

NOW OPEN IN COCHRANE!

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

Book your own rejuvenating retreat, ...or one with a few of your friends!

PRIVATE & COUPLES

Yoga

403-609-8716

124 River Avenue, Cochrane (above Bike Brothers)

kayla@positivehealing.ca
www.positivehealing.ca

POSITIVE HEALING

CRYSTALS | YOGA | ALTERNATIVE THERAPY

inogen

FREEDOM. TO BE YOU.

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

MKT-P0240

HIP OR KNEE REPLACEMENT?

THE DISABILITY TAX CREDIT ALLOWS FOR A

\$2,500 YEARLY TAX CREDIT

\$30,000 LUMP SUM REFUND

COPD, arthritis, and many other disabling conditions that cause Restrictions in Walking or Dressing may qualify.

FOR EXPERT HELP: **1-844-453-5372**

WIPE OUT INFLATION, GET THE CREDIT!

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

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

May 1st Winners of a prepaid \$400 Visa card

Chelsey M. from Edmonton
Cindy C. from Sylvan Lake
Jay Z. from Edmonton

Braithwaite Boyle Injury Law 800-440-8298

It's The Only Law We Do - Since 1986
Free Initial Consultation

For contest rules, visit www.accidentinjurylawyer.com/coffee news

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

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. 31 July 31, 2023

Everybody's Talking

Bee crazy: Travelers to Provincia di Matera in the southern part of Italy can now get up close and personal with bees. Airbnb owner Rocco Filomeno has found a way to incorporate bees into his accommodation. Calling his place an "air bee and bee," the host offers a one-room house that sits amid nine apiaries. The high ceiling of the wooden structure has a glass hive through which guests can watch a colony of bees hard at work. They can go to sleep at night hearing the soft buzzing and smelling the gentle scent of the bees and their honey. The accommodation is situated on Filomeno's olive farm near the village of Grottole.

Look-alike: Arthid Duangsri of Chiang Rai, Thailand, sported long hair and a beard in his younger years. Now, the bulked-up, bald man is well known as the Thai Vin Diesel, the Hollywood star from the Fast and Furious movie franchise. The fan started to transform himself into that movie's Dominic Toretto character almost a decade ago when a friend suggested he could pull it off. So he shaved his head and began working out in a gym. Today, he looks so much like Vin Diesel that people stop him in the street and ask for photographs. His brother even helped him to soup up a car to resemble the one that Dominic Toretto drives in the movies.

Dog business: A pair of animal lovers in Skagway, Alaska (U.S.), has found a way to bring the dog community together in this small mountain town. The married couple, Mo and Lee Thompson, are available to pet sit, train, and walk people's pooches. They use an intriguing way to make their rounds, picking up the dogs at their residences on a small bus. The dogs are so well trained that, after waiting patiently in their yards, they hop on the bus, greet their dog pals, and then jump up on their assigned seat to be harnessed in for the ride to the dog park. The business grew quickly for the Thompsons, who are thrilled to be involved with such a rewarding undertaking.

Keep running: Running a marathon or completing an Iron Man triathlon is a tough feat, even for someone who is in topnotch health. But an Australian man named Russell Winwood has proven that, with effort, a difficult diagnosis can be overcome to live a dream. Winwood has chronic obstructive pulmonary disease (COPD), which makes breathing difficult because it negatively affects his lung capacity. However, the Brisbane man worked on improving his respiratory fitness by training, eating well, and consistently taking his prescribed medication. Today, he runs full marathons around the world. He wears an oxygen tank on his back and runs with a partner.

Quoteable Quotes

"Nothing haunts us like the things we don't say." —Mitch Albom

"When someone shows you who they are, believe them the first time." —Maya Angelou

What's Happening

Didsbury Book Sale. The Friends of the Didsbury Library Society are having a Book Sale. These weekend dates are open 10a-4p. June 23,24. July 28,29. Aug 25,26. Sept 22,23. All you support is greatly appreciated.

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.

Sept 16. Pet Valu Walk for Dog Guides. Sign up now and start fundraising for this VIP event hosted by the Airdrie Lions Club. The walk takes place at Nose Creek Regional Park on Sept 16, registration is at 11am. Contact airdrielionsclub@gmail.com.

