

Taking Care of Your Family Needs

Seniors Receive 10% Off Every Day!

VALUE DRUG MART
403.335.3307
1710 - 20 Street, Didsbury • www.valuedrugmart.com

Free Prescription Delivery – Giftware Household Products – Homecare Supplies

Keeping it in the Community
WITH THE VALLEY DRUGS MADE FOUNDATION

Recipe of the month

Grilled Glazed Drumsticks

1 cup ketchup 1/2 teaspoon garlic powder
1/3 cup reduced-sodium soy sauce 3 pounds fresh or frozen chicken drumsticks, thawed
4 teaspoons honey Optional: Sliced green onions and ranch dressing
3/4 teaspoon ground ginger

Prep Time: 10 min. + marinating Grill Time: 15 min.
Yield: Approximately 2 dozen

1 In a small bowl, combine the first 5 ingredients. Pour 1 cup marinade into a large shallow dish. Add the chicken; turn to coat. Cover and refrigerate for at least 4 hours or overnight. Cover and refrigerate remaining marinade for basting.
2 Drain chicken, discarding marinade. Grill, covered, over medium heat until juices run clear, 15-20 minutes, turning and basting occasionally with reserved marinade. If desired, top with sliced green onions and serve with ranch dressing.

The perfect recipe to try during May – BBQ Month!

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

inogen

FREEDOM. TO BE YOU.

Call 1-833-301-1878 for a free consultation.

MKT-P0240

YAMNUSKA WOLFDOG SANCTUARY

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

BOOK NOW FOR YOUR CANMORE GETAWAY!

ACCESSIBLE WELLNESS SOLUTIONS

THE BOW VALLEY'S ALL-INCLUSIVE ALTERNATIVE THERAPY CENTRE

we offer:

- Deep Tissue Massage
- Aqualead
- Aromatherapy
- Intense Healing Breath Work
- Crystal Therapy
- Ear Candling
- Fire Cupping
- ION Foot Detox
- Reiki • Reflexology
- Sound Therapy
- Tarot Reading
- Quantum Healing

PRIVATE & COUPLES Yoga

403-609-8716

709-10 Street, Canmore (beside Communitea)

kayla@positivehealing.ca
www.positivehealing.ca

POSITIVE HEALING

CRYSTALS | YOGA | ALTERNATIVE THERAPY

Congratulations

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

Jaclyn
found "Beans" at Hoi Mai in Carstairs

Coffee News

Enter today for your chance to win!

www.bvcoffeeneews.ca

FREE! New Issue Every Week!

Coffee News®

"News To Be Enjoyed Over Coffee"

Carstairs, Crossfield, Didsbury Edition

780-220-6397

www.bvcoffeeneews.ca
amy@bvcoffeeneews.ca

Vol. 2023 No. 20 May 15, 2023

Everybody's Talking

Monkey land: In a village called Upla, in the Osmanabad district of India's Maharashtra state, monkeys are so well respected that they have been given their own land. Along with a small population of humans, Upla has about 100 Rhesus macaques in residence. Some years ago, the village set aside 32 acres of land and put them in the name of all the monkeys. No one knows exactly how or when this came to be, but the townfolk feed the monkeys and often include them in rituals. At weddings, for example, the monkeys are provided with presents before the rest of the festivities get started.

Cruising for life: "Super Mario" Salcedo of Miami, Florida (U.S.), would rather be on a cruise ship than on dry land. He seems to have gotten his wish because he's managed to live for over 23 years on luxury liners, after retiring at age 47. During a stressful career as a financier, he traveled quite a bit. He had managed to save enough to continually live on a ship, and now enjoys the scenery instead of worrying about work. Salcedo doesn't hang out with other tourists, but keeps to himself and does light finance work for private clients. This lifestyle is possible, in part, because the perpetual cruiser isn't married and doesn't have children.

