

BEST PRICES! FULLY STOCKED WALK IN HUMIDOR!



La Havana TOBACCONIST
M-F, 9-9 | SAT, 10-9
SUN, 11-5

- 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)

HUGE VARIETY OF DISPOSABLE VAPES

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. 33 August 12, 2024

Recipe of the month

Peach Glazed Ribs

3 to 4 pounds pork baby back ribs, cut into serving-size pieces
1 can (15-1/4 ounces) peach halves, drained
1/3 cup soy sauce
1/4 cup canola oil

1/4 cup honey
2 tablespoons brown sugar
1 teaspoon sesame seeds, toasted
1 garlic clove, peeled
1/4 teaspoon ground ginger

Prep Time: 15 min Grill: 1.25 hrs Yield: 6 servings

- 1 Prepare grill for indirect heat, using a drip pan. Place ribs over drip pan. Grill, covered, over indirect medium heat for 60 minutes, turning occasionally.
- 2 Meanwhile, in a blender, combine the remaining ingredients; cover and process until smooth. Baste ribs.
- 3 Grill until meat is tender and juices run clear, 15-20 minutes longer, basting occasionally with remaining sauce.

A delicious, fruity alternative to the usual barbecue sauce for ribs

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

Helping Adoptable Dogs and Cats Find Loving Homes

CAN YOU HELP?



pause 4 change
rescue foundation
www.pause4change.com

DONATE VOLUNTEER FOSTER

Everybody's Talking

Bridge harmony: The famous Golden Gate Bridge in San Francisco, California (U.S.), is making a sound that's catching everyone's attention. People living nearby, even up to three miles (4.8 km) away, are hearing strange and sometimes musical noises coming from the bridge. This unexpected "singing" is a result of recent work done to make the bridge stronger during windy weather. While some folks find the sound unsettling, others find it strangely calming. As part of the project, some of the bridge's handrails are also being changed to let more air through. Officials say these changes are important for keeping everyone safe.

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)

City quiet: In warm city climates, summer brings a common headache. Open windows mean traffic noise flooding homes. Researchers at Nanyang Technological University in Singapore have a solution: a noise-canceling gadget. This device, resembling a grid of small speakers fixed onto window bars, aims to cut urban traffic noise. It works by emitting counteractive sounds to cancel out specific frequencies of road, train, and plane noise. While it's not perfect for all sounds, particularly higher-pitched ones like voices, it significantly reduces many types of noise. Akin to noise-canceling headphones, this technology seems to offer the potential of bringing a measure of peace and quiet to city dwellers.

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

Tech shift: The state of California (U.S.) is bidding farewell to traditional metal licence plates in favour of digital ones. Boasting modern features such as automatic registration renewal and customizable displays, these digital plates offer convenience for car owners. The plates have become legal in several other U.S. states. However, some concerns linger regarding privacy because the plate has the ability to track a vehicle's location. Still, many drivers are excited about the new plates, with thousands of people already using them in California. The digital plates also offer the added security of an ability to change their display in the event of vehicle theft.

SEEKING PARTICIPANTS FOR YOUTH MENTAL HEALTH STUDIES

At-Risk for Mental Illness Research Program

- Do you feel something is not quite right and you are concerned about recent changes in your thoughts, behaviour or experiences?
- Are you 12-30 years old?

Our studies offer monitoring, education and/or interventions.

For more information, call 403-210-8740 or email naps@ucalgary.ca

The University of Calgary Conjoint Health Research Ethics Board has approved these research studies (REB20-0983, REB20-2133, REB21-0535)



Galactic dough: In a galaxy not so far away, a bakery in Benicia, California (U.S.), has unveiled an epic creation: a 6-foot (1.8-m) tall bread sculpture of the iconic Han Solo, immortalized in dough. Using a blend of wood and two types of dough, including a special yeastless recipe, the creators at One House Bakery meticulously crafted this Star Wars character's likeness as he appeared encased in carbonite in the film. The dedication to detail is evident in the sculpture, capturing Han's distressed expression and outstretched hands. "Pan Solo" was proudly displayed outside the shop, showcasing these bakers' love for science fiction and fantasy.

WE ARE Hiring!

Loader Operator with Gravel Pit Experience

Full Time, Seasonal
May - September/
Early October

Scan to apply or email us at hr@west-cansealcoating.com

We are always looking for good people to join us on the road!

Quoteable Quotes

"If you steadfastly refused to quit, you rapidly narrow your options to only winning."
—Brad Thor

"No one can be perfectly free till all are free; no one can be perfectly moral till all are moral; no one can be perfectly happy till all are happy."
—Herbert Spencer

• Pruning & Tree Trimming
• Hazard Tree Removal
• Tree Climbing
• Lot Clearing
• Stump Grinding

✓ Insured for commercial and residential work
✓ Covered by WCB

INTEGRITREE SERVICES

Our Service Is Rooted in Excellence

CALL NOW: 403.918.1317

Integritreeservices@gmail.com | Integritreeservices.ca

What's Happening

Tuesdays in Sundre. Kids Learning at the Sundre Museum, Every Tuesday at 130 3pm. Please call the Sundre and District Museum at 403.638.3233 for further information.

