



Door Service by Moonlight Ltd.
Residential / Commercial / Agricultural
OVERHEAD DOORS & OPENERS
Sales / Service / Installation
of ALL makes and models
403-227-4485
Located at 3719 - 57 Ave Innisfail, AB

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.ca • toesonthego.ca

This Space FOR RENT
403-431-0027

Taking Care of Your Family Needs



Seniors Receive 10% Off Every Day!

VALUE DRUG MART
Free Prescription Delivery - Giftware Household Products - Homecare Supplies
Keeping it in the Community
403.335.3307
1710 - 20 Street, Didsbury • www.valuedrugmart.com

CWC Carstairs Waste Control



722 - 9 Avenue, North • Carstairs
403.337.2870
carstairswastecontrol@yahoo.com
www.carstairswaste.com

Waste Bin Rentals
HOUSEHOLD AND CONSTRUCTION BINS
4 cubic yard to 30 cubic yard waste bins available!

THRIFT WITH A TWIST!
DEE'S TREASURE CHEST
Not your average thrift store...
1610-20 Street Didsbury
403-335-5616
www.thetreasurechest.ca



Happy **VICTORIA DAY**
from your friends at **Coffee News®**



403.342.2272
Toll Free 1.800.790.5038



SHUR-WAY TRUCKING
Personal & Business Users
Twice Daily to/from Red Deer, Penhold, Innisfail, Bowden, Olds & Sundre

FREE! New Issue Every Week!
Coffee News®
"News To Be Enjoyed Over Coffee"
Carstairs, Crossfield, Didsbury Edition
888-242-9002
www.bvcoffeenews.ca
amy@bvcoffeenews.ca
Est. 1988



CERTIFIED MECHANICAL SYSTEMS LTD.
• Plumbing & Heating
• Residential
• Commercial
• Industrial
Innisfail, Penhold, Red Deer & Area

Plumbing • Gas Fitting • Gas Fireplaces • Hot Water Heating
Water Filters • Furnace Repair • Septic Systems
Well & Pressure Systems

Warren Blair
Office: 403-886-5805 • Cell: 403-357-4358

FRASIER WEEKNIGHTS 6:00 (EST) / 6:30 (MT)
yesTV



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."



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*!

Not all Superheros wear capes.

Coffee News
Cheering you on every step of the way!

THANK YOU ESSENTIAL WORKERS!



TEC & REC SUNDRE HOME OF **OutWest E-BIKES**
503 - 7 St. SW, Sundre

- E-Bikes
- Rugged Cell Phones and Accessories
- E-Scooters
- Golf Carts
- Electric Trikes
- Smart Watches

WIDE RANGE OF E-BIKES! CHECK THEM OUT
PRODUCTS FOR PURCHASE ONLY. NO RENTALS.
403.638.1925 | www.tec-rec.ca



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



Your One Stop Accounting and Advisory Shop

At The Catalyst Group, we can get you set up for future growth with cloud accounting. Snap a picture of receipts and have it go directly into your accounting software. Anytime, Anywhere.

- Accounting & Advisory
- Canadian & US Tax
- CFO Services
- Cloud Accounting
- Health

meganb@thecatalystgroup.ca 403-767-1529
www.theCatalystgroup.ca



Everybody's Talking

Odd house: In Deerfield, Illinois (U.S.), a suburb of Chicago, one house draws considerable attention from passersby. Known as the "Pie House," this structure has been positioned on a narrow lot in a desirable area of town since it was built in 2003. To make use of the limited space, the developer designed a long, narrow home. It is complete with a modern kitchen, nice bedrooms, two-and-a-half bathrooms, and hardwood floors. When it was originally built, neighbours complained. Since then, the home has become known as a unique addition to the architecture of the area.