Playful paint job: When he was a kid, Sam Cox's parents never told him he couldn't draw on walls. Good thing, because now the artist from Kent, England, who is in his late 20s, has covered his own house, inside and out, in doodles. After beginning in his bedroom, Cox has doodled, from floor to ceiling, all the other bedrooms, bathrooms, hallways, and kitchen, as well as the exterior. He used many cans of white paint, black spray paint, black drawing paint, and pens to achieve the monochrome, comic book look. Known as Mr. Doodle, Cox uses his love of this artistic style to make paintings, which have sold for high prices at auctions.

Canine passenger: Eclipse was a beloved black Lab-Bullmastiff mix in Seattle, Washington (U.S.), who enjoyed riding the bus all by herself. The smart canine would get on the bus near the home of her owner, Jeff Young, and get off a few stops later at the dog park. It started by accident in 2015, when she boarded without Young one day, and she continued until she passed away in October 2022 at age 10. Regular passengers miss the gentle animal, who would nap with her head on someone's lap. She always knew her stop, and the driver would let her out. The bus company even made a music video about her.

Quoteable Quotes

"One of the lessons of history is that nothing is often a good thing to do and always a clever thing to say." —Will Durant

"My father gave me the best advice of my life. He said, "Whatever you do, don't wake up at 65 years old and think about what you should have done with your life." —George Clooney

What's Happening

May 12. Neighborhood Party Trade Show. Carstairs Memorial Arena, 4-8pm. Come out and see Organizations, Non-profits, Youth Sports, and Carstairs Area Businesses. Contact Community Services Department - Town of Carstairs for more information 403-940-3327.

May 13. Mother's Day High Tea. Join us for a lovely afternoon of tea and treats to celebrate Mother's Day and the library's 70th anniversary! Advance registration and ticket purchase is required at the Crossfield Library.

German Canadian Club of Red Deer County Christmas Market. The GCC is looking for vendors for this popular Christmas Market event on Nov 4 in Red Deer County. Please contact Henrietta at 403.346.6610 or Donna at 403.343.1744 to secure a spot.

Nov 4. German Canadian Club of Red Deer County Christmas Market. Come out for this popular Christmas Market. 10a - 4p, Nov 4th at 38167 RR280 in Red Deer County.

May 27. Airdrie Childrens Festival. We aim to enrich the lives of children and celebrate cultural differences of all kinds, ALL FOR FREE! Check out events at airdriechildrensfest.com. Runs May 27 weekend.

GET IN WHAT'S HAPPENING - Submit your event to www.bvcoffeeneews.ca and be seen here by thousands of readers each week. Please give 6 weeks notice

Trivia

1. The newspaper Bild is published in what country?
2. _____, an involuntary muscle contraction, moves food through the digestive system.
3. When was the Vienna Boys Choir created?
4. What playwright group included Christopher Marlowe in the 1580s?
5. Vitreous humour can be found in human eyeballs, jellyfish, or comedy clubs?

(Flip bottom of page for answers)

STROLL BACK IN TIME...

CAROLINE WHEELS OF TIME MUSEUM AND HISTORICAL VILLAGE

Open May long weekend to September long weekend on Friday, Saturday and Sunday from 12 to 5 p.m.

Group tours available by appointment, email wheels3884@gmail.com

<http://www.carolinemuseum.ca/>

BUILDINGS
EXHIBITS
NATURE TRAIL
PICNIC AREA

CWC

Carstairs Waste Control

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

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

www.carstairswaste.com

TOP \$\$\$ PAID FOR SCRAP CARS

DJ'S TOWING AND SCRAP CAR REMOVAL

CALL FOR A QUOTE:
403.922.2412

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

EAT WHAT YOU LIKE IN COMFORT

DENTURE CARSTAIRS CLINIC

Across from the Carstairs CO-OP **403-337-2880**

Helping Adoptable Dogs and Cats Find Loving Homes

CAN YOU HELP?

pause4change
rescue foundation
www.pause4change.com

DONATE VOLUNTEER FOSTER

Unsure of the next step?

