

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

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. 11 March 11, 2024

Everybody's Talking

Entertaining bird: Some people like to keep chickens as pets, and one popular, though expensive, breed is the Ayam Ketawa. The breed originated in Indonesia, and its name literally means "laughing chicken." The nickname describes the fowl's most unique feature: it makes laughing sounds that are similar to a human's. They are considered "longcrowsers." As well as entertaining their owners with their laughing voice, these birds are sociable and like to hang out with their people. In Indonesia, owners of Ayam Ketawa can join clubs devoted to the breed, and they even can enter their pets into competitions in which their laughing sound is judged.

Cover charge: The owners of a high-end, historic deli in Barcelona, Spain, got so fed-up with visitors who were "just looking" that they decided to charge 5 Euros for browsers. Queviures Murria is famous for its meats and groceries, and it has many regular customers. But visitors who were coming in just to look and not buy were starting to annoy the owners and crowd the shop. As a bit of a joke, the owners put up a sign about the charge but didn't really intend to enforce the rule. Turns out they didn't have to: the presence of the sign alone discouraged non-buyers from coming in to browse. So much for the picture-takers and penny pinchers!

Black sand and diamonds: Black sand is always interesting to see, but it is stunning on a particular beach in Iceland. That's because the darkly coloured sand forms the backdrop for chunks of ice that look like diamonds of all different shapes and sizes. The beautiful beach, located on the south coast of Iceland, is close to the Jokulsarlon Glacier Lagoon. Dislodged chunks of glacial ice find their way to the beach, which is commonly known as "Diamond Beach." This stretch of sand looks different every single day because the ice chunks melt, but then more pieces of ice come ashore to replace them.

Dog deal: An Iranian real estate broker got into trouble for signing over property to a dog. The situation occurred when a couple, who owned an apartment, wanted to leave their abode to Chester, their pet dog, because they had no human heirs. They found a real estate agent who agreed to oversee the transaction, which included drawing up the papers for the deal. The couple signed, and then helped Chester sign by moving his inked paw over the signature line. A video clip of the transaction went viral on social media, drawing the attention of authorities. The boss of the real estate agency was arrested for organizing a deal that has no legal basis

Quoteable Quotes

"I've learned that making a living is not the same as making a life."
—Maya Angelou

"If you cannot do great things, do small things in a great way."
—Napoleon Hill

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.

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. What does a konimeter measure?
2. Is dyspepsia also called indigestion or nausea?
3. An insect's hard outer shell is an exoskeleton or outer armour?
4. A misheard word, especially in a song, is called a missyllable or a mondegreen?
5. Is Santiago, Asunción, or Montevideo the capital of Uruguay?

(Flip bottom of page for answers)

© Published with Permission by Mad Mama Marketing

(Over)

FREE

Connected Canadians
Canadiens Branchés

Learn how to bank online
Register for one-on-one online banking support sessions and weekly workshops.

Supported by
TD TD READY COMMITMENT

connectedcanadians.ca/one-on-ones
1-877-304-5813

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

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!

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)

Uh-oh.

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

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



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

- ✓ Reasonably priced
- ✓ Efficient and honest
- ✓ Highly knowledgeable

Servicing Olds/Innisfail and Sundre

Visit us

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

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.

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

TOP \$\$\$ PAID FOR SCRAP CARS

DJ'S TOWING AND SCRAP CAR REMOVAL

CALL FOR A QUOTE:
403.922.2412

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

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

This Space FOR RENT

780-220-6397

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

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

403.227.2222

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

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 Fidoologist • Practical Herbalist

STANG'S
HEALTH CENTRE

Stangs Health Centre
#2, 5001-49 Ave, Olds (west of Firehall)
403-556-6090

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.

HIP OR KNEE REPLACEMENT?

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

CPD, 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!

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.

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

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

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

Drug Free Pain Relief That Actually Works

- Musculoskeletal Conditions
- Dermatological Conditions
- Neurological Conditions
- Cosmetic Applications
- Wound Healing

ACCELERATE YOUR RECOVERY

Precision Laser & Massage Therapy
#9, 4908-50 Ave., Olds
844.282.2321 | 403.907.0241

SCAN TO BOOK NOW

Your Weekly Horoscope

ARIES

(March 20 - April 19)



The potential for you to have moments of anger is still in effect early this week. Consider focusing within. Assess where you are, and your best next step. Lucky numbers: 17, 28, 29, 30, 41, 46.

TAURUS

(April 20 - May 20)



You may be tempted at midweek to dig in your heels. If your resistance doesn't break the obstacle, consider taking a deep breath and waiting a few days to act. Lucky numbers: 2, 7, 11, 19, 30, 48.