Calgary International Pin Club 33rd Annual Festival of Pins Centennial Legion 9202 Horton Road S.W. Aug 26 - 27 - 9am to 5pm Donations of non-perishable food items will be gratefully accepted at the festival.

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. Construction of the Cathedral of Notre Dame began in 1099, 1163, or 1812?
2. An arcade, arch, or balustrade is a series of arches supported by columns?
3. Obsidian is an igneous, metamorphic, or sedimentary rock?
4. What is a piece of land almost completely surrounded by water?
5. A niddy noddy is a tool to wind yarn into skeins—T/F?

(Flip bottom of page for answers)

© Published with Permission by Mad Mama Marketing (Over)

When YOU Get Paid We Get Paid

Over HALF A BILLION Recovered For Our Clients!

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

YOUR CONTACT INFORMATION IS SAFE WITH US!

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

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

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

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

This Space FOR RENT

780-220-6397

Family and Criminal Defence Lawyers

Proudly serving Mountain View County and surrounding areas

Norwest Law

403.768.1848
reception@norwestlaw.ca

Bay 5, 2825-19 Street Didsbury

Meetings by appointment only

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

GENERAC

*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.

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: **403-335-8829**

SILVERFERN
AESTHETICS AND VEIN MEDISPA
2028-17 AVENUE, DIDSBURY
SILVERFERNMEDISPA.COM

FRIENDLY PROFESSIONAL STAFF

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

EAT WHAT YOU LIKE IN COMFORT

DENTURE CARSTAIRS CLINIC

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

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!

JV ROOFING & Exteriors

- 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

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

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

Christine Penner
found "Beans" at Bigway Foods in Crossfield

Coffee News

Enter today for your chance to win!
www.bvcoffeeneews.ca

Helping Adoptable Dogs and Cats Find Loving Homes
CAN YOU HELP?

pause4change
rescue foundation
www.pause4change.com

DONATE VOLUNTEER FOSTER

Your Weekly Horoscope

ARIES
(March 20 - April 19)

At midweek, you may be particularly ambitious about achieving your objectives. However, be careful of being overly aggressive with others in the process. Instead, try to work toward a win-win. Lucky numbers: 11, 17, 19, 21, 29, 47.

TAURUS
(April 20 - May 20)

The Taurus-born are usually conservative in risk taking. But now you may have a strong desire to do something big and bold. Before acting, consider the potential risks and rewards. Lucky numbers: 13, 17, 24, 31, 34, 40.

GEMINI
(May 21 - June 20)

Your ambition level might be high right now, supported by an easy energetic flow. This might be a good time to start new creative endeavours outside of your comfort zone. Lucky numbers: 2, 7, 25, 28, 34, 37.

CANCER
(June 21 - July 21)

Cancers don't usually bring attention to themselves and their accomplishments. Now may be a good time to find a hidden opportunity that could encourage you to do so. Lucky numbers: 12, 18, 22, 23, 42, 43.

LEO
(July 22 - Aug. 22)

Are you of two minds right now about an important decision? Developing a list of the pros and cons may clarify your choice. Otherwise, perhaps wait a few days to decide. Lucky numbers: 4, 6, 10, 23, 42, 45.

VIRGO
(Aug. 23 - Sept. 22)

Virgos like to focus on achieving concrete results. Midweek, you may have the opportunity to expand your endeavours into developing deeper relationships. Accepting this challenge is your choice. Lucky numbers: 5, 9, 12, 16, 17, 41.

LIBRA
(Sept. 23 - Oct. 22)

Is there something you want to do but haven't, maybe for fear of upsetting someone? At the end of the week, you might find the courage to do so anyway. Lucky numbers: 6, 17, 21, 26, 37, 43.

SCORPIO
(Oct. 23 - Nov. 21)

Do you feel that others are putting obstacles in your path right now? Is there a resolution that you could offer that does not compromise your values and sense of self? Lucky numbers: 14, 17, 28, 33, 46, 48.

