

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 or enter online at 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

FREE! *New Issue Every Week!*

Coffee News®

"News To Be Enjoyed Over Coffee"

Cochrane Bragg Creek Edition

780-220-6397

www.bvcoffeeneews.ca
 amy@bvcoffeeneews.ca

Vol. 3 No. 26 June 24, 2024

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

If this was your ad...

it would have been seen now!

Feeling a little STReSSed?

Relax with...
Coffee News

"NEWS TO BE ENJOYED OVER COFFEE!"

We get you on the road again

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

Bay 1 - 29 East Lake Way NE, Airdrie

SWIFTRV repairs
 403.919.4911

Visit swiftrvrepairs.com for full list of services!

BOOK YOUR SAFE 'N SOUND INSPECTION NOW!

THIS SPACE FOR RENT

OR SCAN HERE FOR MORE INFO

Call 780-220-6397

Congratulations

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

Trish Cech
 found "Beans" at Madann's Market in Cochrane

Coffee News

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

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.

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

Everybody's Talking

Unwanted advice: The British enjoy their tea and don't want outsiders telling them how to drink it. That's what American scientist and author Michelle Franci learned when she published a book that suggested adding a pinch of salt to make a cup of tea less bitter, an amount small enough that it couldn't be tasted. Good Morning Britain, a British breakfast program, said the notion felt like a crime. The controversy drew involvement from no less than the U.S. Embassy in London, which confessed Franci's suggestion had got them "in hot water." They joked that they would continue to make tea the proper way, by microwaving it. No word on how that advice landed.

Unhygienic husband: A court in Ankara, Turkey, approved a woman's request to divorce her husband, but the reason wasn't a typical one. In Turkish civil law, one reason for divorce is if life has become unbearable for one or both parties. The woman said she wanted a divorce because her husband had unbearable personal hygiene. She told a family court that her husband wore the same clothes for at least five days in a row, smelled stinky, and didn't shower often. Witnesses confirmed her claims. The court ordered her husband to pay her 500,000 Lira (TRY) for putting up with his poor personal hygiene.

Fast kid: Many people are familiar with Rubik's cube puzzles, which have six sides and 20 movable pieces. But then there's the 12-sided Megaminx, with 50 moving pieces. Aidan Granger is a 16-year-old student at Royal Wootton Bassett Academy, located in the British town of the same name. The teen cemented his status as a European Megaminx record holder and earned the 2024 title of the world's ninth fastest "speedcuber." Competitively solving puzzles like Rubik's cube or Megaminx is called speedcubing. The teen finished the Megaminx puzzle in only 31.41 seconds. He was competing against 200,000 speedcubers in the official World Cube Association competition.

Urban art: A street artist in Nerviano, a municipality in Milan, Italy, asks permission to apply his paint in public places. And because his art is so fascinating, the authorities usually say "yes" to Cosimo Cheone Caiffa. This self-taught artist makes 3D creations that look real, such as a man crawling out from under a bridge or a little boy leaning out of a window to give a flower to a passerby. His artwork really can transform dismal cityscapes into works of intriguing creativity. The artist initiates his designs on a computer, and when he's ready to hit the streets, he rounds up his paint cans and gets to work.

Quoteable Quotes

"Follow your dreams, transform your life." —Paulo Coelho
 "Only in the darkness can you see the stars." —Martin Luther King, Jr.

What's Happening

Looking for something to do. The Cochrane Library ALWAYS has fun events happening. Check out their website at cochranepubliclibrary.ca 405 Railway Street West

Weekly Thursday Meetings Non-profit weight loss support group meets at Bow Valley Baptist Church weekly 6:30 pm. Info available at tops.org

Sundays. Bragg Creek Farmers Market. Running every Sunday from Jun16 to Sep 22 from 10am to 3pm. Still room for vendors and food trucks. Email info@braggcreekca.com for all the info.

July 19 and 20. Bow Valley Boot Stomp. Don't miss Bow Valley Boot Stomp, Cochrane's new country music festival, July 19th and 20th, 2024. Details for this and all 2024 events available at quirksocial.ca.

Aug 11. Cochrane Food Fest. A day filled with flavours, fun, and family activities at the 4th Annual Cochrane Food Fest on August 11. Join us celebrating our local culinary scene in sample sized portions that are perfect for tasting. Were excited for another picnic in the PARK.

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. A monk lives in a monastery and a nun lives in a ____.
2. In Disney's animated movie, Robin Hood is portrayed as a badger or a fox?
3. Shakespeare's play The Tempest is named for a storm, earthquake, or flood?
4. What is the human body's buccal cavity?
5. The minimum depth of a hole in professional golf is 3, 4, or 6 inches?

