

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.ca • toesonthego.ca

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

Alberta Health Services Access Mental Health

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.

This Space FOR RENT

780-220-6397

Helping Adoptable Dogs and Cats Find Loving Homes

CAN YOU HELP?

pause4change rescue foundation

www.pause4change.com

DONATE VOLUNTEER FOSTER

WE ARE HIRING

Journeyman Heavy Duty Mechanic or Interprovincial Red Seal for On Road w/CPVP

3rd & 4th Year Heavy Duty Mechanic Apprentices (Must be actively registered in accredited program)

Full-time, Year Round Employment

- Competitive Wages
- Health Benefits & RRSP's
- Growth Opportunities
- Ongoing Training

EMAIL INQUIRIES TO hr@west-cansealcoating.com

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.

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. 47 November 20, 2023

Everybody's Talking

Hidden away: Someone who steals a small amount of money from a store probably isn't planning to live in a cave for over a decade to escape prosecution. That is what happened to Liu Moufu of Enshi in China's Hubei province. The man and a couple of accomplices robbed a gas station of 156 Yen, which is only about \$20 (USD). When his co-thieves were caught by the cops, he ran away to a mountain cave, and stayed there for 14 years. Surviving by hunting and stealing food, he occasionally visited his family. Finally, he came out of hiding to face the consequences of his crime, which could include prison time.

Forever marriage: Most spouses opt for traditional Valentine's Day or anniversary gifts, such as chocolates, flowers, or a nice dinner at a restaurant. But that wasn't good enough for a Thai man. He went far beyond the usual expectations by getting a unique tattoo. He asked an artist in the city of Kaeng Kho to make a permanent tattoo on his forearm of his and his wife's marriage certificate. The man's wife, Om-Aim Daraployphan, was thrilled with his choice of a gift, and posted it on social media, where it went viral. For her, the act of getting the tattoo more than proved how much her husband loved her.

Famous face: A World Cup soccer player from Argentina is so revered that a farmer figured out how to make the legend's face appear in a corn field in Los Condores, in central Cordoba province. The player is Lionel Messi, and he is known around the world. Argentinian farmer Carlos Faricelli designed the planting algorithm so that different amounts of seed went into the ground, causing different shadings of green to appear when the plants grew. The result was a huge portrait of the soccer star, which can be seen in aerial photos. A devoted fan, Faricelli let other farmers use his code so that Messi's face could be "planted" in other corn fields.

Cat came back: A cat appropriately named Lucky somehow managed to get lost and travel 1,500 miles from her family's home. The orange tabby was seen hanging around Prairie Village, which is close to Kansas City, Missouri (U.S.). Fortunately, Lucky was equipped with a microchip indicating that her real home was in Miami, Florida. More than two years earlier, the feline's owners had reported their pet missing. As time passed, they really didn't think Lucky would be lucky enough to be found. But she was! The owners were thrilled to get the news. However, no one knows how Lucky ended up so far from home

Quoteable Quotes

"If I create from the heart, nearly everything works; if from the head, almost nothing." — *Marc Chagall*

"Knowledge will give you power, but character respect." — *Bruce Lee*

What's Happening

Nov 18. Wimborne Christmas Market. At the Wimborne Hall in Wimborne, east of of Olds. Open from 10am-5pm. Lots of vendors, Epicure, Avon, Watkins, Meat Products, Bath products, woodworking, cards and more.

Contact Number 403.631.2414 for more info. **A European Christmas Village Market.** 80 Vendors, nightly fireworks, Santa, food, and kids activities and entertainment. Worth the drive out of Bears paw! Dec 1,2,3 and Dec 8,9,10. www.bears pawlc.org

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. Who wrote the children's classic Heidi?
2. Which country is the primary source of the delicacy fugu?
3. Subnivean describes something situated under or above the snow?
4. The Cambodian Water Festival of Bon Om Touk is in autumn—T/F?
5. A ploye is a scheming plot, buckwheat pancake, or type of rivet?

(Flip bottom of page for answers)

ENTER TO WIN!

Find the hidden Coffee News guy... Then send your name and full address via email to amy@bvcoffeeneews.ca or enter online at www.bvcoffeeneews.ca

Hint: He's about this big in one of the ads

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."

