

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



**ValleyView**  
INSPECTION SERVICES

**855.477.2280**

Lenny Roseler  
Certified CanNACHI Inspector

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

# Coffee News®

*"News To Be Enjoyed Over Coffee"*

**Cochrane Bragg Creek Edition**

**780-220-6397**

www.bvcoffeenews.ca  
amy@bvcoffeenews.ca

Vol. 3 No. 8 February 19, 2024



**WHEN YOU GET PAID We Get Paid**

# WHIPLASH COMPENSATION?

Get the whiplash compensation you deserve from a trusted team of experienced lawyers. **You pay nothing up front.** Not all injury claims are capped.

**1-800-661-4902**  
WhiplashInformationCentre.com

**Braithwaite Boyle**  
Injury Law 800-440-8298

It's The Only Law We Do - Since 1986  
Free Initial Consultation

Offices in: Edmonton, Red Deer, and Calgary  
ALBERTA OWNED AND OPERATED FOR OVER 35 YEARS




**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**

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

**Linda Rushfeldt**  
found "Beans" at A&W in Cochrane

**Coffee News**

Enter today for your chance to win!  
www.bvcoffeenews.ca



**Communities in Mind**

Co-op is working with the Mental Health Foundation to raise funds for mental health services in your community. Donate at your local Co-op food store, gas bar, liquor store, home centre, or scan the QR code to **DONATE TODAY!**

Central Alberta, Cornerstone, New Horizon, South Country, Westview

Mental Health Foundation  
We have a better future in mind.



**inogen**


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

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

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

14-day risk-free trial - Return within 30 days of purchase for a full refund of purchase price.

PM230469 EN, EX, USA | Ex Only © 2023 Inogen, Inc. 3031 Colman 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.



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



**it would have been seen now!**

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

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

CALL FOR A QUOTE: **403.922.2412**



**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!**



## Everybody's Talking

**Scribbled tattoo:** When getting a tattoo, clients choose designs that vary widely and, in the end, it's "to each their own." That's likely what many people say about tattoos by German artist Mykhailo, based in Berlin. One piece of this artist's work looks more like a child's scribbles, with squiggly looking flowers on scrawled stems, along with other lines that don't seem to have any connection to anything. However, the artist first drew the design with a marker, and the client said "yes" to it before the actual inking happened. Mykhailo said he knew the work would be controversial and provocative, which it proved to be on social media.

**Not a barn:** When apartment buildings allow residents to keep pets, that's usually understood to mean dogs, cats, birds, and maybe the odd goldfish. But a retired farmer in Sichuan Province, China, pushed the limits when he brought seven calves from his country home to keep as pets on his fifth-floor balcony. The presence of the mooing, smelly animals didn't go over well with the building's other tenants, who reported the man to the authorities. Luckily, the tenants' beefs were taken seriously, and the owner of the bovines had to give up his plan to keep the cows. However, he's tried to sneak them back in!

**Hummingbird haven:** An older lady from Mexico City is known for her ability to care for injured hummingbirds. In 2012, a friend brought one of the tiny birds to Catia Lattouf de Arida. Ever since then, she has been nursing the small pollinators back to health. When she realized this was her calling, she started researching the birds, and she has become an expert in their care. When they regain their health, she takes them to an unpopulated spot outside of the city to release them back to the wild. If they are unable to fly again, she provides a home for them in the refuge she has created in her apartment.

**Close call:** A father-son kayaking duo were in the right place at the right time when they came across an overturned boat in the Thompson River in the Canadian province of British Columbia. Chris Carlson and his teen son Ben found two men holding on to the capsized boat, yelling for help. One boater could not swim and the other's foot was tangled in a rope. The kayakers retrieved the boaters' life jackets, floating nearby, and managed to pull the men to shore. The boaters had been yelling but their shouts could not be heard from the shore over a nearby restaurant's loud music. Chris is proud of Ben for staying calm during the incident.

## Quoteable Quotes

"Act the way you'd like to be, and soon you'll be the way you act."  
—Leonard Cohen

"If you only read the books that everyone else is reading, you can only think what everyone else is thinking."  
—Haruki Murakami

## What's Happening

**Looking for something to do.** The Cochrane Library ALWAYS has fun events happening. Check out their website at [cochranepubliclibrary.ca](http://cochranepubliclibrary.ca) 405 Railway Street West

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

## Trivia

1. An epact is a period of time used to harmonize the solar and lunar calendars—T/F?
2. The famous cat at London's No. 10 Downing Street is Tabby, Larry, or Felix?
3. Who composed the opera Falstaff?
3. Who composed the opera Falstaff?
5. In the movie Casablanca, the cafe is called what?

