

Recipe of the month

Zucchini Bites

2 cups shredded zucchini ½ teaspoon garlic powder
 1 cup Panko breadcrumbs ½ teaspoon paprika
 ½ cup Parmesan cheese ½ teaspoon Italian seasoning
 1 large egg ½ teaspoon salt (or to taste)
 1 tablespoon vegetable oil ¼ teaspoon ground black pepper (or to taste)

Total Time: 25 min. Yield: 20 pieces/4 servings

- Use a box grater or food processor to shred the zucchini.
- In a large mixing bowl, combine shredded zucchini, breadcrumbs, Parmesan, egg, oil, garlic powder, paprika, Italian seasoning, salt, and pepper. Mix well until evenly combined.
- Take 2 spoonfuls of the zucchini mixture at a time and shape into 1.5-inch balls. Set aside on a plate.
- Bake in a 375F preheated oven for 15 minutes until golden brown.
- Serve immediately with your favourite dipping sauce, if desired.

Source: <https://www.aheadofthyme.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

colorSTREET
www.oursuperglammnails.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

Best Buds Outlet

4A, 1861 Meadowbrook Dr. SE
 403-980-1046

@Best_Buds_Outlet
bestbudoutlet.ca

OPEN DAILY, 10 am-10 pm

Premium Canadian Cannabis

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

pause4change rescue foundation
www.pause4change.com

DONATE VOLUNTEER FOSTER

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)

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
impaclectric@rocketmail.com

FREE! New Issue Every Week!

Coffee News®

"News To Be Enjoyed Over Coffee"

Airdrie Edition
 780-220-6397

www.bvcoffeeneews.ca
amy@bvcoffeeneews.ca

Vol. 2023 No. 38 September 18, 2023

Everybody's Talking

Goat story: A pesky little bylaw that prevents farm animals from being kept in town isn't stopping Albert and Yoka Hoogendoorn from housing a goat on their property in Ingersoll, Ontario (Canada). The goat, named Bob, is getting elderly and is part of the Hoogendoorn family. When the couple moved into town from their farm, they brought Bob with them. Albert wanted to give their horned pet a nice home, so he built Bob a shed in the backyard, complete with heat and a salt lick. The neighbours get a kick out of seeing Albert and Yoka take Bob for walks. So far no one has complained to the authorities, so the bylaw has not been an issue.

Small town: There are small towns, and then there are really small towns. One such place is Hum, Istria, Croatia, a tiny, hilltop collection of medieval residences that is thought to be the smallest town in the world. At least that's what locals are using as a claim to fame. The population of Hum is somewhere between 20 and 30. It has two streets, a bell tower, a church, and a restaurant. The view is fantastic and the serenity palatable. Brick housing sits along cobblestone streets decorated with colourful flower pots. Busy in the tourist season, Hum is a tranquil place for townsfolk to live when things quiet down for the winter.

Bugging the police: A Japanese man had a few things he wanted to say to staff members at the Saitama Prefectural Police department. In fact, when someone answered the phone, the 67-year-old man yelled that they should all be fired, amongst other things. He did so 2,060 times in a nine-day period. The calls, which averaged about one every six minutes, were taking up so much of the police department's time that something had to be done. Police went to his home and arrested him for preventing them from doing their jobs. His persistent phoning could have interfered with emergency calls to which police needed to respond.

Two owners: An uninhabited island in the Bidasoa River, which flows between Irun, Spain, and Hendaye, France, is quite small. Only about 200 metres (656 ft.) long, it's a sliver in the river, a few metres from the mainland of each country. Called Pheasant Island, it has a unique ownership: for six months a year, it is ruled by Spain, and for the other six months, it is ruled by France. Centuries ago, the countries struck the deal to end a long war. To honour the agreement, a monument was built in the middle of the island. Today, only a few visitors are allowed there and only for rare occasions, such as the change-of-ownership ceremony twice a year.

Quoteable Quotes

"Knowledge rests not upon truth alone, but upon error also."
 —Carl Jung

"If I waited for perfection, I would never write a word."
 —Margaret Atwood

What's Happening

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.

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.

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.

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.

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

- "A ring around the Sun or Moon" means what is coming soon?
- Did Betty Crocker or Ruth Wakefield invent the chocolate chip cookie?
- What is considered the national sport of China?
- The English Horn is a brass or woodwind instrument?
- Who is considered the "father" of the helicopter?

(Flip bottom of page for answers)

© Published with Permission by Mad Mama Marketing
 (Over)

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.

No Job Too Big or Too Small!

Commercial and Residential
 Flat-lay Laminate Countertops
 Postform Laminate Countertops

DEREK BIGGAR
 403-669-9396

derek@biggardevelopments.ca
www.biggarcountertops.ca

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

FRIENDLY, PROFESSIONAL STAFF

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

Nails... Your Way!

INDEPENDENT STYLISTS AMY & KAYLA ROSELER

We offer a vast array of colors and nail art designs.

A Color Street Nail Bar is a party in which you spend time with your favorite people and share nail looks you'll all love. Whether you host in person or virtually, it's easy to team up with your Independent Color Street Stylist to host a Nail Bar for friends near and far.

www.oursuperglammnails.com

HIP OR KNEE REPLACEMENT?

THE DISABILITY TAX CREDIT ALLOWS FOR A

\$2,500 YEARLY TAX CREDIT
\$30,000 LUMP SUM REFUND

COVD, 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!

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

Congratulations to our most recent winners of a prepaid \$400 Visa card!

