

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

CLEAN FAST RELIABLE

This Space FOR RENT 403-431-0027

YOUR HOME COMFORT EXPERTS

Time for a new furnace system? Give us a call! Furnace Service STARTS \$99 PLUS GST

Install • Maintain • Repair

BOW VALLEY 24/7 PLUMBING AND HEATING LTD

403.493.4328 | Olivier Dompierre Gagnon RSE Red Seal Plumber & Gasfitter | Cross Connections Specialist

24/7 EMERGENCY

Rippy's Roofing & Construction Inc.

FREE ESTIMATES | 5-YEAR LIMITED WORKMANSHIP WARRANTY

403-932-2938

info@rippysroofing.com www.rippysroofing.com **RippysRoofing**

YOUR RENOVATION ROOFING & EMERGENCY ROOF REPAIR SPECIALISTS

FREE!

New Issue Every Week!

Coffee News®

"News To Be Enjoyed Over Coffee"

Bow Valley Edition

888-242-9002

www.bvcoffeeneews.ca amy@bvcoffeeneews.ca

Est. 1988

Vol. 2020 No. 45 November 9, 2020

Your Dog Is In For A Treat!

Barbara Pfister – Experienced Dog Walker

Quality instead of quantity
On leash dog walking only.
One dog at a time, multiple dogs only from the same family

4 PAWS UP
Canmore

Call or text 403-609-8792
babepfister@hotmail.com

Donate a Car to the Charity of Your Choice

DONATE A CAR CANADA

1-877-250-4904
www.donatecar.ca

NOT LOOKING FORWARD TO WINTER?

CALL US FOR ALL YOUR SNOW REMOVAL NEEDS!

CANMORE LANDSCAPING

YOUR TRUSTED ALL SEASON YARD MAINTENANCE SERVICE

Call Steve at 403.688.7512

clc89@outlook.com | **@CanmoreLandscaping**

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

PAINTING SERVICES

Interior/Exterior Commercial/Residential

- High Gloss • Wood Finishing
- Kitchens & Cabinets

A Passion for Craftsmanship

NWR Painting Inc.

f @nwrpainting 403.609.8807
nwrpainting@gmail.com www.nwrpainting.com

Not all Superheros wear capes.

Coffee News®
Cheering you every step of the way!

THANK YOU ESSENTIAL WORKERS!

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.

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

100% LOCALLY OWNED AND OPERATED

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

WELLNESS SOLUTIONS FOR THE Positive THINKER

Positive Healing

NEW LOCATION

YOGA REFLEXOLOGY REIKI

RAYNOR MASSAGE AQUA LEAD FIRE CUPPING

403-609-8719
509 Spring Creek Drive, Canmore
kayla@positivehealing.ca **f** www.positivehealing.ca

Your Smile Is Our Business!

Dental Implants
\$3500 Includes Implant, Crown and CT Scan

- ✓ 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

Quoteable Quotes

"A journey of a thousand miles must begin with a single step."

—Lao-tzu

"Blessed is the man who, having nothing to say, abstains from giving in words evidence of the fact."

—George Eliot

What's Happening

BINGO is BACK. The Canmore Legion is hosting Saturday night BINGO again! Sales start at 6PM, game on at 630PM. The Poppy Bistro and Bar are OPEN.

Avalanche Safety Training Level 1. This BanffLIFE program is on Nov 25 from 9AM to 5PM. \$15 fee. Transportation provided, more info at banff.ca

MountainLIFE - Companion Rescue Skills. This program runs on Nov 30 from 8AM to 5 PM. \$15 fee. More info at bacff.ca

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



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

Trivia

- Which creature can rotate its head 270 degrees?
- What tools are used in the sport of crew?
- What is the title for a Japanese emperor?
- Orecchiette, pappardelle, and tagliatelle are types of what?
- In what sport does Simone Biles excel?