Carley Termeer found "Beans" at **Crossfield Pizza** in Crossfield

Coffee News

Enter today for your chance to win!

www.bvcoffeeneews.ca

radiobingo

NORTHERN ALBERTA | SOUTHERN ALBERTA

CFWE | **CJWE**

Play Monday, Thursday & Saturday

GUARANTEED \$10,000 ON SERIES 7 FULL CARD

2 GAMES GUARANTEED AT \$25,000 PER MONTH

For more information, visit radiobingo.ca

TOP \$\$\$ PAID FOR SCRAP CARS

DJ'S TOWING AND SCRAP CAR REMOVAL

CALL FOR A QUOTE: **403.922.2412**

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

inogen

CLAIM YOUR 14-DAY RISK-FREE TRIAL!

PORTABLE OXYGEN FOR YOUR ON-THE-GO LIFESTYLE

Call us toll-free at **1-833-301-1878**

*14-day risk-free trial- Return within 30 days of purchase for a full refund of purchase price.
PMA20469 EN, EX, USA | For Only © 2023 Inogen, Inc.
303 Corporate Drive, Colorado, CA 90317
Inogen® is a trademark of Inogen, Inc. The usage of any Inogen, Inc. trademark is strictly forbidden without the prior consent of Inogen, Inc. All other trademarks are trademarks of their respective owners or holders.

Recipe of the month

Pumpkin Doughnut Drops

2 large eggs	3 teaspoons baking powder
1-1/4 cups sugar	1/2 teaspoon salt
2 tablespoons shortening	1/2 teaspoon ground cinnamon
1 cup canned pumpkin	1/2 teaspoon ground nutmeg
2 teaspoons white vinegar	1/2 cup lemon-lime soda
1 teaspoon vanilla extract	Oil for deep-fat frying
3 cups all-purpose flour	
1/2 cup nonfat dry milk powder	Additional sugar

Prep Time: 10 min. Cook: 5 min./batch Yield: 7 dozen

1 In a large bowl, beat eggs, sugar and shortening until blended. Beat in pumpkin, vinegar and vanilla. In another bowl, whisk together flour, milk powder, baking powder, salt and spices. Add to egg mixture alternately with soda, beating after each addition.

2 In a deep cast-iron skillet or deep-fat fryer, heat oil to 375°. Drop teaspoonfuls of batter, a few at a time, into hot oil. Fry until golden brown, about 1 minute per side. Drain on paper towels. Roll in additional sugar while warm.

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

J.R. WATKINS
Since 1868 TRADE MARK

A full line of natural products for your home and family

YOUR INDEPENDENT WATKINS CONSULTANT
Candice Harrison
604-825-0380
www.RespectedHomeBusiness.com/5013070

DIDSBURY'S
Best Kept Secret!

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

Sorelle Amore
2028-17 Avenue, Didsbury
sorelleamore2022@gmail.com
sorelleamorespa.ca
Call 403-335-9854
REJUVENATING EXPERIENCE GUARANTEED!

EAT WHAT YOU LIKE IN COMFORT

DENTURE CARSTAIRS CLINIC

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

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

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

Turtle Wax PRO

Sparkle And Shine
CAR & DOG WASH

AUTOMATIC TOUCHLESS WASH
6 LARGE VEHICLE SELF-SERVE BAYS
DOG WASH

VOTED BEST CAR WASH!
GOLD

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

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!

Your Weekly Horoscope

ARIES
(March 20 - April 19)

At midweek, you may have an opportunity to permanently release an old pattern. To do so, focus on what you love and value and not on what may haunt you. Lucky numbers: 2, 13, 16, 39, 42, 43.

TAURUS
(April 20 - May 20)

Making an adjustment in your communication style could show others what you are passionate about. A sudden or unexpected opportunity may then emerge. Watch for it. Lucky numbers: 17, 19, 26, 34, 35, 45.

GEMINI
(May 21 - June 20)

For the next couple of months, you may have two opposing views about a situation. Do you want to nurture it toward a successful outcome, or let it go? Lucky numbers: 4, 12, 17, 30, 31, 35.

CANCER
(June 21 - July 21)

The current energy pattern may be encouraging you to make a life adjustment. If you do a lot to support others, now might be the time to support yourself, too. Lucky numbers: 8, 11, 19, 23, 29, 46.