Salty scenes: Artists have been known to use a variety of materials to create their work. For Bashir Sultani of Toronto, Ontario (Canada), that medium is salt. Using such tools as Q-tips and razor blades, Sultani moves the salt around on a black background to design the scene, which could be a celebrity's face or a plate of food. Earlier in his career, Sultani, who was born in Afghanistan, used only white salt to produce black-and-white pieces. Now he uses salt of various colours to add more realism to his work, making a hamburger loaded with lettuce, tomatoes, and cheese appear to be truly edible.

Big babies: The North American term, "failure to launch," refers to adult children who end up being supported by their parents for much longer than may be reasonable. In Italy, these individuals are known as bamboccioni, which means "big babies." In that country, a judge recently ruled that a part-time music teacher in his thirties did not have the right to expect his parents to support him. Until the ruling, the teacher's parents had been providing him with 300 Euros a month. The judge was clear that she would not make such a ruling if an adult child has special needs, but healthy adults should be expected to support themselves.

Hungry, but happy: Chen Yongen of Cangbaotian village, Guizhou Province, China, was thrilled to find that his pet dog had survived calamity. The village had experienced a landslide during which everyone had to leave in a hurry. Because many buildings were demolished, villagers were unable to return for over a month, due to safety concerns. The pooch had been on his chain and was unable to run to find shelter, so the pet owner feared for the dog's safety. When the owner was allowed back home, he could hear barking under the rubble. With help from villagers, he was able to dig out his scared and hungry pet, which was overjoyed to see his owner.

Quoteable Quotes

"Are not flowers the stars of earth?" —Clara Lucas Balfour
"Observation is a passive science, experimentation an active science." —Claude Bernard

What's Happening

Sundre Farmers Market. The market starts back for the season on May 21st and will run Friday's from 430-7PM until September. Visit vendors at the Sundre Curling Rink.

Online event posting During the Pandemic, we are happy to post your online event in the What's Happening section of Coffee News. Please visit our website at www.coffee-news.ca to submit your event.

GET IN WHAT'S HAPPENING - Submit your event to www.bvcoffeenews.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. Which Russian cosmonaut was the first to travel to outer space?
2. The first Harley-Davidson motorcycle was marketed in 1903, 1922, or 1932?
3. Darjeeling, Earl Grey, and Oolong are types of what product?
4. How many U.S. gallons of liquid does a 10-gallon hat hold?
5. What is the dream phase of sleep called?

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

(Over)

From Port Alberni, B.C. to St. John's, Newfoundland

Served in

15794

restaurants and coffee shops

Read by over 1.25 million Canadians per week

Coffee News

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



Full service bakery, deli, meats, grocery and produce



BUY-LOW FOODS

• Freshness
• Selection
• Friendly Service

403.335.9595

www.buy-lowfoods.com

8 a.m. - 8 p.m., 7 days a week | 900 Shantz Dr., Didsbury



Sparkle And Shine

CAR & DOG WASH

AUTOMATIC TOUCHLESS WASH

6 LARGE VEHICLE SELF-SERVE BAYS

DOG WASH

VOTED BEST CAR WASH!

901A Hwy 2A, Carstairs | 403-586-8519

DO THE MATH!

If you advertise in a monthly publication, your ad is seen 12 times a year.
If you advertise in a bimonthly publication, your ad is seen 6 times a year.

If you advertise in **Coffee News**, your ad is seen **52 times a year!**

It takes the average person 8 - 10 times to see a message and retain it.
So, where would you want YOUR ad to be?

Coffee News = Repetition

Congratulations

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

Cathy Grills
found "Beans" at ATB in Didsbury

Coffee News

Enter today for your chance to win!

www.bvcoffeeneews.ca



- No Wait Time
- Re-Siding
- New Roof
- Quality Workmanship
- Re-Roof
- Free Quotes
- New Siding
- Insurance Claims Welcome

587-378-ROOF (7663)

www.jvroofingsiding.com

We Recover Your Investment

Prestige Upholstering

Andrew Sadlowski

403-638-3571

403-507-3864

Located in Bergen

www.albertatentrentals.com

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 MEDSPA
LOCATED AT ANNA'S SPA AND WELLNESS, AIRDRIE
SILVERFERNMEDSPA.COM

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

Your Weekly Horoscope

ARIES
(March 21 - April 20)



Harmonious relationships may be very important to you. Taking some initiative could provide support from those in a position to assist you in your goals. Lucky Numbers: 3, 18, 24, 30, 36, 42.