(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!"



## This Space FOR RENT

**780-220-6397**

**We get you on the road again**

- Complete Suite of RV Repair Services
- Renovations
- Bearing Repack
- Solar
- Hail Damage
- Insurance Claims

Receive **25% Off** Winter Labour Rates for work done before 02.29.24

Bay 1 - 29 East Lake Way NE, Airdrie

**SWIFTRV repairs**  
403.919.4911

Visit [swiftvrepairs.com](http://swiftvrepairs.com) for full list of services!

**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

**PRIVATE & COUPLES Yoga**

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

**403-609-8716**

124 River Avenue, Cochrane (above Bike Brothers)

kayla@positivehealing.ca  
www.positivehealing.ca

**POSITIVE HEALING**

CRYSTALS | YOGA | ALTERNATIVE THERAPY



**Real Experience. Real Results.**

**Lee Edwards** Associate  
**403.540.0540**  
lee@braggcreekrealestate.com

Proudly Serving Cochrane, Springbank, and Bragg Creek

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

**MaxWell**  
Canyon Creek

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



**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**

**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

**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.

**See the difference quality makes**

**BEFORE** **AFTER**

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

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

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

Come home to **Smitty's**  
 Canada's Family Restaurant Since 1960  
 28 - 312 Fifth Ave., Cochrane | Open 8 am to 7 pm

ALL YOUR FAVOURITES... ALL DAY LONG

**HIP OR KNEE REPLACEMENT?**  
 THE DISABILITY TAX CREDIT ALLOWS FOR A  
**\$2,500** YEARLY TAX CREDIT  
**\$30,000** LUMP SUM REFUND

COVD, arthritis, and many other disabling conditions that cause **Restrictions in Walking or Dressing** may qualify.

FOR EXPERT HELP:  
**1-844-453-5372**

85% SUCCESS RATE!

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

**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](mailto:amy@bvcoffeeneews.ca) or enter online at [www.bvcoffeeneews.ca](http://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

# Your Weekly Horoscope

**ARIES**  
**(March 20 - April 19)**  
 Over the next year, an old wound may intersect with your life purpose. You may need to reach for the courage of Aries the Ram to navigate this dynamic now. Lucky numbers: 12, 13, 16, 22, 31, 37.

**TAURUS**  
**(April 20 - May 20)**  
 You may be very busy this week. Even so, try to be on the lookout for an opportunity that could give you a chance to exhibit new leadership skills. Lucky numbers: 4, 6, 7, 17, 31, 38.

**GEMINI**  
**(May 21 - June 20)**  
 Geminis can sometimes be a victim of having too many options. Narrowing them to those that can be successful for you and others might be helpful for you now. Lucky numbers: 13, 14, 24, 30, 36, 42.

**CANCER**  
**(June 21 - July 21)**  
 Early this week, you may have the chance for an emotional reset. If you are retreating into your shell, this might be an opportunity to set new rules of engagement. Lucky numbers: 7, 8, 13, 17, 24, 36.

**LEO**  
**(July 22 - Aug. 22)**  
 During midweek, your natural enthusiasm and charm may be heightened. Your ability to shine could provide an opportunity to secure the help of others in your endeavours. Lucky numbers: 3, 12, 38, 41, 42, 46.

**VIRGO**  
**(Aug. 23 - Sept. 22)**  
 Are you a bit overwhelmed with everything on your plate? The end of the week may be a good time to sort out what to drop and what might be best to complete now. Lucky numbers: 1, 3, 19, 23, 42, 48.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 3.

**LIBRA**  
**(Sept. 23 - Oct. 22)**  
 Others sometimes take advantage of a Libra desire to please. If this applies to you, the next year may offer an important opportunity for you to finally break this pattern. Lucky numbers: 7, 13, 16, 19, 26, 30.

**SCORPIO**  
**(Oct. 23 - Nov. 21)**  
 Your ability to obtain intuitive insights may be heightened in the next month. You might have an opportunity to incorporate more empathy into your communication style. Lucky numbers: 6, 8, 25, 27, 44, 46.