(Flip bottom of page for answers)

Enjoy Reading Coffee News?

Tell our advertisers! They make the paper possible.

Discover the **Coffee News** Advantage!

Lock out your competition!

Coffee News® only allows one advertiser from each industry, so when you advertise your business, your competitors can't.

Call to lock out your competitors today!

COLD SHOT
 A DIVISION OF BALWARIA EMPIRE PVT. LTD.

PASSENGER & PARCEL SERVICES

GET YOUR REWARD CARD TO GET A FREE TICKET!

Parcel Website: www.coldshotca.com
 Passenger Website: www.coldshot.ca

TICKETS: 587-557-7719 | PARCEL: 587-557-7718

SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005

BOOK NOW FOR YOUR PRIVATE AND HOLIDAY PARTIES!

Come home to **Smitty's**

PROUD SPONSOR OF THE COFFEE NEWS CONTEST

Canada's Family Restaurant Since 1960

28 - 312 Fifth Ave., Cochrane | Open 8 am to 7 pm

ALL YOUR FAVOURITES... ALL DAY LONG

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

Need to talk?

988 is here for you. 24/7

Suicide & Crisis Helpline
 Call or text: 9-8-8

DistressCentre.com/988

TOP \$\$\$ PAID FOR SCRAP CARS

DJ'S TOWING AND SCRAP CAR REMOVAL

CALL FOR A QUOTE:
403.922.2412

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

85% SUCCESS RATE!

It's not just a generator. It's a power move.

Receive a free 5-year warranty with qualifying purchase* - valued at \$715.

Call 844-944-1991 to schedule your free quote!

*Terms and Conditions apply.

GENERAC

✓ Heating
 ✓ A/C
 ✓ Service

RD M
 Heating * Air Conditioning * Refrigeration

RUUD **PRO PARTNER**

403.620.3933 | rdmheatingandair@gmail.com

Thank You
 to all the distributors that display **Coffee News®**

We are proud to be partners with you in providing "News to enjoy over coffee!"

Interested in having us in your restaurant or coffee shop? Call us for availability in your area...

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

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!

Recipe of the month

Macaroni Coleslaw

1 package (7 ounces) ring macaroni or ditalini
 1 package (14 ounces) coleslaw mix
 2 medium onions, finely chopped
 2 celery ribs, finely chopped
 1 medium cucumber, finely chopped
 1 medium green pepper, finely chopped

1 can (8 ounces) whole water chestnuts, drained and chopped

Dressing:
 1-1/2 cups Miracle Whip or mayonnaise
 1/3 cup sugar
 1/4 cup cider vinegar
 1/2 teaspoon salt
 1/4 teaspoon pepper

Prep Time: 25 min + chilling Yield: 16 servings

1 Cook macaroni according to package directions; drain and rinse in cold water. Transfer to a large bowl; add the coleslaw mix, onions, celery, cucumber, green pepper and water chestnuts.

2 In a small bowl, whisk the dressing ingredients. Pour over salad; toss to coat. Cover and refrigerate for at least one hour.

The perfect recipe for June 18, National Picnic Day! (Or anytime you're in the mood for macaroni salad, but craving slaw, too!)

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

Your Weekly Horoscope

ARIES
(March 20 - April 19)

How are your past issues and wounds affecting your relationships now? This may be a good time to take a deep dive into your unconscious. Seek help, if needed. Lucky numbers: 12, 14, 16, 21, 29, 32.

TAURUS
(April 20 - May 20)

Is there something you want to advance that hasn't gotten traction before? If you present it in a new way at week's end, you may find that others are more receptive. Lucky numbers: 2, 4, 8, 16, 31, 37.

GEMINI
(May 21 - June 20)

Many Geminis share the quicksilver nature of Mercury, the sign's ruling planet. But over the next few months, you may be asked to slow down and reexamine your life. Lucky numbers: 11, 15, 19, 30, 44, 46.

CANCER
(June 21 - July 22)

Cancers often prioritize their feelings when making decisions. Over the next few months, you may have a chance to examine where this style does or does not serve you. Lucky numbers: 10, 13, 17, 18, 31, 35.

LEO
(July 23 - Aug. 22)

Your mind and emotions may be out of sync at the beginning of the week. What change could you make to reconcile the difference and achieve more balance in your life? Lucky numbers: 3, 10, 16, 31, 33, 39.

