, Mary, Stella, and James (whose mother was Linda McCartney), and Beatrice (whose mother is Heather Mills). Beatrice was born in 2003.

On the Lighter Side

Never was there a more groundbreaking invention than the shovel.

My cellar is so damp that when I lay down some mouse traps, I catch fish!

Ernie: "Does your dog have a licence?"
 Bernie: "No, she's not old enough to drive."

Knock! Knock! *Who's there?* Rice. *Rice who?* Rice and shine, it's the first day of school!

Einstein developed a theory of space. And it was about time, too!

Answers

Trivia answers: 1. Eirene 2. True 3. 10 4. The Wind in the Willows 5. Musée de Cluny

For available franchise opportunities - visit coffeeneWSCANADA.COM

© Published with Permission by Mad Mama Marketing

YAMUSKA 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 yamuskawolfdogsanctuary.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, ACP/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)

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

36+ Delicious Flavours!
 Blueberry Cheesecake
 Moon Mist • Shark Attack
 Birthday Cake • Orange Float
 Cotton Candy • Bubble Gum
 Cookies & Cream
 We also have:
 Bubble Tea
 Milkshakes • Smoothys
 Hot & Iced Coffee
 ...with Plenty of Flavours!
TROPICOOOL ICE CREAM
 403.227.2222
 Visit us today at Unit #104, 4911-50 Street | Innisfail

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

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@bvcoffee.com or enter online at www.bvcoffee.com
 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

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

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
 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
 Visit us