(Flip bottom of page for answers)

© Published with Permission by Mad Mama Marketing

(Over)

Assist In Our Recovery!



SHOP LOCAL USE LOCAL CONTRACTORS

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

Serving the Bow Valley for all your
CONSTRUCTION NEEDS

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

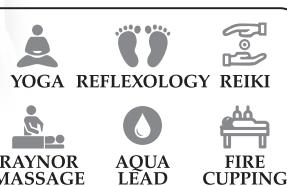


CLEAN
FAST
RELIABLE

ValleyView
CONSTRUCTION

403.609.1719 / 403.996.2977
info@valleyviewconstruction.ca

WELLNESS SOLUTIONS FOR THE POSITIVE THINKER



403-609-8719

509 Spring Creek Drive, Canmore
kayla@positivehealing.ca
www.positivehealing.ca

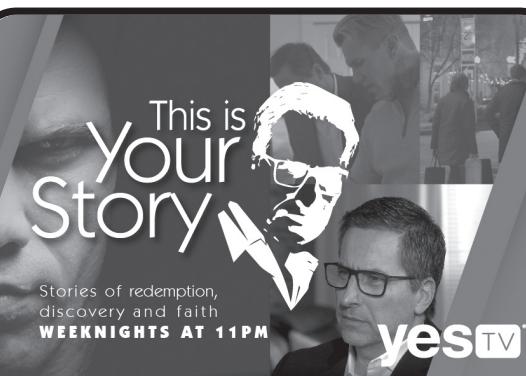
POSITIVE HEALING

DELIVERY AVAILABLE



Moonlight + Eli
CHAMPAGNE &
FONDUE BAR

587.907.8316 | Canmore, AB | www.moonlightandeli.com



NOT LOOKING FORWARD TO WINTER?

CALL US FOR ALL YOUR
SNOW REMOVAL NEEDS!



CANMORE LANDSCAPING

YOUR TRUSTED ALL SEASON YARD MAINTENANCE SERVICE

DESIGN. MAINTAIN. CLEAN.

Call Steve at **403.688.7512**

clc89@outlook.com | [@CanmoreLandscaping](#)

If this was your ad...



it would have been seen now!

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

**Property
Guys.com**

FOR SALE
Contact Information
SOLD

Your Weekly Horoscope

ARIES

(March 21 - April 20)



You may need some excitement. You might be able to look at relationships from a totally new perspective. You could attract people whose ideas stimulate and entertain you. Lucky Numbers: 15, 17, 19, 35, 37, 39.

TAURUS

(April 21 - May 21)



You may have confidence to meet your obligations with great optimism. This might help you find solutions to current challenges. Use your good judgment. Lucky Numbers: 2, 8, 14, 24, 34, 44.

GEMINI

(May 22 - June 21)



Your vitality and self-confidence may seem very high. You might achieve your goals with more ease than usual. Physical activities could help you to meet challenges. Lucky Numbers: 5, 9, 15, 19, 25, 29.

CANCER

(June 22 - July 22)



You may find creative, inventive new ways to solve some old problems. You might have very little patience for continuing to do things in the old ways. Lucky Numbers: 7, 11, 29, 31, 37, 41.

LEO

(July 23 - Aug. 23)



High energy, enthusiasm, and an enterprising spirit may be prominent in a creative setting. Adventures might be favoured that would expand your perspective and your stature. Lucky Numbers: 6, 9, 12, 18, 24, 36.

VIRGO

(Aug. 24 - Sept. 23)



You may have a reforming spirit. Patience and willingness to compromise might be your best bet. Try to ignore the personal ambitions of others that would distort your goals. Lucky Numbers: 5, 9, 12, 31, 39, 49.

AQUARIUS

(Jan. 21 - Feb. 19)

Your originality may be tremendous, but doing things in an orderly way is not easy. Life has surprises. You may succeed better by staying flexible and ready for change. Lucky Numbers: 9, 29, 36, 37, 46, 49.

