

FOR ALL YOUR ELECTRICAL NEEDS!
RESIDENTIAL-COMMERCIAL-INDUSTRIAL SERVICE & CONSTRUCTION

WORKING IN AIRDRIE & AREA FOR OVER 25 YRS!



IMPACT ELECTRIC (1993) LTD.
403-948-3004 #12, 25 East Lake Circle, Airdrie
impactelectric@rocketmail.com

FREE! New Issue Every Week!

Coffee News®

"News To Be Enjoyed Over Coffee"

Airdrie Edition
888-242-9002



www.bvcoffeeneews.ca
amy@bvcoffeeneews.ca

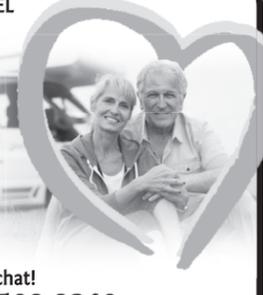
Vol. 2020 No. 43 October 26, 2020

Meet the New Publisher
Advertising Your Business.....
3 Meals a Day...7 Days a Week!"
Exclusive. Effective. Affordable.
Local Advertising



Amy Roseler
403-431-0027
amy@bvcoffeeneews.ca
www.bvcoffeeneews.ca

SNOWBIRD LOVES TO TRAVEL
Seeking Female Companion



I love to travel to rodeos, the mountains and the U.S.A. in my luxury motor home. I am fit, active and outgoing. New to the area, I am seeking the friendship of a petite female in her 60s with similar interests.

If this sounds like you – let's chat!
Call Richard at 403.598.8260

Everybody's Talking

Weird weather forecast: Watch out! It might rain iguanas! Weather forecasters in the state of Florida (U.S.) aren't kidding when they make this prediction. A cold snap in the area that usually is warm can stun these reptiles. If they are in a tree when that happens, the creatures could fall out. But locals know not to worry about the health of the iguanas that lie on the ground after falling from their perches. Once the temperature warms up, they are able to move again, and they get up and walk away.

This Space FOR RENT

403-431-0027



FREE SCRAP CAR REMOVAL

DJ'S TOWING MENTION THIS AD AND RECEIVE UP TO \$200 FOR YOUR SCRAP VEHICLE
CALL 403-922-2412

Going squirrely: Those who live in neighbourhoods frequented by squirrels know that the little critters like to gather nuts. But a couple from Allegheny County, Pennsylvania (U.S.), were shocked to discover that the rodents near their home were stashing nuts under the hood of their SUV. They could smell something burning when they started the car. Upon further investigation, they found over 200 walnuts and wads of grass under the hood. Luckily, the grass was damp, so it didn't catch fire. The pair cleaned up the mess and took the vehicle to their mechanic, who gave them the "all clear."

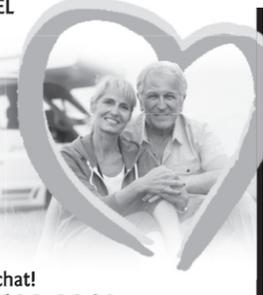
James Abercrombie Mobile Welding and Repair



Serving the Calgary - Red Deer corridor and surrounding areas
587-334-7668
jamesabercrombie@live.ca

QUALIFIED WELDER

SNOWBIRD LOVES TO TRAVEL
Seeking Female Companion



I love to travel to rodeos, the mountains and the U.S.A. in my luxury motor home. I am fit, active and outgoing. New to the area, I am seeking the friendship of a petite female in her 60s with similar interests.

If this sounds like you – let's chat!
Call Richard at 403.598.8260

Cucumber holdup: Staff members in a shop in Glasgow, Scotland, needn't have been frightened of a robber who came into the premises. He was armed only with a cucumber, which he had covered with a black sock. The would-be thief was Gary Rough, and he tried to get the staff to give him cash. But before his demand was granted, an off-duty police officer who was in the store noticed that something was going on and came to the rescue. Rough ended up being arrested. The judge was not impressed and gave the thief jail time for his crime.

CONFUSED, angry, worried, NOT SURE WHERE TO FIND HELP? WE CAN POINT YOU IN THE RIGHT DIRECTION

SCARED, ALONE, UNCERTAIN, SAD, worried, hurt

403.943.1500
1.844.943.1500 (toll free)

ADDITIONAL MENTAL HEALTH Information & Referral Calgary Zone

Alberta Health Services Access Mental Health

Good Peruvian eats: People in London, England, who crave a bit of Peruvian cuisine would be wise to try out the bottomless brunch at Coya Mayfair, a restaurant in the city's West End. First, guests are greeted with colourful decor and the music of Peru, and then they are served the wonderful food. Dishes include crocantes and guacamole, which is freshly made right at the table, ceviche, and vegan options like grilled corn with lime and chili butter. People who attend this brunch need lots of free time, as it takes all afternoon to get through the many courses.

