

PAINTING SERVICES
Interior/Exterior
Commercial/Residential

- High Gloss • Wood Finishing
- Kitchens & Cabinets

A Passion for Craftsmanship

NWR Painting Inc.
NICK ROCHACEWICH

Facebook Instagram @nwrpainting
403.609.8807
nwrpainting@gmail.com
www.nwrpainting.com

How Can We Help Your Business?

- ▶ Financial Statement Preparation and Year-End Assistance
- ▶ Corporate and Personal Tax Planning and Preparation
- ▶ Auditing and Review Engagements
- ▶ Business Consulting
- ▶ Estate Planning
- ▶ Accounting and Bookkeeping Assistance and Preparation

Endeavor
CHARTERED PROFESSIONAL ACCOUNTANTS

Unit 103B
1205 Bow Valley Trail
Canmore

403.675.3300 | endeavorcas.com

YOUR HOME COMFORT EXPERTS

Time for a new furnace system? Give us a call!

Furnace Service STARTS AT \$99 PLUS GST

Install • Maintain • Repair

BOW VALLEY 24/7 PLUMBING AND HEATING LTD

403.493.4328

Oliver Dompierre Gagnon RSE
Red Seal Plumber & Gasfitter | Cross Connections Specialist

oli@bowvalley247.com

24/7 On Call Service

- Diagnosics, Repairs, Tires and Troubleshooting
- Automobiles and RVs (Free courtesy vehicles)
- Out of Province Inspections
- Safety & Insurance Inspections
- CVIP Inspections for Highway Motor Coaches, Class 8 Trucks and Commercial Buses

Exshaw Auto Truck, & Bus
— Red E to serve
403.707.7109

exshawatb@icloud.com | exshawatb.com | 11 Cougar Mountain Cres.

YOUR RENOVATION ROOFING & EMERGENCY ROOF REPAIR SPECIALISTS

Rippy's Roofing & Construction Inc.

- Emergency Repairs
- Eaves and Soft Metals
- Asphalt Shingle Specialists
- Insurance Claims
- Siding

FREE ESTIMATES | 5-YEAR LIMITED WORKMANSHIP WARRANTY

403-932-2938

info@rippysroofing.com www.rippysroofing.com

YOUR PARKING LOT IS A WELCOME MAT TO YOUR BUSINESS!

ROCKY MOUNTAIN LINE PAINTING

403.688.0882 | 403.688.7512 | rm_linepainting@hotmail.com

✓ LINE PAINTING ✓ DRIVEWAY SEALING ✓ GRAVEL CLEAN UP

Carpet Steam Cleaning Commercial Custodial Cleaning

Mr Knight CLEANING

Quality Workmanship You Can Trust!

403.609.2334

info@mcknightclean.ca | www.mcknightclean.ca

PROUDLY SERVING LAKE LOUISE, BANFF, CANMORE & KANANASKIS

Your Smile Is Our Business!

Complimentary Teeth Whitening Kit with hygiene and exam

- ✓ Same Day Emergency Walk-Ins
- ✓ Direct Insurance Billing
- ✓ 0% Payment Plans Available
- ✓ No Obligation Consultation
- ✓ We follow the Alberta Dental Fee Guide

Rocky Mountain DENTAL

403-762-2625 • RockyMountainDental.ca

2nd Floor, 210 Bear St., Banff | Open Mon, 9-5/Tue, 9-4/Wed & Thu, 8-4/Fri & Sat, 9-3

FREE! *New Issue Every Week!*

Coffee News®
"News To Be Enjoyed Over Coffee"

Bow Valley Edition
403-431-0027

www.bvcoffeeneews.ca
amy@bvcoffeeneews.ca

Vol. 2020 No. 38 September 21, 2020

Everybody's Talking

Savory cakes When people eat cake, it's usually a sweet treat that incorporates such flavors as chocolate and vanilla. That's not the case with the creations at Tot Aw, a bakery in Jakarta, Indonesia. Short for "totally awesome," Tot Aw's bakers make cakes out of instant noodles. They press the cooked noodles into round forms and stack them into tiers. Each tier then gets "iced" with savory, rather than sweet, toppings, such as meatballs or curry chicken stew. These noodle cakes have become very popular, with people ordering them for birthdays and weddings.

Returned to owner When Kim Fauth-Newberry donated her late grandfather's footstool to charity, she had no idea she was also giving away over \$43,000 (USD). From Owosso, Michigan (U.S.), Fauth-Newberry wanted to give away her grandfather's furniture to people who might need it. Luckily for her, an honest man named Howard Kirby became the owner of the stool. When a family member unzipped the stool's cushion and found money inside, Kirby knew just what to do. He took it back to the second-hand store. The store found Fauth-Newberry, and he gave the money back to her.