TAURUS
(April 21 - May 21)



A goal or vision you may have been working toward could come to fruition. Your optimistic attitude could gain momentum and positive recognition. Lucky Numbers: 23, 26, 33, 36, 43, 46.

GEMINI
(May 22 - June 21)



You may feel like socializing, but might not want to put out any great expenditure of energy. Relaxation, enjoyment, and pleasure might be needed now. Lucky Numbers: 4, 13, 24, 33, 43, 44.

CANCER
(June 22 - July 22)



A difference of opinion may arise, and you might have to challenge someone. Your mind may be sharp, allowing you to reason in ways that are more cooperative with others. Lucky Numbers: 20, 28, 30, 37, 40, 46.

LEO
(July 23 - Aug. 23)



This may be a very positive time in your marriage or closest relationships. You need to be together and to share loving feelings could be very strong now. Lucky Numbers: 4, 17, 21, 25, 28, 36.

VIRGO
(Aug. 24 - Sept. 23)



You may feel confident and ambitious, and enjoy athletic events and sports. You also might feel energetic and optimistic about your own personal growth. Lucky Numbers: 6, 11, 17, 19, 36, 42.

LIBRA
(Sept. 24 - Oct. 23)



Opportunities for enjoyable social interactions may occur now. Financial plans could go smoothly, and personal relationships might be more harmonious. Lucky Numbers: 11, 15, 19, 31, 35, 39.

SCORPIO
(Oct. 24 - Nov. 22)



Your communication skills may be excellent now. This could be the right time to discuss feelings and clear the air of any past grievances you might have had. Lucky Numbers: 14, 18, 23, 31, 40, 44.

SAGITTARIUS
(Nov. 23 - Dec. 21)



You may really enjoy art, theatre, music, and your own inner world of fantasy. Your imagination and interest in spiritual matters might come to the fore. Lucky Numbers: 4, 8, 20, 24, 43, 46.

CAPRICORN
(Dec. 22 - Jan. 20)



Opportunities for friendship, cooperation, and shared happiness may arise. The warmth and goodwill you generate now might be a benefit to you later on. Lucky Numbers: 2, 4, 12, 24, 42, 44.

AQUARIUS
(Jan. 21 - Feb. 19)



You may have more energy and fun now. You might be in harmony with those in your circle of friends. There could be a sense of cooperation, rather than resistance. Lucky Numbers: 12, 15, 18, 21, 22, 25.

PISCES
(Feb. 20 - March 20)



Social gatherings may be very positive. You could be inclined to make your home more inviting. You might even want to enhance your own personal look in some way. Lucky Numbers: 4, 16, 21, 27, 32, 39.

Lucky numbers this week: This week's odds favour Aries winners with the luckiest number being 3.

Did You Know...

Another name: Art lovers are familiar with "Mona Lisa," the famous painting by Leonardo da Vinci. It's also known as "La Gioconda," after its possible subject, Lisa Gherardini, the wife of a wealthy Italian merchant named Francesco del Giocondo.

Good eyesight: Giraffes have two very distinct advantages over other animals. They're tall enough to munch leaves at treetop level, and they have such excellent eyesight they can spot a threat coming from at least a mile away.

Not a UFO: People often spot unidentified flying objects in the night sky, but another kind of UFOs exist in the quilting world. UFOs are what quilters call their unfinished objects. They can be unfinished for a variety of reasons, including simply running out of fabric.