CALL ACCESS MENTAL HEALTH TO DISCUSS YOUR OPTIONS.
We can help.

403.943.1500
1.844.943.1500 TF

ADDITION AND MENTAL HEALTH Information & Referral - Calgary Zone

Alberta Health Services Access Mental Health

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

DIDSBURY'S
Best Kept Secret!

FACIALS PEDICURES MANICURES LASH & BROW BAR	MASSAGE WAXING TANNING BODY TREATMENT	PIERCING BOTOX TEETH WHITENING STEAM ROOM
--	--	--

NOW UNDER NEW OWNERSHIP!
New Face.
New Look.
New Atmosphere.

Sorelle Amore
Spa & Wellness Centre

2028-17 Avenue, Didsbury
sorelleamore2022@gmail.com
sorelleamorespa.ca

Call 403-335-9854
REJUVENATING EXPERIENCE GUARANTEED!

This Space FOR RENT
780-220-6397

If this was your ad...

it would have been seen now!

How Do You Recycle Your Coffee News?

- Make it into a paper airplane
- Distribute to schools as a reading tool
- Use as a packing material for gifts
- Pass along to a senior who does not get out much
- Use as a liner for a pet cage
- Perfect for origami or crafts
- Use as a placemat

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

HONEST | RELIABLE | PROFESSIONAL

Amanda Robinson
ASSOCIATE

For all your real estate needs, contact me today!

C: 403.607.6497
O: 403.335.9778
amanda9292@outlook.com

ROYAL LEPAGE
WILDROSE REAL ESTATE

wildroserealestate.royallepage.ca

A cozy little cabin filled with a variety of treasures!

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

Check our website calendar for upcoming workshops and events!

Angel Card Readings
with Charlene Money, AGP/AAEP
Call for details!
403.946.5802

COUNTRY GARDEN CRYSTALS
Located west of Crossfield - see website for directions: www.countrygardencrystals.ca
Open Thursday thru Monday, 10 a.m. - 5 p.m. (Closed Tuesday and Wednesday)

Your Weekly Horoscope

ARIES
(March 21 - April 20)

You may be ambitious and eager to fulfill your goals right now. Success might be possible, but it is important to avoid arguments and not to alienate others in the process. Lucky numbers: 9, 13, 22, 29, 32, 37.

TAURUS
(April 21 - May 21)

This week holds a monthly reset moment. A number of opportunities for success may be available to you right now. Examine them carefully before deciding which is best. Lucky numbers: 13, 18, 19, 22, 30, 35.

GEMINI
(May 22 - June 21)

Your birth month is a good time to evaluate what you did and didn't achieve over the past year. Then you can plan any necessary changes for your new year. Lucky numbers: 2, 4, 16, 20, 42, 47.

CANCER
(June 22 - July 22)

Cancers often prefer to retreat into their shells rather than engage with others in difficult conversations. However, if you are open, you may find an opportunity to do just that. Lucky numbers: 1, 6, 18, 28, 46, 48.

LEO
(July 23 - Aug. 23)

Others may be intrigued by your enthusiasm right now, and they might want to assist in your endeavours. Try to be sure that the outcome is a win-win for everyone. Lucky numbers: 11, 12, 28, 35, 38, 46.

VIRGO
(Aug. 24 - Sept. 23)

Virgos can have a perfectionist streak that sometimes encourages you to be hard on yourself and others. Opportunities may exist right now to be more nurturing, if you reach for them. Lucky numbers: 8, 11, 16, 23, 37, 45.

LIBRA
(Sept. 24 - Oct. 23)

Libras often overlook their needs to keep things flowing smoothly in their relationships. Be careful now about being passive-aggressive with others. You may want to try having an honest conversation instead. Lucky numbers: 12, 21, 28, 30, 42, 47.

