

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"

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. 33 August 12, 2024

ACCESSIBLE WELLNESS SOLUTIONS IN COCHRANE

THE VALLEY'S ALL-INCLUSIVE ALTERNATIVE THERAPY CENTRE

Start your journey today...

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

Energy and Aura Therapies
Reiki
Aqualead (Water-based Energy Healing)
Crystal Therapy

POSITIVE HEALING
ALTERNATIVE THERAPY | CRYSTALS | YOGA

AVAILABLE FOR PRIVATE AND GROUP SESSIONS, CLASSES AND RETREATS

yesTV

FREE LIVE STREAMING COMING THIS FALL

visit yestv.com for details

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

inogen

INOGEN® PORTABLE OXYGEN CONCENTRATORS

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

30-DAY RISK-FREE TRIAL

30-day risk-free trial. Return within 30 days of purchase for a full refund of purchase price.
PM220469 EN, EN, USA | © 2024 Inogen, Inc.
859 Ward Drive, Suite 205, Coleta, CA 95112
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.

Say "Thank You" to our advertisers

by visiting them and doing business with them.

They make this publication possible.

(And be sure to tell them you saw their ad in *Coffee News!*)

TEST YOUR MEMORY

After reading *Coffee News*®, put it aside for a moment. Then challenge yourself or a friend to remember as many ads as you can.

Your Score:
Less than 6 – Keep trying
7-10 – Getting better
11-15 – Excellent
16 or more – Genius!

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

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

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

DistressCentre.com/988

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.

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.

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.

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.

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

What's Happening

Sundays. Bragg Creek Farmers Market. Running every Sunday from Jun 16 to Sep 22 from 10am to 3pm. Still room for vendors and food trucks. Email info@braggcreekca.com for all the info.

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. 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 stepnotation, labanotation, or floor plans?

(Flip bottom of page for answers)

© Published with Permission by Mad Mama Marketing

(Over)

THIS SPACE FOR RENT

Call 780-220-6397

OR SCAN HERE FOR MORE INFO

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

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
Passenger Website: www.coldshot.ca

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

SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005

We get you on the road again

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

YOUR LOCAL RV REPAIR SHOP

Bay 1 - 29 East Lake Way NE, Airdrie

SWIFTRV repairs
403.919.4911

Visit swiftvrepairs.com for full list of services!

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.

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!

Our Advertisers Love To Hear...

"I Saw Your Ad In The Coffee News!"



Discover the **Coffee News** Advantage!

From our farm to your table...

SASKABERRY RANCH

DELIVERED TO COCHRANE EVERY 3 WEEKS

- ✓ Pasture raised chicken (whole or by piece)
- ✓ Grass fed/finished lamb
- ✓ Other seasonal products

www.saskaberryranch.com
phil@saskaberryranch.com
403-507-8994



SUMMER UPICK OPENING MID-JULY

Congratulations

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

Stella Lowen
found "Beans" at Wendy's in Cochrane

Coffee News

Enter today for your chance to win!

www.bvcoffeenews.ca



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

Recipe of the month

Peach Glazed Rib

- | | |
|---|----------------------------------|
| 3 to 4 pounds pork baby back ribs, cut into serving-size pieces | 1/4 cup honey |
| 1 can (15-1/4 ounces) peach halves, drained | 2 tablespoons brown sugar |
| 1/3 cup soy sauce | 1 teaspoon sesame seeds, toasted |
| 1/4 cup canola oil | 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>

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



ENTER TO WIN!

- 1 Find the hidden Coffee News guy...
- 2 Then send your name and full address via email to amy@bvcoffeenews.ca or enter online at www.bvcoffeenews.ca

Hint: He's about this big in one of the ads

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)



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. Mintionette 2. 100 3. Yangtze 4. Thomas Hardy 5. Labanotation

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

Enjoy Reading Coffee News?



Tell our advertisers! They make the paper possible.

Discover the **Coffee News** Advantage!

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!

*Terms and Conditions apply.

GENERAC



Served in restaurants and coffee shops from coast to coast...

Coffee News

is North America's choice for positive news from around the world!

Coffee News is the world's number one restaurant publication, with distribution around the globe.



TOP \$\$\$ PAID FOR SCRAP CARS

DJ'S TOWING AND SCRAP CAR REMOVAL



CALL FOR A QUOTE:
403.922.2412

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)

UNIVERSITY OF CALGARY

✓ Heating ✓ A/C ✓ Service

RD M
Heating & Air Conditioning & Refrigeration

RUUD PARTNER

403.620.3933 | rdmheatingandair@gmail.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

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



pause4change
rescue foundation
www.pause4change.com

DONATE VOLUNTEER FOSTER