Little flute: The piccolo, which means "little" in Italian, is a musical cousin to the flute. A member of the woodwind family, its sound is an octave higher than a flute. The piccolo is the highest pitched instrument in the orchestra.

The Equator: The South American country of Ecuador derives its name from the word's Spanish meaning: the equator. The Equator runs through the country, and in San Antonio Parish there is a 30-metre (98-ft.) monument to mark the location.

On the Lighter Side

Everyone learns from other people's mistakes - none of us has time to think them all up for ourselves.

What would a chair look like if your knees bent the other way?

During a grammar class, the teacher spots one of her pupils staring out the window. "Hey, Peter!" she shouts, "Give me two pronouns." Peter answers, "Who? Me?"

People who say it cannot be done are often interrupted by the person doing it.

What did one candle say to the other candle? Let's go out tonight.

Answers

Trivia answers: 1. Yurt Gagarin 2. 1903 3. Tea 4. 3/4 of a gallon 5. REM

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!

MAY'S CONTEST SPONSOR

Bow Valley Coffee News

Recipe of the month

Spring Pea Pasta

1 pound pasta
3-4 cups fresh peas
5 scallions, thinly sliced
1 shallot, very finely diced
1 cup chopped fresh mint
1 cup chopped Italian parsley
½ cup olive oil

2 lemons - zest and ¼ cup juice
¼ cup fresh pea shoots, baby spinach or arugula
1 teaspoon salt (plus more to taste)
½ teaspoon pepper
1 tablespoon truffle oil
Optional: goat cheese crumbles

Prep Time: 15 mins. Cook time: 10 mins. Yield: 4 (main) or 8 (side)

- Boil pasta in a generous amount of salted water per directions.
- During the very last minute of cooking, if serving this as a warm entrée, add the peas to the pasta and just lightly blanch.
- While the pasta is cooking, prep the rest of the ingredients.
- Chop the scallions, shallots and herbs.
- Zest two lemons, and measure out ¼ cup lemon juice.
- Once the pasta is just about done, add the peas to the boiling pasta water and blanch for one minute, or just until bright green. Immediately drain, place pasta and peas in large bowl, drizzle with olive oil, lemon juice and season with 1 tsp salt and ½ tsp pepper.
- Toss in the pea shoots (or other greens) and add the scallions, shallot, herbs and lemon zest. Stir.
- Taste, adjusting salt and lemon juice, adding more of both, if necessary.
- Drizzle with truffle oil; serve immediately.

If making this as a pasta salad, rinse pasta and peas in very cold water to stop the peas from cooking any longer. Add goat cheese right before serving.

Source: www.feastingathome.com

WILLS PROMOTION

Single Will \$150 (GST incl.)
Will Package \$300 (GST incl.)
Will Package includes: Will, Enduring Power of Attorney and Personal Directive

Chinook Country Law Office
403-946-4300
info@chinookcountrylaw.com
www.chinookcountrylaw.com
Box 860
1018C Hammond Ave., Crossfield

We are pleased to announce the addition of
TODD I. WYTRYCHOWSKI
B.A., LL.B.
to our practice!

Christo Communications

- Sales, Service & Installation of Two-Way Radios
- Portable · Mobile
- Wide Area Repeaters
- Serving Central Alberta For 35 Yrs

Glenn Christopherson
403-556-7700 - Olds
christo@airenet.com

Shocking News!

You can pay less for electricity and gas with a locally owned provider.

VECTOR ENERGY

Go to our web site: www.vectorenergy.ca
or phone customer care at: 403-770-9090

Paterson Community Centre Bowden

2101-27 Avenue, Bowden

- ✓ Seats up to 350 banquet style
- ✓ Affordable all weekend rental includes tables, chairs, sound system
- ✓ Onsite power RV parking
- ✓ No restrictions on catering and bar
- ✓ Air conditioned

Free WiFi

403.507.5090 | www.bowdencommunityhall.ca

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)

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

403.946.5802

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