SCORPIO
(Oct. 24 - Nov. 22)

Your intuitive nature can be painful to deal with at times. Find resources that can be helpful to you, like a conversation with a friend or even a simple walk in nature. Lucky numbers: 3, 6, 28, 44, 47, 48.

SAGITTARIUS
(Nov. 23 - Dec. 21)

Your mind and feelings may be out of sync at the end of the week. If you can find a compromise, do so, or wait a few days before acting. Lucky numbers: 6, 7, 13, 14, 33, 47.

CAPRICORN
(Dec. 22 - Jan. 20)

Capricorns generally look for solid research and facts in their decision making. Now, though, an adjustment in your view may allow you to use more intuitive information in the process. Lucky numbers: 5, 13, 29, 32, 38, 43.

AQUARIUS
(Jan. 21 - Feb. 19)

You may be undergoing a long period of self transformation, which might be in a difficult phase right now. Try to go with the flow, rather than fighting the process. Lucky numbers: 4, 18, 21, 23, 25, 39.

PISCES
(Feb. 20 - March 20)

Your intuitive, empathetic nature may be at its best now. Look for opportunities to work on endeavours that could encourage others to help themselves, rather than relying on you. Lucky numbers: 7, 10, 24, 32, 42, 44.

Lucky numbers this week: This week's odds favour Taurus winners with the luckiest number being 30.

Did You Know...

Perfect pitch: People with perfect, or "absolute," pitch can identify a musical note when they hear it, or can sing it without any other note as a guide. Whether people are born with this talent or can learn it is a subject of debate.

Hot lake: Waimangu Volcanic Valley is an area of hydrothermal activity on New Zealand's North Island. Temperatures in the valley's shallow "Frying Pan Lake" range from 50°-60° C (122°-140° F), too hot for swimming or soaking.

Great opera: Opera lovers all over the world have seen *Madame Butterfly*, written by Italian Giacomo Puccini. The opera was first presented at the Teatro alla Scala (La Scala) in Milan, Italy, on February 17, 1904.

Riding together: The first U.S. club for recreational bicycle riders, called the Boston Bicycle Club, was formed in 1878. Other cities followed suit, with clubs soon forming in Buffalo, NY, and New York City.

Scary stories: Prolific American author Stephen King wrote stories for magazines before getting his big break for his novel *Carrie*, published in 1974. Soon afterward came *The Shining*, *The Stand*, and *The Dead Zone*, plus numerous others in the ensuing years.

On the Lighter Side

When you wallow with pigs, expect to get dirty.

Knock! Knock! *Who's there? Rhino. Rhino who? Rhino every single knock-knock joke!*

When do kings worry the most? When the reign stops.

Doctor: "I think you are suffering from hypochondria."
Patient: "Not that, too?"

How did the book talk to its friends? By text.

Answers
Trivia answers: 1. Germany 2. Peristalsis 3. 1498
4. University Wits 5. Eyeballs

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

Turtle Wax PRO

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

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!

THIS MONTH'S CONTEST SPONSOR
Bow Valley Coffee News

GENERAC

Prepare for power outages today
WITH A HOME STANDBY GENERATOR

FREE 7-Year Extended Warranty* An \$895 Value!

REQUEST A FREE QUOTE
CALL NOW BEFORE THE NEXT POWER OUTAGE
(844) 944-1991

*To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.

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!

JV ROOFING & Exteriors

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

587-378-ROOF (7663)
www.jvroofingsiding.com

Injured? Now What? We Help - A Lot!

Braithwaite Boyle Injury Law 800-440-8298

It's The Only Law We Do - Since 1986

Free Initial Consultation

Offices in: Calgary, Red Deer, and Edmonton

WIN one of three \$400 prepaid Visa cards awarded monthly

Scan Once Weekly for Max. Entries

For contest rules and recent winners, visit www.accidentinjurylawyer.com/coffeeneews

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
2028-17 AVENUE, DIDSBURY
SILVERFERNMEDISPA.COM

FRIENDLY PROFESSIONAL STAFF

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