LEO
(July 22 - Aug. 22)

Your natural enthusiasm may get a jump start now that could last for several weeks. To what would you like to apply this energy? Just be aware of overreaching. Lucky numbers: 1, 3, 10, 13, 23, 42.

VIRGO
(Aug. 23 - Sept. 22)

The beginning of the week may be a good time to loosen your grip on a tendency to focus on the small details. Remember that perfection is rarely achieved. Lucky numbers: 2, 12, 15, 16, 17, 29.

LIBRA
(Sept. 23 - Oct. 22)

Venus has been traveling through your sign of Libra for a couple of weeks now. Do you have greater clarity about who and what you love and value? Lucky numbers: 7, 11, 21, 23, 29, 37.

SCORPIO
(Oct. 23 - Nov. 21)

At week's end, strive to cultivate more joy in yourself and your environment. Realizing that not everything has to be so serious all the time may be helpful. Lucky numbers: 3, 5, 15, 26, 43, 48.

SAGITTARIUS
(Nov. 22 - Dec. 20)

This month the Sun returns to where it was on your birth date. Mars, which provides a lot of energy, is in Sagittarius. Both may facilitate a new start. Lucky numbers: 1, 15, 21, 23, 35, 47.

CAPRICORN
(Dec. 21 - Jan. 19)

You may be surrounded by energy that is gently encouraging you to look deeply at what might be holding you back. Whether you choose to do so is up to you. Lucky numbers: 5, 8, 26, 39, 42, 46.

AQUARIUS
(Jan. 20 - Feb. 18)

Aquarians often want to see sweeping changes for all. However, for the next two months, you may want to focus on projects that nurture a single individual or small group. Lucky numbers: 7, 16, 17, 23, 34, 41.

PISCES
(Feb. 19 - March 19)

You may feel conflicted about whether to move forward or stay where you are now. Only you can decide which is the best choice to make. Just don't ignore the situation. Lucky numbers: 4, 5, 7, 9, 13, 47.

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

Did You Know...

Many islands: The archipelago of the Philippines contains over 7,000 islands. Some are big, some small, some cosmopolitan, some remote. The three main islands are Luzon, Visayas, and Mindanao.

Hit song: Beloved American rock-and-roll star Elvis Presley had a huge number of hits during his career. His first number one hit on *Billboard's* pop singles chart was "Heartbreak Hotel" in 1956.

Practical candy: Chocolate maker Forrest Mars first developed the well-known chocolates called M&Ms in 1941 for consumption by World War II soldiers. The popular, candy-coated discs continue to be marketed today.

No bad smells: Anyone who wants to play a trick on a friend by throwing a stink bomb in their vicinity better not do so in Alabama in the United States. Stink bombs are illegal in that state.

Knighted actor: Prolific English actor Sir Ben Kingsley has starred in many famous movies, including *Gandhi* (1982) and *Schindler's List* (1993). Kingsley was knighted in 2002.

On the Lighter Side

There was a girl who lost her watch. She tried finding it, but didn't have the time.

Bungee jumping is an expensive sport. No such thing as a free lunge.

Bob: "My dog has no nose."
Bill: "How does he smell?"
Bob: "Terrible."

Knock! Knock! *Who's there?* Wafer. *Wafer who?* Wafer the bus at the corner.

Where do library books like to sleep? Under the covers.

Answers

Trivia answers: 1. Johanna Spyri 2. Japan 3. Under 4. True 5. Buckwheat pancake

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

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 MEDSPA
2028-17 AVENUE, DIDSBURY
SILVERFERNMEDSPA.COM

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

FRIENDLY PROFESSIONAL STAFF

When YOU Get Paid We Get Paid

Helping You Maximize Your Financial And Physical Recovery!

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/coffeenews

6 GARNEAU GATE RE/MAX House of Real Estate

CARSTAIRS

\$639,900

So much natural light, and the views are spectacular!

Call me to view!

Dione J. Irwin
ASSOCIATE
403.970.9424
www.dioneirwinteam.com

Fully dev. walkout bungalow
True oasis with oversized garage
Huge primary suite

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)

Check our website calendar for upcoming workshops and events!

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

NOW OPEN IN COCHRANE!

ACCESSIBLE WELLNESS SOLUTIONS

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