Stretchy outfit Clothing makers use a variety of materials to make fashionable outfits, such as wool, cotton, rayon, linen, and silk, but rubber bands? Those weren't a very common clothing material until Rie Sakamoto of Tokyo, Japan, tried them. An art student at Tama Art University, the creative clothing designer decided to see what she could make by knitting rubber bands together. Her endeavor was successful; she made dresses, jackets, and scarves. Intrigued by its qualities, including flexibility and texture, her goal was to find new uses for this ubiquitous office staple.

Fake kidnapping A man from a town called Pitalito, in south western Colombia, didn't really want to get married. A few days before the nuptials, he confessed to his close friends that he wished he could get out of the commitment. They suggested a fake kidnapping. The groom went into hiding, and his friends called police saying they had seen him being abducted by a group of men. The police took the news very seriously and brought in the army. The groom's friends realized their error and confessed what they had done. They are likely to be charged and given jail time for their prank.

Quoteable Quotes

"Television has proven that people will look at anything, rather than each other."
—Ann Landers

"...a garden dies quickly without a loving gardener to keep it alive."
—May Sarton

What's Happening

Sept 20 Virtual Terry Fox Run Join the RUN that marks the 40th anniversary of Terry's Marathon of Hope. Because cancer does not wait for COVID19 to end. Join in at terryfox.org

Banff Sparks. Let your little one get the SPARK! Girls aged 5-6 meet Wed's at 445PM at the Banff Guide Hall starting Sept 23. Register at register.girlguides.ca

Banff Legion 5050 Fall Fundraiser. The Legion needs your help! Raising funds to repair their aging building is your chance to WIN up to 10K! Ticket sales end Oct 20, draw is Oct 24. Get your ticket and spread the word. https://rafflebox.ca/rafflebanfflegion

Banff Pride Week 2020. Banff Pride Week runs Oct 4-11 with a series of events happening daily. Check out banffpride.ca for the latest info.

GET IN WHAT'S HAPPENING - Submit your event to www.bvcoffeeneews.ca and be seen here by thousands of readers each week.

Please take me home!

Coffee News® wants all of our readers to stay safe, so please take this copy with you.

Trivia

1. Is starboard on the right or left side of a ship?
2. What mineral is mined in sheets?
3. The primary ingredient in Arroz con pollo is beef, pork, or chicken?
4. What is El Nino?
5. Which artist painted the Mona Lisa?

(Flip bottom of page for answers)

© Published with Permission by Mad Mama Marketing

The Geriatric Certificate Program (GCP)

▶ Improve your knowledge, skill and comfort in supporting older adults by registering today for the GCP!

The GCP is annually reviewed and endorsed by the McMaster University Continuing Health Sciences Education Office.

Check out www.geriatriccp.ca to see which education stream is right for you and follow @geriatriccp on Twitter to stay connected!

McMaster University HEALTH SCIENCES

Serving the Bow Valley for all your **CONSTRUCTION NEEDS**

- Commercial and Residential
- Interior and Exterior Finishing • Bathrooms • Kitchens • Remodels

ValleyView CONSTRUCTION

403.609.1719 / 403.996.2977
info@valleyviewconstruction.ca

Every TYPE OF FLOORING ...ALL UNDER ONE ROOF!

CANMORE FLOORING COMPANY

CALL FOR YOUR FREE QUOTE: 587.807.0087

1302 Railway Ave. Canmore
canmoreflooringco.ca

CARPET | TILE | HARDWOOD | VINYL | COUNTERTOPS

ADVENTURE AWAITS!

VALLEY Zipline ADVENTURES

Zipline Tours | Adventure Tower
Ask about our Wilderness Segwayz Tours
RESERVATIONS RECOMMENDED

USE PROMO CODE COFFEE FOR \$5 OFF PER PERSON

250.347.7627
info@valleyzip.com | valleyzip.com

MEN IN KILTS

1.800.777.KILT

meninkilts.ca

We Clean. You Enjoy. No Peeking!

- WINDOW CLEANING
- GUTTER CLEANING
- PRESSURE WASHING
- SNOW REMOVAL

Assist In Our Recovery!

SHOP LOCAL

USE LOCAL CONTRACTORS

...and tell them you saw them in **Coffee News®!**

GENUINE HOSPITALITY SINCE 1976!