Sundre Museum. Historic Pioneer Village is now OPEN! Please call the Sundre and District Museum at 403.638.3233 for further information.

May 17 - Sep 20. Sundre Farmers Market. Running all season long, head out to to the Sundre Curling Rink from 430 - 7 pm every Friday. Support Local.

Sundre District Museum. Pie Auctions happening July 20th, August 10th, September 21st. Get in on the action.

Sundre District Museum Quilt Raffle is running from June - September . Get your tickets 2 dollars each. Call 403-638-3233 for more information.

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.

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

THIS SPACE FOR RENT

OR SCAN HERE FOR MORE INFO



Call 780-220-6397

Trivia

1. The game of volleyball originally was called minuet, mintonette, or mitter?
2. A quintal is equal to how many kilograms?
3. What is the longest river in Asia?
4. Who wrote The Mayor of Casterbridge?
5. Choreography is notated using steptation, labanotation, or floor plans?

(Flip bottom of page for answers)

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

Bow Valley Coffee News

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

ADDITION AND MENTAL HEALTH Information & Referral - Calgary Zone

Alberta Health Services Access Mental Health

inogen

INOGEN® PORTABLE OXYGEN CONCENTRATORS

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

30-DAY RISK-FREE TRIAL

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

Call 1-844-944-1991 to schedule your free quote!

GENERAC

Be prepared before the next power outage.

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

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

Call 1-844-944-1991 to schedule your free quote!

GENERAC

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

Need Some Sound Advice?

WE SERVICE MOST MAKES AND MODELS. AND WE COME TO YOU!

ASK ABOUT OUR FIRST TIME CUSTOMER DISCOUNT

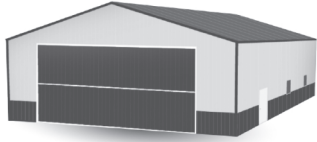
PROUDLY SERVING CENTRAL ALBERTA

MOUNTAIN VIEW
PIANO TUNING AND REPAIR

- Tuning
- Minor Repairs
- Cleaning
- Regulation

Call or text 403.894.9507 | lennoxrob@hotmail.com

INSULATED SHOPS • MACHINE SHEDS • ACREAGES • EQUESTRIAN



1-800-665-0470 • GOODON.COM

LOCALLY Built.

ALBERTA'S POST FRAME COMPANY

ACCESSIBLE WELLNESS SOLUTIONS IN COCHRANE

THE VALLEY'S ALL-INCLUSIVE ALTERNATIVE THERAPY CENTRE

Start your journey today...



ALTERNATIVE THERAPY | CRYSTALS | YOGA

AVAILABLE FOR PRIVATE AND GROUP SESSIONS, CLASSES AND RETREATS

We offer:

Energy and Aura Therapies

Reiki
Aquadlead (Water-based Energy Healing)
Crystal Therapy

403-609-8716

124 River Avenue, Cochrane (above Bike Brothers)

kayla@positivehealing.ca
www.positivehealing.ca

STROLL BACK IN TIME...

CAROLINE WHEELS OF TIME MUSEUM AND HISTORICAL VILLAGE

Open May long weekend to September long weekend on Friday, Saturday and Sunday from 12 to 5 p.m.

Group tours available by appointment, email wheels3884@gmail.com

http://www.carolinemuseum.ca/

BUILDINGS

EXHIBITS

NATURE TRAIL

PICNIC AREA

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

Mountain View Food Bank Society

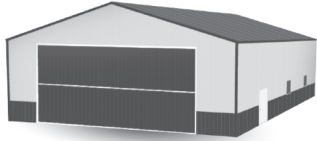
Olds Provincial Building
5025-15 Street, Olds

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

Emergency Number: 403.556.1693



INSULATED SHOPS • MACHINE SHEDS • ACREAGES • EQUESTRIAN



1-800-665-0470 • GOODON.COM

LOCALLY Built.

ALBERTA'S POST FRAME COMPANY



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.

Your Weekly Horoscope

ARIES

(March 20 - April 19)



Is there someone you need to forgive for a past wound? Now may be a good time to do so, which would help both of you move on from the situation. Lucky numbers: 3, 11, 15, 21, 22, 48.

TAURUS

(April 20 - May 20)



Taurus-born usually aren't impulsive in thoughts and actions. If you feel that way at week's end, take a step back and try to understand your motivations right now. Lucky numbers: 8, 17, 29, 32, 34, 37.

