

# Recipe of the month

## Harvest Salad with Cherry Vinaigrette

3 medium fresh beets (about 1 pound)  
1 package (5 ounces) spring mix salad greens  
2 medium apples, thinly sliced  
1 medium carrot, shredded  
1/2 cup grape tomatoes, halved  
1/2 cup yellow grape tomatoes or pear tomatoes, halved  
1/2 cup chickpeas, rinsed and drained  
1/2 cup coarsely chopped walnuts, toasted

4 thick-sliced bacon strips, cooked and crumbled

**Cherry Vinaigrette:**  
1/2 cup tart cherry preserves  
3 tablespoons olive oil  
2 tablespoons red wine vinegar  
2 teaspoons Dijon mustard  
1 garlic clove, minced  
1/4 teaspoon salt  
1/8 teaspoon pepper

Prep Time: 10 min Bake: 50 min. + cooling Yield: 10 servings

1 Preheat oven to 400°. Scrub beets and trim tops to 1 in. Wrap in foil; place on a baking sheet. Bake 50-60 minutes or until tender. Remove foil; cool completely. Peel beets and cut into 1/2-in. pieces.

2 In a large bowl, combine salad greens, apples, carrot, tomatoes, chickpeas, walnuts, bacon and cooled beets. In small bowl, whisk vinaigrette ingredients until blended. Serve with salad.

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



### 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**



✓ Heating  
✓ A/C  
✓ Service

**ARDM**  
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**

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

From our farm to your table... **SUMMER UPIK OPENING MID-JULY**

**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



**We get you on the road again**

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

**SWIFTRV repairs**  
403.919.4911

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

**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



**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. 37 September 9, 2024



## Everybody's Talking

**GPS groceries:** In Australia, a grocery chain called Drakes Supermarkets is taking measures it deems necessary to prevent the theft of expensive items, particularly meat products. To combat this issue, the chain has started embedding GPS trackers in its meat packaging. If the tracker hasn't been deactivated by the cashier at the register, it will trigger an alarm when a customer leaves the store with the item. While shoppers say they understand the need for such measures, many view it as a sad sign of the times. However, the initiative has shown promise in reducing theft and ensuring that products remain available for paying customers.

**Super sale:** Superman comic books are certainly collectors' items, and a copy featuring Superman for the very first time, 86 years ago, has become the world's most valuable comic edition. It was recently sold at auction for \$6 million (USD). The Texas-based Heritage Auctions, which sold the comic book, said the sale price surpassed the previous record for a comic book sale. The version that broke the sales record came out in 1938 and was part of the Kansas City Pedigree collection. The previous record-holder sold for \$5.3 million in 2022. This recent landmark sale does indeed underscore the enduring legacy and immense value of vintage comic books.

**Coffee race:** Attention all servers in restaurants and cafes: This race is tailor-made for you. In the heart of Paris, France, participants don their signature attire of crisp white shirts, black trousers, and aprons as they assemble at the starting line near Paris City Hall. Their mission? To partake in a venerable tradition dating back 110 years, known as the Course des Cafés coffee race. With precision and skill, they navigate a 1.2-mile (1.9 km) course while delicately balancing a tray bearing a glass of water, a cup of coffee, and a croissant. The challenge? To complete the race without spilling a drop and without breaking into a run, showcasing both agility and finesse in this unique competition.

**One smart girl:** By the age of six, she had progressed to grade four, as she demonstrated a remarkable pace of learning. Hailing from Canada's Ottawa Valley, this extraordinary student attained her Honours Bachelor's degree in biomedical science from the University of Ottawa at a mere 12 years old. Anthaea-Grace said she firmly believes that age should never be a barrier to achieving one's rightful place and aspirations. Her journey certainly underscores the power of determination and intellect in defying conventional expectations.

## Quoteable Quotes

"There will come a time when you believe everything is finished. That will be the beginning." —Louis L'Amour

"If you tell the truth, you don't have to remember anything." —Mark Twain

## 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](mailto:info@braggcreekca.com) for all the info.

**Monday Square Dancing.** Square dance lessons at Seniors on the Bow. Mondays - Beginners start at 630 pm. Experienced dancers start at 7 pm. Singles, couples, and families are welcome 12 yrs and up. Casual dress. \$8 per person; \$20 per family. Seniors on the Bow Auditorium.