**SAGITTARIUS**  
**(Nov. 22 - Dec. 20)**  
 For the next month, you may run into obstacles in your endeavours. It might help to remember one theme for Sagittarius is egalitarianism. How does that fit into your goals? Lucky numbers: 8, 14, 17, 24, 39, 40.

**CAPRICORN**  
**(Dec. 21 - Jan. 19)**  
 Your heart and mind may be at odds early this week. Is there a win-win resolution? You might want to hold off for a few days on making an important decision. Lucky numbers: 11, 14, 28, 30, 38, 45.

**AQUARIUS**  
**(Jan. 20 - Feb. 18)**  
 A decade from now, you may look back at this time as a critical "fork in the road" moment. In choosing your path, be clear and conscious of your motivation. Lucky numbers: 2, 5, 9, 12, 42, 44.

**PISCES**  
**(Feb. 19 - March 19)**  
 Your birthday month is a good time to set goals for the next year. This time you may want to make an adjustment to incorporate your values into your endeavours. Lucky numbers: 5, 9, 11, 26, 27, 30.

## Did You Know...

**Deep spot:** The deepest ocean spot in the world is within the Mariana Trench, in the western Pacific Ocean. The Challenger Deep is approximately 10,935 metres (35,876 ft.) deep.

**Starting young:** American actor Burt Reynolds (1936-2018) had many television and movie roles during his acting career. Taking an acting class during college in the mid-1950s set him on the road to his well-known career.

**Mating call:** Male Gunnison sage-grouse put on quite a performance to attract a mate. They inflate air sacs on their necks, then slide the sacs under their wings and slap them together for swishing and plopping sounds.

**Tart berry:** Lingonberries are small, deep red, and quite tart. They grow in Scandinavia and northern North America. Rarely cultivated, they are harvested from the wild and used to make jams and jellies.

**Real ID:** Using a fake name when checking into a hotel in the American town of Buckeye, Arizona, is illegal. Even celebrities, who don't want to draw the attention of the public, must use their real names.

## On the Lighter Side

Flip: "Are your blinds drawn?"  
 Flop: "No, they're real blinds."

Knock! Knock! *Who's there?* Colin. *Colin who?* Just Colin do see how you are doing.

Two parakeets were standing on a perch. One says, "Do you smell fish?"

Where did Robin Hood buy his flowers? Sherwood Florist.

Ceiling fans: "Wow, look at that ceiling! What a great paint job! It's so high up there!"

**Answers**  
**Trivia answers:** 1. True 2. Larry 3. Giuseppe Verdi 4. Tiber S. Rick's

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

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

**Grand Alaskan Cruise & Tour**

12 DAYS: **MAY-SEPT 2024 DEPARTURES**  
 Starting at **\$2149**  
**\$1899 USD**

**YMT vacations** **1-855-564-2561**  
 USE PROMO CODE: YMT2024 8AM-8PM EST MON-FRI  
 Price per person based on double occupancy plus \$299 tax service/gov't fees. Ask your Travel Consultant for terms & conditions. Add-on airfare with transfers available from most major gateways. Call for details.

**Recipe of the month**

**Cheddar Broccoli Soup**

1 small onion, chopped  
 2 garlic cloves, minced  
 2 tablespoons butter  
 2 tablespoons all-purpose flour  
 1 can (14-1/2 ounces) beef broth  
 1-1/2 cups 2% milk

1 package (10 ounces) frozen chopped broccoli  
 1 teaspoon ground mustard  
 1 teaspoon Worcestershire sauce  
 1/4 teaspoon ground nutmeg  
 1 cup shredded cheddar cheese  
 Additional shredded cheddar cheese, optional

Prep/Total Time: 30 min. Yield: 4 servings

- In a large saucepan, saute onion and garlic in butter until tender. Stir in flour until blended. Gradually stir in broth; bring to a boil. Cook and stir for 2 minutes.
- Stir in the milk, broccoli, mustard, Worcestershire sauce and nutmeg. Bring to a boil. Reduce heat; simmer, uncovered, for 6-8 minutes or until heated through. Stir in cheese until melted. If desired, serve with additional cheese.

Ideal comfort food for chilly winter nights!

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

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](http://www.saskaberryranch.com)  
[phil@saskaberryranch.com](mailto:phil@saskaberryranch.com)  
 403-507-8994

DELIVERED TO COCHRANE EVERY 3 WEEKS

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

**PASSENGER & PARCEL SERVICES**

SHIP BY BUS

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

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

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

DONATE VOLUNTEER FOSTER

**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.