Not all Superheros wear capes.



Coffee News®
Cheering you every step of the way!

THANK YOU ESSENTIAL WORKERS!

Quoteable Quotes

"A courteous person will always make everyone around him feel at his best and most alive." —Helen M. Luke
"My body and mind are going in the same direction but not at the same speed." —Margaret Randall

Support Your Community
by visiting local businesses that advertise in Coffee News.



After all, they are making this publication possible for your enjoyment!

Tell them you saw their ad in Coffee News!



Feeling a little stressed?

Relax with...
Coffee News®

What's Happening

Home Alone OCT 23. Is your children ready to take on the responsibility of staying HOME ALONE Let us help you prepare them with the one-day program that teaches kids the skills and responsibilities of staying home by themselves. Register at dnp@didsbury.ca

HIP/KNEE REPLACEMENT?

Other medical conditions causing TROUBLE WALKING or DRESSING?

The Disability Tax Credit allows for **\$3,000 YEARLY TAX CREDIT** and **\$30,000 LUMP SUM REFUND**

APPLY NOW TO MEET 2019 TAX DEAD-LINES!

For Expert Help:
1.844.453.5372

THE BEST IN **Botox/Filler SERVICES**

Reclaim your youthful looks! Botox and Fillers are an incredible way to combat wrinkles and reduce worry lines in the forehead, between the eyebrows, and smile and laugh lines.

Call now: 403-980-2662

SILVERFERN AESTHETICS AND VEIN MEDISPA
LOCATED AT ANNA'S SPA AND WELLNESS, AIRDRIE
SILVERFERNMEDISPA.COM

"Everyone will notice... but no one will know."

FRIENDLY PROFESSIONAL STAFF

9th Annual Soup Contest OCT 25. This Soup Contest raises funds and awareness for Sleeping Children Around the World. To participate or more info contact Robin at 905-775-9130 or Heather at 705-456-6869. www.scaw.org

Pumpkin Palooza! Oct 29. Join Airdrie's Live Dress-Up Pumpkin Palooza online family event! Contact 403.948.0600 to register for activity bag and ZOOM ID. Oct 29th from 530-630 PM.

Veterans Association Food Bank - Remembrance Food Drive
We will be starting our largest food drive of the year at the end of October and running through to the end of November. Donations can be dropped off at our offices in Calgary and Edmonton. Call us for details 403-FOR367-VETS8387

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

Donate a Car to the Charity of Your Choice



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

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

Please take me home!



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

NO TRAYS | NON ABRASIVE | NO DRILLING

Smirk to Smile TEETH WHITENING



Sensitivity free, professional, affordable cosmetic teeth whitening and tooth gems

We use Swarovski, gold and diamond gems

NOW BOOKING APPOINTMENTS
403-404-1421

For more information, find us on Facebook:
https://www.facebook.com/smirktosmileteethwhitening/

REFERRAL PROGRAM: MAKE 5 BOOKED REFERRALS, GET YOUR SERVICE Free

Trivia

1. What was the name of Don Quixote's horse?
2. The Temple of the Sun can be found in what country?
3. Forage crops are grown primarily for what?
4. A tamale is traditionally cooked encased in what?
5. In the world of finance, what is an IPO?

(Flip bottom of page for answers)

© Published with Permission by Mad Mama Marketing
(Over)

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.bvcoffeeneeds.ca



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



Coffee News

This is Your Story

Stories of redemption, discovery and faith
WEEKNIGHTS AT 11PM

yesTV

MYTH BUSTER... "Digital Marketing is all you need"



FACT: When it comes to unaided brand recall, print media has almost double the effectiveness compared to digital media.

Don't underestimate the Power of Print.

CMF Trends Report, 2019; ChoosePrint.org Study; MarketingSherpa & MECLabs Institute



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: 403-980-2662

SILVERFERN
AESTHETICS AND VEIN MEDISPA
LOCATED AT ANNA'S SPA AND WELLNESS, AIRDRIE
SILVERFERNMEDISPA.COM

FRIENDLY PROFESSIONAL STAFF

"Everyone will notice... but no one will know."