COWLEY'S Rafters Six Ranch

between Calgary & Banff

TRAIL RIDING SPECIALISTS of the CANADIAN ROCKIES

Guided Trail Rides | Custom Rides & Pony Rides | RV & Trailer Camping

403.673.3622 cowleys@raftersix.com www.raftersix.com

YOUR TRUSTED ALL SEASON YARD MAINTENANCE SERVICE

We offer:

- Lawn Maintenance
- Hedge Trimming
- Material Delivery

We also provide gravel removal and line painting services.

CALL STEVE TODAY: 403.688.7512
clc89@outlook.com | @CanmoreLandscaping

100% LOCALLY OWNED AND OPERATED

Every TYPE OF FLOORING ...ALL UNDER ONE ROOF!

CANMORE FLOORING COMPANY

CALL FOR YOUR FREE QUOTE: 587.807.0087

1302 Railway Ave. Canmore canmoreflooringco.ca

CARPET | TILE | HARDWOOD | VINYL | COUNTERTOPS

24/7 On Call Service

- Diagnostics, Repairs, Tires and Troubleshooting
- Automobiles and RVs (Free courtesy vehicles)
- Out of Province Inspections
- Safety & Insurance Inspections
- CVIP Inspections for Highway Motor Coaches, Class 8 Trucks and Commercial Buses

Exshaw Auto Truck, & Bus
Red E to serve
403.707.7109

exshawatb@icloud.com | exshawatb.com | 11 Cougar Mountain Cres.

Donate a Car to the Charity of Your Choice

DONATE A CAR CANADA 1-877-250-4904
www.donatecar.ca

GENUINE HOSPITALITY SINCE 1976!

COWLEY'S Raftersix Ranch

between Calgary & Banff

TRAIL RIDING SPECIALISTS of the CANADIAN ROCKIES

Guided Trail Rides | Custom Rides & Pony Rides | RV & Trailer Camping

403.673.3622 cowleys@raftersix.com www.raftersix.com

How Can We Help Your Business?

- Financial Statement Preparation and Year-End Assistance
- Corporate and Personal Tax Planning and Preparation
- Auditing and Review Engagements
- Business Consulting
- Estate Planning
- Accounting and Bookkeeping Assistance and Preparation

Endeavor
CHARTERED PROFESSIONAL ACCOUNTANTS

Unit 103B
1205 Bow Valley Trail
Canmore

403.675.3300 | endeavorcas.com

Carpet Steam Cleaning Commercial Custodial Cleaning

McKnight CLEANING

Quality Workmanship You Can Trust!

403.609.2334
info@mcknightclean.ca | www.mcknightclean.ca

PROUDLY SERVING LAKE LOUISE, BANFF, CANMORE & KANANASKIS

NEED TO HIRE STAFF?

Coffee News® allows you to target job seekers throughout the Bow Valley.

No restrictions on the type of business that can advertise.

Affordable rates, impressive results. Contact us today!

403.431.0027 | www.bvcoffeeneews.ca

MEN IN KILTS

1.800.777.KILT

meninkilts.ca

We Clean. You Enjoy. No Peeking!

- WINDOW CLEANING
- PRESSURE WASHING
- GUTTER CLEANING
- SNOW REMOVAL

Your Weekly Horoscope

ARIES
(March 21 - April 20)

Your tendency to try to control things may not impress others. In order to prove yourself as a team player, try to offer the leadership role to others. Lucky numbers: 15, 19, 20, 25, 28, 31.

TAURUS
(April 21 - May 21)

Your positive flow and optimism may greatly affect the attitudes of others. A difficult predicament may be solved if you continue to follow up on your instincts. Lucky numbers: 2, 5, 12, 25, 37, 46.

GEMINI
(May 22 - June 21)

You may need to express yourself by communicating your fascination with a new project. Your spiritual connection to a newcomer in your life might become clearer. Lucky numbers: 12, 19, 21, 23, 25, 38.

CANCER
(June 22 - July 22)

Open your mind to new ways to live your life. Once you have a plan, you may be able to accomplish much. Be sure to document your research and plans quite well. Lucky numbers: 16, 18, 22, 24, 31, 46.

LEO
(July 23 - Aug. 23)

Former employers or colleagues may be able to help you open new career doors. Your creativity might flourish as a result and could give you some newfound energy. Lucky numbers: 11, 18, 22, 35, 47, 49.

VIRGO
(Aug. 24 - Sept. 23)

If you are involved in an artistic area, you may find some exciting ideas. Creative inspirations might result from meshing your intuitive talents with your partner's creativity. Lucky numbers: 5, 8, 10, 11, 27, 30.

LIBRA
(Sept. 24 - Oct. 23)

You may likely feel more confident and vital right now. People might recognize you and follow your lead, or at least stay out of your way. Lucky numbers: 2, 4, 22, 24, 32, 34.