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

## Trivia

1. Historic Bridgetown, a UNESCO heritage site, is located in what island nation?
2. A frog in the larval stage of development is called a \_\_\_\_\_.
3. Who wrote the novel Mary Poppins, published in 1934?
4. She was the first woman to be prime minister of India.
5. The banana is an herb—T/F?

(Flip bottom of page for answers)  
© Published with Permission by Mad Mama Marketing  
(Over)

**yes tv**

**FREE LIVE STREAMING COMING THIS FALL**  
visit [yestv.com](http://yestv.com) for details



**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"



**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](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



**Coffee News® is so popular... even our competitors read it!**



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**

\*Terms and Conditions apply.



**THIS SPACE FOR RENT**

Call 780-220-6397

OR SCAN HERE FOR MORE INFO



**inogen**

**INOGEN® PORTABLE OXYGEN CONCENTRATORS**

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

30-DAY RISK-FREE TRIAL



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

Your Business 7 Days A Week

it would have been seen now!



## Congratulations

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



**Kelsey Gallaher**  
found "Beans" at  
**Two Pharmacy**  
in Cochrane

**Coffee News**

Enter today for your chance to win!

[www.bvcoffeeneews.ca](http://www.bvcoffeeneews.ca)

Helping Adoptable Dogs and Cats Find Loving Homes

**CAN YOU HELP?**



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

DONATE VOLUNTEER FOSTER

Located at 263156 Range Rd 53, on the 1A Hwy

## YAMNUSKA WOLFDOG SANCTUARY

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.



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 [napls@ucalgary.ca](mailto:napls@ucalgary.ca)

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

## 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](mailto:kayla@positivehealing.ca)


[www.positivehealing.ca](http://www.positivehealing.ca)

ALTERNATIVE THERAPY | CRYSTALS | YOGA

AVAILABLE FOR PRIVATE AND GROUP SESSIONS, CLASSES AND RETREATS

**We offer:**

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



**ENTER TO WIN!**

- Find the hidden Coffee News guy...
- 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)

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

Unsure of the next step?

**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



# Your Weekly Horoscope

**ARIES**  
(March 20 - April 19)

You may find that your confidence is shaken during the middle of the week. Resolve to seek out the source of this feeling and make any emotional adjustments that are needed. Lucky numbers: 4, 5, 7, 12, 15, 18.

**TAURUS**  
(April 20 - May 20)

Taurus-born usually value a stable and grounded environment in life. This desire may be supported over the next few weeks, particularly in communications with others. Lucky numbers: 1, 14, 27, 29, 32, 48.

**GEMINI**  
(May 21 - June 20)

This week you may find an expanded optimism and that things easily go your way. How might you apply this energy to endeavours that align with your highest values? Lucky numbers: 3, 17, 25, 43, 44, 45.

**CANCER**  
(June 21 - July 22)

At midweek, you may find yourself writing down ideas that suddenly come to you. Whether starting a book or recording random thoughts, don't overlook this opportunity. Lucky numbers: 10, 14, 15, 17, 23, 44.

**LEO**  
(July 23 - Aug. 22)

You may find that your head and your heart are out of sync at week's end. Can you find a way to resolve this stalemate? If not, take a deep breath and wait a few days. Lucky numbers: 9, 10, 13, 28, 30, 34.

**VIRGO**  
(Aug. 23 - Sept. 22)

Many Virgos have a natural attention to details. This skill may be heightened for the next few weeks. Others might seek your help with issues that require this skill set. Lucky numbers: 6, 14, 21, 22, 29, 35.

**LIBRA**  
(Sept. 23 - Oct. 22)

Libra's tact and diplomacy are strengths in relationships with others. For the next few weeks, precise communication and knowing details of situations may be important. Lucky numbers: 13, 22, 27, 29, 41, 42.