GEMINI

(May 21 - June 20)



You may find yourself in overdrive mode, trying to do everything at once. This might be productive, but don't overdo and cause accidents by rushing. Lucky numbers: 1, 10, 30, 43, 46, 47.

CANCER

(June 21 - July 22)



Do you have an idea that you just can't seem to bring into reality on your own? Look for a well-grounded partner to help you bring it to fruition. Lucky numbers: 14, 19, 25, 31, 34, 45.

LEO

(July 23 - Aug. 22)



At midweek, others may find your ideas attractive. However, explaining all the details is important, and making sure the deal is a win-win for all concerned. Lucky numbers: 7, 14, 26, 35, 38, 40.

VIRGO

(Aug. 23 - Sept. 22)



Virgos can be shy about tooting their own horns. For a few weeks, use communications with others to encourage them to reevaluate how valuable you are to them. Lucky numbers: 5, 9, 14, 33, 38, 39.

LIBRA

(Sept. 23 - Oct. 22)



At midweek, you may find the courage to address a situation that isn't working for you any longer. How can you speak up and ask for what you need now? Lucky numbers: 19, 20, 22, 27, 30, 42.

SCORPIO

(Oct 23 - Nov. 21)



This is a week when you may want to pause before you speak. The tail of the scorpion can sting in a way you might regret later, so be careful about using angry words. Lucky numbers: 2, 8, 14, 23, 26, 32.

SAGITTARIUS

(Nov. 22 - Dec. 21)



Truth, like beauty, can be in the eye of the beholder. Your truth is based on your own experiences. So understand that the same can be true for others. Lucky numbers: 11, 30, 36, 37, 38, 48.

CAPRICORN

(Dec. 22 - Jan. 19)



Are you envisioning a new endeavour in your mind's eye? The middle of the week may be a good time to put the idea on paper and to develop a plan for achieving it. Lucky numbers: 4, 14, 18, 29, 46, 48.

AQUARIUS

(Jan. 20 - Feb. 18)



Are you overwhelmed by all the details that need to be completed to achieve your objective? Shed the attitude that you need to do it all yourself. Recruit friends to help. Lucky numbers: 6, 8, 17, 19, 22, 30.

PISCES

(Feb. 19 - March 20)



You may feel conflicted at week's end about how to proceed with an important decision. Consider which option might best position you for long-term success. Lucky numbers: 16, 26, 28, 29, 32, 42.

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

Did You Know...

Pink squirrels: When flying squirrels are illuminated with ultraviolet light, the creatures' fur glows a bright, fluorescent pink. The colouring could help them navigate, communicate, or blend into their environment.

Pen hole: That tiny hole in the top of a plastic pen cap not only reduces air pressure when the cap is put back on, it's also a safety measure. Air flow from the hole reduces the risk of choking if someone accidentally swallows it.

Not nuts: Technically, almonds and cashews aren't actually nuts. While we normally call them nuts, they actually are seeds because they grow inside a hull within a fleshy fruit and must be shelled for eating.

It's a punt: "Punt" isn't just a sports term associated with dropping and kicking a ball before it touches the ground. A punt also is the indentation on the bottom of most wine bottles, which makes the bottle more stable.

Slow smoke: Pipe smokers will be interested in the Danish Championship Pipe Smoking International event. The goal is to take the longest time to smoke three grams of tobacco, using a standard pipe.

On the Lighter Side

Knock! Knock! *Who's there?* Interrupting pirate. *Interru— Arrrrr!!*

What was the snail doing on the highway? About a mile a day.

A mountain and a valley had a baby. They named it Cliff.

First lumberjack: "So how's business?"
Second lumberjack: "Come see, come saw."

A cheese sandwich asked for a drink. The bartender said, "Sorry, we don't serve food here."

Answers

Trivia answers: 1. Mintonette 2. 100 3. Yangtze 4. Thomas Hardy 5. Labanotation

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

yes tv

FREE LIVE STREAMING COMING THIS FALL

visit yestv.com for details



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

403.227.2222

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

Need to talk? 988 is here for you. 24/7

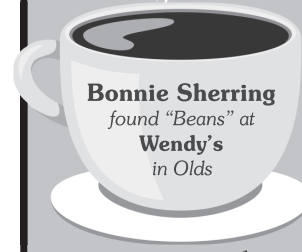
Suicide & Crisis Helpline
Call or text: 9-8-8



DistressCentre.com/988

Congratulations

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



Bonnie Sherring
found "Beans" at Wendy's in Olds

Coffee News

Enter today for your chance to win!

www.bvcoffeenews.ca

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

TOP \$\$\$ PAID FOR SCRAP CARS

DJ'S TOWING AND SCRAP CAR REMOVAL



CALL FOR A QUOTE:

403.922.2412

Do you have extra land that you want to develop?

We are looking for JVP partners who own land and want to develop.

Let's chat:
587.350.7433

UR-space.net

Reimagine your property's potential



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