SCORPIO
(Oct. 24 - Nov. 22)

Your domestic plans may not be accepted by all concerned. They might look for fault, but you may understand that they are just looking out for your best interests. Lucky numbers: 5, 11, 18, 23, 45, 46.

SAGITTARIUS
(Nov. 23 - Dec. 21)

You may be on the mend from an emotional loss. Take a deep breath and continue your path. Don't allow others to discourage you from reaching your goals. Lucky numbers: 4, 24, 28, 30, 42, 44.

CAPRICORN
(Dec. 22 - Jan. 20)

You may feel as if life is passing you by far too quickly. That realization might teach you to appreciate all the little things in life that others may take for granted. Lucky numbers: 2, 6, 12, 26, 32, 46.

AQUARIUS
(Jan. 21 - Feb. 19)

Use your powers of persuasion to lead others along your path. Your ability to see past the current situation may ensure that you can find a good solution. Lucky numbers: 15, 23, 26, 37, 44, 48.

PISCES
(Feb. 20 - March 20)

Conversations with family and friends might keep you busy. Many may request your undivided attention. Try to give each of them the time that they require for your help. Lucky numbers: 1, 5, 12, 15, 20, 35.

Lucky numbers this week: This week's odds favour Virgo winners with the luckiest number being 5.

Did You Know...

Big bone: A bunion is a bony bump on the joint of the big toe where it meets the foot. Sometimes bunions run in families, and other times they could be caused by ill-fitting footwear.

Capturing the moment: Edgar Degas was a painter and sculptor who was born in Paris, France, in 1834. A realist, he liked to paint real life scenes, such as ballerinas rehearsing.

Eastern European country: Georgia, which is on the east coast of the Black Sea, borders Russia, Armenia, Azerbaijan, and Turkey. A mountainous country, it is known for its steel industry and agricultural products, such as tea and grapes.

Chickpea power: Chickpeas are also referred to as garbanzo beans. Rich in protein, fibre, and iron, they can be used in many recipes, including soups, stews, salads, and spreads, such as hummus.

Prestigious prizes: The Pulitzer Prizes are American awards given to those who excel in journalism, writing, drama, and musical composition. They are named after Joseph Pulitzer, a powerful journalist of the late 1800s.

On the Lighter Side

Teacher: "If you had 16 jellybeans and Pat asked you for 10, how many would you have left?"
Lou: "Sixteen."

What did the left eye say to the right eye? Between you and me, something smells.

Nature abhors a vacuum, but not as much as a cat does.

Hear about the new restaurant called Karma? There's no menu—you get what you deserve.

How many gorillas can fit into a car? Eight.
How many chickens can fit into the car? None, the car is already full of gorillas.

Answers

weather event 5. Leonardo da Vinci
Trivia answers: 1. Right 2. Mica 3. Chicken 4. Pacific

For available franchise opportunities – visit coffeeneewscanada.com
© Published with Permission by Mad Mama Marketing

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!

SEPTEMBER'S CONTEST SPONSOR

WIN A FAMILY PASS TO YAMNUSKA WOLFDOG SANCTUARY

If this was your ad...

Your Business 7 Days A Week

it would have been seen now!

Not all Superheros wear capes.

Coffee News
Cheering you every step of the way!

THANK YOU ESSENTIAL WORKERS!

YOUR TRUSTED ALL SEASON YARD MAINTENANCE SERVICE

We offer:

- Lawn Maintenance
- Hedge Trimming
- Material Delivery

Also provide gravel removal and line painting services.

CALL STEVE TODAY: 403.688.7512
clc89@outlook.com | @CanmoreLandscaping

HOW TO SELL YOUR HOME

A FREE 1-hour session on how to save money by selling it yourself!

Contact: Christoph Braier, Canmore
cbraier@propertyguys.com
403-542-4110

PAINTING SERVICES

Interior/Exterior Commercial/Residential

- High Gloss
- Wood Finishing
- Kitchens & Cabinets

A Passion for Craftsmanship

NWR Painting Inc.
NICK ROCHACEWICH

403.609.8807
nwrpainting@gmail.com
www.nwrpainting.com

Prevention is the best CURE...

- Wash hands frequently
- Maintain social distancing
- Cough into your elbow
- Seek medical attention early
- Limit travel; stay home if sick
- Avoid touching eyes, nose and mouth

Help stop the spread of Covid-19
who.int/emergencies/diseases/novel-coronavirus-2019

World Health Organization
Coffee News

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

You can also find details there about our Intro Tours and Interactive Tours, including pertinent age restrictions.

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