VIRGO
(Aug. 23 - Sept. 22)

During the middle of the week, your energy may feel confused and murky. If it is disrupting your normally disciplined routine, wait a few days for this dynamic to pass. Lucky numbers: 9, 10, 11, 17, 31, 41.

Lucky numbers this week: This week's odds favour Aquarius winners with the luckiest number being 33.

LIBRA
(Sept. 23 - Oct. 22)

Is there an outdated belief or behaviour that is holding you back from having more love in your life? How might you release it? Who could help you figure it out? Lucky numbers: 7, 22, 28, 30, 31, 38.

SCORPIO
(Oct. 23 - Nov. 21)

The intensity of Scorpios interacting with others can be difficult for both parties. At week's end, however, you may have an opportunity for more pleasant social interactions. Lucky numbers: 1, 16, 17, 19, 21, 25.

SAGITTARIUS
(Nov. 22 - Dec. 21)

Sagittarians sometimes closely connect their worldviews to their identities. In the next few months, you may need to reexamine where you are too rigid in this regard. Lucky numbers: 4, 5, 8, 10, 12, 34.

CAPRICORN
(Dec. 22 - Jan. 19)

Hard work and discipline are key words for Capricorn's success but they can be exhausting at times. For a few months, consider how to "work smarter, not harder." Lucky numbers: 5, 9, 16, 19, 33, 36.

AQUARIUS
(Jan. 20 - Feb. 18)

Early this week, you may find yourself in a centered space. How might you want to take advantage of this energy for the next few days, before it passes? Lucky numbers: 6, 30, 32, 33, 43, 44.

PISCES
(Feb. 19 - March 20)

You may find yourself going back over old territory during the next four months. Have you become more disciplined over the last year in creating structure in your life? Lucky numbers: 8, 10, 15, 21, 28, 34.

Did You Know...

Green children: Historians remain baffled by tales of two green-skinned children who appeared in Woolpit, Suffolk, England in the 12th century. No one knows exactly where they came from or why their skin was green.

Maple goodness: Anyone wanting the best and purest maple syrup should look to Canada. The country is well known for the quality of this product, which is made by boiling down sap from maple trees.

Busy intersection: Shibuya Crossing, in Tokyo, Japan, is possibly the world's biggest pedestrian crossing. People come from five directions, all crossing at the same time. The "Scramble" repeats every two minutes all day.

What's in a name: In 1946, Baltimore called its National Basketball Association team the Bullets, after a nearby ammunition foundry. In 1996, the current franchise adopted the less violent name of Wizards.

Pole star: *Stella polaris* is Latin for "pole star." Polaris, more commonly known as the North Star, is the brightest in the Ursa Minor constellation. Interestingly, "Polaris" has been used as a baby's name.

On the Lighter Side

Why don't computers eat anything? They don't like what's on their menus.

Eating a clock may seem like a good idea, but it's time-consuming.

I used to run a donut shop, but I got tired of the hole business.

Principal: "This is the fourth time you've been in my office this week."
 Student: "Well, I guess I'm glad it's Friday."

Knock! Knock! Who's there? Sasha. Sasha who? You make Sasha fuss!

Answers

Trivia answers: 1. Convent 2. Fox 3. Storm 4. The mouth 5. 4 inches

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

Support Coffee News!

The paper you have grown to love can't do it without readers like you...

Visit our advertisers
 Browse our website
 Like us on Facebook

Coffee News®
 "News to Enjoy Over Coffee"

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

ACCESSIBLE WELLNESS SOLUTIONS IN COCHRANE

THE VALLEY'S ALL-INCLUSIVE ALTERNATIVE THERAPY CENTRE

Start your journey today...

Positive Healing

ALTERNATIVE THERAPY | CRYSTALS | YOGA

AVAILABLE FOR PRIVATE AND GROUP SESSIONS, CLASSES AND RETREATS

We offer:
 Mind-Body Connection Therapies
 Healing Breathing Work
 Sound Therapy
 Quantum Healing
 Yoga

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

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.
 PM2 20469 EN, EX, USA | Ino Only © 2023 Inogen, Inc.
 3033 Common Drive, Cochrane, CA 99117
 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.

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
 phil@saskaberryranch.com
 403-507-8994

DELIVERED TO COCHRANE EVERY 3 WEEKS

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.ca • toesonthego.ca

Helping Adoptable Dogs and Cats Find Loving Homes

▶ CAN YOU HELP?

pause4change
 rescue foundation
 www.pause4change.com

DONATE VOLUNTEER FOSTER