SAGITTARIUS
(Nov. 22 - Dec. 20)

Things may be flowing easily for you right now. If so, are you giving your maximum effort to achieve your objectives? If not, are those goals truly what you want? Lucky numbers: 1, 12, 14, 22, 23, 35.

CAPRICORN
(Dec. 21 - Jan. 19)

Capricorns often vigorously defend tradition and stability, even to their detriment. Consider asking yourself where you can make an adjustment in viewpoint without abandoning your values or authentic self. Lucky numbers: 15, 18, 24, 25, 31, 47.

AQUARIUS
(Jan. 20 - Feb. 18)

This may be a good time to review your efforts over the last six months. Complete anything that needs to be wrapped up, but consider holding off on starting new projects. Lucky numbers: 7, 12, 15, 24, 34, 41.

PISCES
(Feb. 19 - March 19)

Your Pisces connection to the ethereal realm may be particularly strong now. If you feel discouraged at the end of the week, seek out allies who can help lighten your mood. Lucky numbers: 3, 4, 14, 25, 31, 42.

Lucky numbers this week: This week's odds favour Gemini winners with the luckiest number being 37.

Did You Know...

Heightened status: The Grand Canyon in Arizona (U.S.) became a National Park in 1919, while an original, smaller version of today's Grand Teton National Park in Wyoming received that status in 1929.

Long horns: A spider that looks scary but won't hurt humans is the long horned orb-weaver (*Macracantha arcuata*). Its distinguishing feature is the presence of two spiny "horns" that grow from its sides.

Moon time: The planet Mars has two moons, Phobos and Deimos. Phobos is close to the planet's surface and completes three orbits in each Martian day, which is about 17 minutes longer than an Earth day.

Ear movement: Not many people can move their outer ears back and forth, like a cat. However, humans have three auricular muscles that some folks are able to voluntarily engage, making for an interesting trick.

On TV: The first, full National Hockey League game on TV was on February 25, 1940, on New York's W2XBS, an experimental station. The station's 300 subscribers watched the New York Rangers beat the Montréal Canadiens, 6-2.

On the Lighter Side

Customer: Do you have a camouflage jacket?
Clerk: We have dozens but I can't find them.

How does a clock put on its gloves? One hand at a time

Electric company sign: "We'd be delighted if you pay on time. If not, YOU will be de-lighted."

Knock! Knock! *Who's there?* Byte. *Byte who?* Byte you're happy to see me again!

The ship's captain had to dock in a very tiny space. He was under a lot of pier pressure.

Answers
4. Peninsula 5. True
Trivia answers: 1. 1163 2. Arcade 3. Igneous

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

COLD SHOT
A DIVISION OF BALWARIA EMPIRE PVT. LTD.

PASSENGER & PARCEL SERVICES
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

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

TOP \$\$\$ PAID FOR SCRAP CARS

DJ'S TOWING AND SCRAP CAR REMOVAL

CALL FOR A QUOTE: **403.922.2412**

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

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

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)

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!

Recipe of the month

Island Mango Slaw

1/2 medium head Savoy cabbage, thinly sliced into 3-inch strips (about 8 cups)
1/2 small head red cabbage, thinly sliced into 3-inch strips (about 6 cups)
2 medium carrots, cut into thin 2-inch strips
1 small sweet yellow pepper, cut into thin 2-inch strips
1 small sweet red pepper, cut into thin 2-inch strips
1 small red onion, halved and thinly sliced
1/2 medium mango, peeled, cut into thin 2-inch strips

1/2 jalapeno pepper, seeded and finely chopped
Dressing:
1/2 cup plain Greek yogurt
1/4 cup thawed orange juice concentrate
4 teaspoons lime juice
1/2 teaspoon olive oil
1/2 medium mango, peeled and coarsely chopped
2 teaspoons minced fresh gingerroot
1 teaspoon kosher salt
1/2 jalapeno pepper, seeded and coarsely chopped
1/4 teaspoon pepper

Prep Time: 25 min. + chilling Yield: 12 servings

In a serving bowl, combine first 8 ingredients. Process dressing ingredients in a blender until smooth. Toss dressing with slaw at least 30 minutes before serving. Refrigerate.

Source: www.tasteofhome.com