Flat Rate Residential and Commercial CLEANING

- ✓ Wash and Fold Laundry Service for Residential and Commercial Customers
- ✓ Locally Owned and Operated
- ✓ Licensed, Bonded and Insured

RRIS LTD CLEANING

CALL/TEXT 403.852.6308

RRISLTD@gmail.com

Recipe of the month

Mini Halloween Cheeseball Pumpkins

- | | |
|--|--|
| 2½ teaspoons butter | ¼ cup chopped green onions |
| 3 tablespoons chopped garlic | ¼ teaspoon garlic salt |
| 1½ teaspoons white sugar | 1 cup finely crushed cheese-flavoured crackers |
| 2 cups shredded aged Cheddar cheese | 12 pretzel sticks |
| 1 (8 ounce) package cream cheese, softened | 1 small bunch fresh parsley, or to taste |

Prep: 30 mins. Total: 1 hr 5 mins Yield: 24

1 Melt butter in a small saucepan over medium-high heat until sizzling, about 30 seconds. Add garlic and sugar. Cook, stirring constantly, until garlic just starts to brown, 3 to 5 minutes. Immediately remove from heat. Transfer garlic mixture to a bowl. Add Cheddar cheese, cream cheese, green onions, and garlic salt. Beat using an electric mixer on medium speed until creamy. Cover and refrigerate until firm enough to handle, about 30 minutes.

2 Shape chilled cheese mixture into golf ball-sized balls. Roll each ball in crushed crackers and slightly flatten the bottom. Press 1/2 a pretzel stick into the top. Repeat with remaining cheese mixture.

3 Spread parsley out on a serving plate and place mini cheeseball pumpkins on top.

Source: www.allrecipes.com

Your Weekly Horoscope

ARIES (March 21 - April 20)



Your quick reaction to a situation may help bring others together. You might be able to look past the immediate to find much-needed solutions to current problems. Lucky numbers: 2, 4, 7, 12, 17, 33.

TAURUS (April 21 - May 21)



This may be a good time to get away from your usual daily activities. Getting away might help you evaluate your life, in general, and its overall course. Lucky numbers: 4, 13, 29, 31, 36, 48.

GEMINI (May 22 - June 21)



Others may try to reveal themselves in very mysterious ways. You might know quite well who you are dealing with and may be able to manage their requirements. Lucky numbers: 9, 11, 19, 32, 37, 39.

CANCER (June 22 - July 22)



Small details may change a little, but your plan still might be good. Empower others to look past immediate problems and find a better way for everyone to communicate. Lucky numbers: 3, 19, 23, 32, 34, 42.

LEO (July 23 - Aug. 23)



Communicate your message loud and clear! If you express your point of view, you may continue to bring others together. Your positive energy might help you to reach higher. Lucky numbers: 1, 2, 27, 37, 48, 49.

VIRGO (Aug. 24 - Sept. 23)



Strong emotional ties may need to be nurtured for you to continue on your current path. You might need to find a more positive approach to pursue these goals. Lucky numbers: 16, 19, 23, 32, 41, 48.

LIBRA (Sept. 24 - Oct. 23)



Try to put your positive influence in everything you do. Expand your plans to enjoy some amazing fun. You might find yourself surrounded by a buzz. Lucky numbers: 12, 24, 26, 29, 36, 43.

SCORPIO (Oct. 24 - Nov. 22)



You may be capable of forceful, decisive action and have the will to carry through on your intentions. Physically, you might feel good and your energy might be flowing smoothly. Lucky numbers: 17, 28, 29, 37, 46, 49.

SAGITTARIUS (Nov. 23 - Dec. 21)



You may hear some good news that makes you feel more empowered. Friends and family might want to get together to help celebrate your new venture. Lucky numbers: 13, 25, 38, 39, 41, 42.

CAPRICORN (Dec. 22 - Jan. 20)



Try not to analyze every situation, as some things in life make no sense. You might need to fortify yourself with positive energy from within. Lucky numbers: 6, 9, 19, 20, 23, 40.

AQUARIUS (Jan. 21 - Feb. 19)



Your well-thought-out ideas may help others deal with a sad situation. Your personal touch might be noticed. Expect to receive much honest appreciation for your sentiments. Lucky numbers: 1, 13, 20, 21, 26, 38.

PISCES (Feb. 20 - March 20)



Some new creative ventures may emerge in your life. Your loyalties might be tested, but making all the right decisions could prove that your heart is in the right place. Lucky numbers: 6, 16, 21, 28, 33, 44.