**SCORPIO**  
(Oct. 23 - Nov. 21)

Sometimes Scorpios have difficulty in effectively translating their intuitive insights to others. For the next few weeks, communicating this information may be easier for you. Lucky numbers: 2, 3, 8, 28, 42, 47.

**SAGITTARIUS**  
(Nov. 22 - Dec. 21)

If you feel wanderlust early this week, stop for a moment before you pack your bags. Would travel truly provide satisfaction or is this feeling driven by something else? Lucky numbers: 7, 13, 17, 23, 28, 36.

**CAPRICORN**  
(Dec. 22 - Jan. 19)

Is your desire for stability grounded in fear or in a desire to build a positive structure in your life? Answering this question may guide you in making any necessary adjustment. Lucky numbers: 8, 16, 18, 19, 30, 47.

**AQUARIUS**  
(Jan. 20 - Feb. 18)

If tempers have been flying in your world lately, the end of the week may offer an opportunity to cool the situation. Your calm demeanour could aid this process. Lucky numbers: 15, 22, 24, 25, 29, 44.

**PISCES**  
(Feb. 19 - March 20)

Are you running into obstacles in manifesting a dream or vision that is close to your heart? What adjustment in your view of the situation might make achieving it more likely? Lucky numbers: 5, 9, 23, 27, 29, 31.

Lucky numbers this week: This week's odds favour Gemini winners with the luckiest number being 17.

## Did You Know...

**Tongue tradition:** In North American culture, sticking your tongue out at someone is considered rude. But in Tibetan culture, it's a way of greeting others and is a sign of respect or agreement, a tradition since the ninth century.

**Beatle's bite:** John Lennon's molar sold at auction in 2011 for just over \$31,000 (USD). Lennon, who died in 1980, had given his tooth to his housekeeper after a dentist visit and suggested she give it to her daughter, a Beatles fan.

**Big shoes:** Spider-Man walked up walls because he could. But scientists at Cambridge University (U.K.) have estimated that he would have needed unbelievably huge, sticky foot pads requiring size 114 shoes (U.S.)

**Good sense:** In the fourth century B.C.E., Aristotle identified the human senses of sight, hearing, smell, taste, and touch. Today, depending on the classifications, some scientists say we have as many as 33 senses, including the senses of balance and heat.

**Handcrafted history:** In the early 1500s in Paris, France, the first union of hand-knitters was established. Once the knitting machine was invented in the late 1500s, knitting by hand became more of a hobby than an occupation.

## On the Lighter Side

Pat: "Does your teacher talk to herself?"  
Matt: "Yes, but she thinks we're listening."

Knock! Knock! Who's there? Hugh. Hugh who? Well, hello there!

What can you hold without ever touching it? A conversation.

How do knights change channels? With a re-moat.

It's a small world, but I wouldn't want to vacuum it.

## Answers

**Trivia answers:** 1. Barbados 2. Tadpole 3. P.L. Travers 4. Indira Gandhi 5. True

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

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

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

[DistressCentre.com/988](http://DistressCentre.com/988)




## TOP \$\$\$ PAID FOR SCRAP CARS

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

CALL FOR A QUOTE:  
**403.922.2412**



Feeling a little **STReSSed?**

Relax with...  
**Coffee News**

"NEWS TO BE ENJOYED OVER COFFEE!"



**Real Experience. Real Results.**

**Lee Edwards** Associate  
403.540.0540  
[lee@braggcreekrealestate.com](mailto: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)



**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!



Call today and receive a **FREE SHOWER PACKAGE PLUS \$1600 OFF**

**SAFE STEP WALK-IN TUB**

**1-844-995-4468**

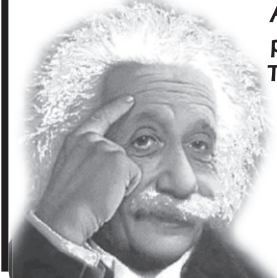
With purchase of a new Safe Step Walk-In Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase. CSLB 1082165 NSCB 0082999 0083445

## 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!



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.