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/coffeeneews

June 1 Draw Winners: Frank H. from Sylvan Lake, Sandy P. from Calgary, Steven R. from Lethbridge
 July 1 Draw Winners: Rodney B. from Lethbridge, Brian P. from Edmonton, Natasha W. from Red Deer
 August 1 Draw Winners: Fiona L. from Edmonton, Paige H. from Red Deer, Ellery T. from Calgary

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
impaclectric@rocketmail.com

When YOU Get Paid We Get Paid

We're Here To Handle The Legal Complexity For You!



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/coffeeneews



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

Congratulations

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

Ramin Khan
found "Beans" at Shawarma Palace in Airdrie

Coffee News

Enter today for your chance to win!

www.bvcoffeeneews.ca

inogen

FREEDOM. TO BE YOU.

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

MKT-P0240

I take care of the paperwork...

So you can take care of your business!

- Day to Day
- Monthly Reconciliations
- Year End Prep
- Cleanup

PHOENIX RISING

Bookkeeping 905.379.7717

KATHLEEN WILLIAMS, Owner

@phoenixrisingbk

905.379.7717 | www.PhoenixRisingBK.ca



Your outdoor needs are our specialty

CYRUS Landscaping



Contact Cyrus: cyrus@cyruslandscaping.ca

403.212.0606

Your Weekly Horoscope

ARIES
(March 20 - April 19)



You may be determined now to break through an old issue that is an obstacle to your current progress. Perhaps you should consider graciously asking

others to assist you. Lucky numbers: 2, 8, 14, 23, 40, 45.

TAURUS
(April 20 - May 20)



Taurus is often cautious in taking risks, especially if it requires trusting others. There is a potential now to make an adjustment in your ability to discern whom to trust. Lucky numbers: 10, 11, 16, 18, 30, 41.

GEMINI
(May 21 - June 20)



At midweek, you may find yourself in a quandary of opposing possibilities. Be aware of jumping impulsively into action, and consider postponing any important decisions for a few days. Lucky numbers: 6, 11, 21, 36, 39, 45.

CANCER
(June 21 - July 21)



Late this week you may be emotionally spinning over whatever insecurities you feel about yourself. Can you gain any insight about these feelings before this period of several days passes? Lucky numbers: 4, 12, 14, 15, 34, 40.

LEO
(July 22 - Aug. 22)



Leo's strong, sunny energy sometimes exhibits a child-like demeanor that can be too self-focused. This month you may have an opportunity to equally focus on the needs of others. Lucky numbers: 8, 17, 23, 33, 40, 44.

VIRGO
(Aug. 23 - Sept. 22)



Leadership needs a balance of results and relationships. Virgos often focus more on results. There may be an opportunity this month to improve your balance of these two elements. Lucky numbers: 7, 28, 32, 35, 36, 43.

Lucky numbers this week: This week's odds favour Sagittarius winners with the luckiest number being 7.

Did You Know...

Movie mania: The first full-length animated film to grace the world was not, as one might expect, something from the Disney studio. Rather, it was called *El Apóstol* and was made by an Argentinian named Quirino Cristiani in 1917.

No big signs: Landscapes around the world are cluttered with billboards. In 1927, before it was a state, Hawaii (U.S.) passed a law prohibiting them. Later, the states of Vermont, Maine, and Alaska followed suit.

Lots of fun: Near Copenhagen, Denmark, is a place where people have been having fun for centuries. Called Bakken, or officially Dyrehavsbakken, it is the oldest amusement park in the world. It has been around since 1583.

Carrot tops: If you have carrots from the garden or a farm, don't throw away the greens. They can be chopped, ground, and pureed into marinades, soups, stews, and stocks, among other foods.

Don't touch! An octopus that lives around coral reefs, from Japan to Australia, is called the blue-ringed octopus. With yellow skin with distinct blue and black circles, they are extremely poisonous.

On the Lighter Side

Your fingers are a lot like the hardware store. They've both got a lot of nails.

First sheep: "Moo."
Second sheep: "Why did you say 'moo'?"
First sheep: "I'm learning a foreign language."

I used to work as a hairdresser, but I just wasn't cut out for it.

Silence is sometimes the best answer.

Knock! Knock! *Who's there?* Scold. *Scold who?* It's scold out there!

Answers

Trivia answers: 1. Rain or snow 2. Ruth Wakefield 3. Table tennis 4. Woodwind 5. Igor Sikorsky

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

Unsure of the next step?



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

403.943.1500
1.844.943.1500 TF

ADDICTION AND MENTAL HEALTH Information & Referral - Calgary Zone



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

PRIVATE & COUPLES
Yoga

403-609-8716

124 River Avenue, Cochrane (above Bike Brothers)

kayla@positivehealing.ca
www.positivehealing.ca

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



POSITIVE HEALING

CRYSTALS | YOGA | ALTERNATIVE THERAPY

This Space FOR RENT
780-220-6397

IMPROVE YOUR LEADERSHIP AND COMMUNICATION SKILLS



Are you looking to:

- Get a new job or promotion?
- Be a more effective leader?
- Feel more comfortable when presenting your ideas?

Inspired Toastmasters can help. Contact us today!

www.inspired.toastmastersclubs.org
vpm-597384@toastmastersclubs.org
vppr-597384@toastmastersclubs.org

GENERAC
Prepare for power outages today
WITH A HOME STANDBY GENERATOR

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.

TOP \$\$\$ PAID FOR SCRAP CARS

DJ'S TOWING AND SCRAP CAR REMOVAL



CALL FOR A QUOTE:
403.922.2412



Let us welcome you home
403-945-2222
cedarwoodstation.ca



Scan or call to book your visit

304 First Avenue N.W., Airdrie, AB