Lucky numbers this week: This week's odds favour Gemini winners with the luckiest number being 9.

Did You Know...

Monkey business: The only wild monkey found in Europe is the macaque of Gibraltar, off the southern coast of Spain. Macaques are thought to originally have come from Morocco. They can be a bit of a nuisance to the residents because they can be aggressive.

Mineral man: A test that measures the hardness of minerals is the Mohs Hardness Test. On the Mohs Hardness Scale, talc is a one, quartz is a seven, and diamond is a 10. The test is named after its German inventor, Friedrich Mohs.

Currencies: There are many currencies around the world, including the Mexican peso, the Japanese yen, the lek in Albania, and the ruble in Belarus. In Canada, it's the Canadian dollar, and in the United States people use the U.S. dollar.

Space travelers: In 1961, Russian cosmonaut Yuri Gagarin was the first person to travel to outer space. He rode the spacecraft Vostok 1. His countrywoman, Valentina Tereshkova, was the first woman to do so in 1963, aboard Vostok 6.

Which fat? Saturated fat in food isn't healthy. It's solid at room temperature and can raise blood cholesterol. Unsaturated fat is liquid at room temperature. This type of fat can help lower cholesterol levels in the blood.

On the Lighter Side

Three states of age: youth, middle age, and "you're looking fine!"

What did the CD player say to the band leader? "Put me in, coach. I'm ready to play."

Parent: "I've got to teach you the value of a dollar!"
Child: "You have! That's why I asked you to loan me 10."

What did Paul Revere say when he finished his famous ride? "Whoa!"

Judge: "Are you guilty or not guilty?"
Defendant: "That's for me to know and you to find out."

Answers

Trivia answers: 1. Rocioante 2. Peru 3. Livestock 4. Corn husk 5. Initial public offering

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

FOR ALL YOUR ELECTRICAL NEEDS!

RESIDENTIAL-COMMERCIAL-INDUSTRIAL SERVICE & CONSTRUCTION



IMPACT ELECTRIC (1993) LTD.
403-948-3004 #12, 25 East Lake Circle, Airdrie
impactelectric@rocketmail.com

WORKING IN AIRDRIE & AREA FOR OVER 25 YRS!



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!



Flat Rate Residential and Commercial CLEANING

- ✓ Wash and Fold Laundry Service for Residential and Commercial Customers
- ✓ Locally Owned and Operated
- ✓ Licensed, Bonded and Insured

RRIS LTD CLEANING

CALL/TEXT 403.852.6308

RRISLTD@gmail.com

Assist In Our Recovery!



SHOP LOCAL USE LOCAL CONTRACTORS

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

A cozy little cabin filled with a variety of treasures!

COUNTRY GARDEN CRYSTALS

- Crystals & Gems
- Gemstone Jewellery
- Sterling Silver Chains
- Himalayan Salt Lamps
- SongPods
- Tibetan & Crystal Singing Bowls
- Gemstone Lamps
- Books, Decks & CDs

Open Thursday thru Monday, 10 a.m. - 5 p.m.
(Closed Tuesday and Wednesday)

403.946.5802

We are doing our best to remain a safe and healing space. Please call ahead to arrange a time to visit the cabin! Check our website calendar for up and coming workshops and events. We are located west of Crossfield - see website for directions: www.countrygardencrystals.ca

Angel Card Readings available with Charlene Money, AGP/AAEP
Please call the shop for more details!

Recipe of the month

Mummy Pizzas

- | | |
|---|--------------------------------|
| 2 ciabatta rolls (or similar rectangular rolls) | 1 cup grated mozzarella cheese |
| 4 tablespoons sun-dried tomato pesto or pizza sauce | 2 small zucchinis |
| | 4 black olives |

Level: Easy Yield: 4 servings

- 1 Cut the bread rolls in half and spread each piece with sun-dried tomato pesto or pizza sauce.
- 2 Sprinkle each piece with grated cheese.
- 3 Use a vegetable peeler to cut the zucchinis into thin ribbons and lay them across the rolls at different angles - the messier, the better! If you have any scraps of zucchini left over, keep them to use at another time.
- 4 Cut two slices out of each black olive and position them to become the mummy's eyes.
- 5 Place the four pizzas on a baking tray and cook at 375 degrees Fahrenheit for around 20 minutes, until the cheese has melted and the zucchini slices have wrinkled.

The olive "eyes" might shift slightly as the cheese melts, so check on the pizzas halfway through the cooking time and reposition the eyes if you need to.



Source: www.brif.co

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