PISCES

(Feb. 20 - March 20)



Very positive things may happen in your career. You might change professions or receive additional training that could help you to reach your goals. Lucky Numbers: 6, 17, 27, 32, 37, 47.

Lucky numbers this week: This week's odds favour Taurus winners with the luckiest number being 2.

Did You Know...

Light for sailors: Located in the Canadian province of Newfoundland, Cape Spear is the easternmost point in North America. It is home to the Cape Spear Lighthouse, which was built in 1836.

Marriage proposal: American children's entertainer Fred Rogers (better known as Mister Rogers) proposed to Joanne Byrd by letter. When she received the letter, she phoned him to accept his proposal. They were married in 1952. He passed away in 2003.

Furry fisher: A member of the weasel family, fishers are like large martens. They live across Canada and in some bordering states in the United States. Fishers are among the few animals that prey on porcupine.

Big rock: The largest rough diamond of gem quality ever found is known as the Cullinan Diamond. It was found in 1905 and was named after Sir Thomas Cullinan, who founded the South Africa mine where the diamond was discovered.

Orbiting Earth: The International Space Station orbits the earth nearly 16 times per day. Up to 10 astronauts can be aboard conducting research. Space agencies from five principal countries are involved with the Space Station.

On the Lighter Side

Bus driver to passenger: "Don't you want to sit down?" Passenger: "No, I am in a hurry."

Elephants can't be absentminded. An elephant never forgets, but what does he have to remember?

My brother read that most accidents happen within two miles of home. So he moved.

Bathmats: small, dry rugs that children like to stand next to.

How many assistant managers does it take to change a lightbulb? Three. Two to find out if it needs changing, and one to tell an employee to change it.

Answers

5. Gymnastics 1. Owl 2. Oars 3. Milkado 4. Pasta

For available franchise opportunities – visit coffeeenewscanada.com

© Published with Permission by Mad Mama Marketing

Recipe of the month

Cream Cheese Penguins



18 jumbo black olives,
pitted
1 (8 oz.) package cream
cheese, softened

18 small black olives
1 carrot

Prep: 30 mins. Total: 35 mins Yield: 18 penguins

1 Cut a slit from top to bottom, lengthwise, into the side of each jumbo olive. Carefully insert about 1 teaspoon of cream cheese into each olive. Slice the carrot into eighteen 1/4 inch thick rounds; cut a small notch out of each carrot slice to form feet. Save the cut piece and press into centre of small olive to form the beak. If necessary cut a small slit into each olive before inserting the beak.

2 Set a big olive, large hole side down, onto a carrot slice. Then, set a small olive onto the large olive, adjusting so that the beak, cream cheese chest and notch in the carrot slice line up. Secure with a toothpick.

3 Add scarves and hats by using fresh red pepper strips, or canned pimientos cut into different shapes.

Source:
www.allrecipes.com

MYTH BUSTER... "PRINT IS DEAD"

FACT:

70% of respondents in a recent study admitted to trying to reduce their consumption of digital media.



Don't underestimate the Power of Print.
CMF Trends Report, 2019; ChoosePrint.org Study; MarketingSherpa & MEC Labs Institute

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**

YAMNUSKA WOLFDog SANCTUARY

PROUD SPONSOR OF THE COFFEE NEWS CONTEST!

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.



Carpet Steam Cleaning
Commercial Custodial Cleaning

**Mr. Knight
CLEANING**

403.609.2334

info@mcknightclean.ca | www.mcknightclean.ca

PROUDLY SERVING LAKE LOUISE, BANFF, CANMORE & KANANASKIS



Congratulations

Veronica Budin
found "Beans" at
Shopper's
Drug Mart
in Canmore

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

Coffee News®

Enter today for
your chance to win!
[www.bvcoffeenews.ca](http://www.bvcoffeeneews.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

World Health Organization

Coffee News