GEMINI

(May 21 - June 20)



Take stock of where you are right now. You may have an opportunity for an emotional reset from your experiences of the last month. How do you want to make use of it? Lucky numbers: 16, 23, 25, 29, 31, 48.

CANCER

(June 21 - July 21)



The end of the week may be a good time to retreat into your shell for a few days. Nurturing yourself could allow you to re-emerge better able to help others. Lucky numbers: 13, 15, 18, 23, 24, 33.

LEO

(July 22 - Aug. 22)



Many Leos have a natural leadership skill that can rally others to a common effort. You may operate best from your highest values, adjusting as needed to do so. Lucky numbers: 3, 13, 15, 16, 21, 48.

VIRGO

(Aug. 23 - Sept. 22)



Over the next few weeks, you may run into a challenge regarding love or finances. In finding a solution, compassion toward yourself and others could be helpful. Lucky numbers: 14, 15, 16, 17, 34, 42.

LIBRA

(Sept. 23 - Oct. 22)



During the next few weeks, the universe may present a challenge regarding your relationships. Consider it an opportunity to adjust your balance of self versus others. Lucky numbers: 11, 12, 14, 15, 31, 37.

SCORPIO

(Oct. 23 - Nov. 21)



The energy at midweek is one that is well-grounded. For the few days that it is in effect, tapping into this energy may be helpful, especially if you are feeling stressed. Lucky numbers: 7, 11, 15, 17, 29, 46.

SAGITTARIUS

(Nov. 22 - Dec. 20)



You may find yourself pulled into two different directions on how to proceed. Hitting the pause button and thinking things through for a few days may be helpful. Lucky numbers: 6, 13, 19, 20, 35, 43.

CAPRICORN

(Dec. 21 - Jan. 19)



Capricorns generally value self-reliance and sufficiency, in themselves and others. At week's end, a stalemate may require you to be more nurturing to yourself or others. Lucky numbers: 4, 5, 17, 26, 27, 35.

AQUARIUS

(Jan. 20 - Feb. 18)



You may be able to see an opportunity now that could transform a situation in yourself or your life. To find it, you might need to tap into a higher octave of the celestial sphere. Lucky numbers: 1, 6, 7, 8, 11, 28.

PISCES

(Feb. 19 - March 19)



Pisces-born generally have an empathetic, compassionate nature. These traits may be heightened in the coming weeks. Be careful not to let others take advantage of you. Lucky numbers: 9, 18, 22, 32, 38, 48.

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

Did You Know...

Eye-catching building: Australia's Sydney Opera House is recognizable by its shape, like a series of shells. The now-iconic structure took 16 years to complete, from 1957 to 1973, and is a major tourist destination.

Cat-like mammal: A racoon relative, cacomistles live in areas from the southern U.S. to Panama. Also called "miner's cat," the nocturnal animals reside high in trees. They can be tamed, but are considered exotic pets.

Needs light: Anyone wanting a bamboo plant in the house could choose a species called golden bamboo. These plants grow well in pots, but need to have a good source of light for six or eight hours per day.

Deep and dark: Photosynthesis can happen in the ocean's euphotic zone, the upper layer, which gets enough light. Deeper down is the disphotic zone, which has some light. Deeper still is aphotic zone, with no light at all.

Singing a song: The musical wren of South America is known for its amazing singing ability. This bird can sing a perfect octave, and sings in intervals of the fourth and fifth notes of the scale.

On the Lighter Side

Did you hear about the hungry clock? It went back for seconds. A singer was locked out of her house. She broke into song and couldn't find the key.

Todd: "Do you have holes in your socks?"
Odd: "Certainly not!"
Todd: "Then how do you get your feet in them?"

Knock! Knock! *Who's there?* Habit. *Habit who?* Habit your way, I'll come back later.

Why are French goats so musically talented? Because they are born with French horns.

Answers

Trivia answers: 1. Dust in the air 2. Indigestion 3. Exoskeleton 4. Mondegreen 5. Montevideo

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

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.
PM220469 EN, EX, USA | Rx Only © 2023 Inogen, Inc.
303 Commar Drive, Goleta, CA 93117
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.

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

Helping Adoptable Dogs and Cats Find Loving Homes

CAN YOU HELP?

pause4change
rescue foundation
www.pause4change.com

DONATE VOLUNTEER FOSTER

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>

Unsure of the next step?

CALL ACCESS MENTAL HEALTH TO DISCUSS YOUR OPTIONS.
We can help.

403.943.1500
1.844.943.1500 TF

ADDITION AND MENTAL HEALTH Information & Referral - Calgary Zone

Alberta Health Services Access Mental Health

WE ARE HIRING

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

3rd & 4th Year Heavy Duty Mechanic Apprentices

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