

Best Buds Outlet

Premium Canadian Cannabis

OPEN DAILY, 10 am-10 pm

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

@Best_Buds_Outlet
bestbudsoutlet.ca

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

Prepare for power outages today

WITH A HOME STANDBY GENERATOR

GENERAC

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.

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.

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

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

POSITIVE HEALING

CRYSTALS | YOGA | ALTERNATIVE THERAPY

Helping Adoptable Dogs and Cats Find Loving Homes

CAN YOU HELP?

pause4change
rescue foundation
www.pause4change.com

DONATE VOLUNTEER FOSTER

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. 49 December 4, 2023

Everybody's Talking

Good driver: A little boy from Turkey is proving to be quite a good driver. Zayn Sofuoglu is under five years of age and isn't even tall enough to see out of the windshield, but that doesn't stop him from driving better than most adults with licences. Zayn comes by his talent honestly: his father is Kenan Sofuoglu, a famous motorcycle racer. Watching and getting lessons from his dad has allowed little Zayn to develop great expertise in manoeuvring vehicles. He uses a special in-car camera that shows him where he's going. The kid is so good that his dad lets him take his Ferrari out for a whirl in the driveway without a worry.

Different dish: A restaurant in Osaka, Japan, has an item on its menu that is raising eyebrows, but gaining fans. The restaurant is called Franken, and it is now serving bowls of spicy miso ramen with a slab of strawberry shortcake on top. A senior chef at Franken is sure that this is a winning combination because the spongy cake soaks up the soup to make its spiciness perfect. Called Ramen x Shortcake, the concoction was not created overnight. Rather, there were many attempts to get it right. And this bowl of soup has a unique look: white shortcake topped with a juicy strawberry, floating in a bowl of delicious red broth.

Strong man: A nonagenarian from Venice, California (U.S.) is thought to be the oldest man who is actively bodybuilding. Jim Arrington started to lift weights when he was a teenager, after spotting a bodybuilding magazine in a drug store. Using three-pound steel balls that his dad owned, he was able to begin building muscle and has been doing it ever since. Of course, he graduated to proper weights as he got stronger. At one time, he hoped to compete in the Mr. America contest, but soon realized that genetics prevented him from being in that category of bodybuilders. However, he kept it up and has remained healthy and strong well into his later years.

Strange song: Rainforest jungles in South America may sound like relaxing destinations. However, in some spots, they are also quite noisy, especially if capuchinbirds (Perissocephalus tricolor) live there. These unique birds, with their bald little heads and orange plumage, make quite a racket during mating season. The males are the ones who sing the loudest, and they do so by inflating air sacs on their throats, which help to amplify the sounds. That racket has been compared to a buzzing chain saw or even to a mooing cow. The male with the best song attracts the females, who flock around him like rock star fans.

Quoteable Quotes

"The Sun will rise and set regardless. What we choose to do with the light while it's here is up to us." —Alexandra Elle

"No one is too small to make a difference." —Greta Thunberg

What's Happening

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

Jan 26 and 27. Garage Sale in Olds. St. Stephen's CWL Annual Garage Sale is the last weekend in January. CASH ONLY. 930am-6pm on Friday Jan 26, and 9am-2pm Saturday Jan 27. Baked goods and lunch for purchase. 4302 57th Ave in Olds.

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. Do a plant's leaves or roots absorb sunlight during photosynthesis?
2. An ancient warship with three banks of oars was the bark, skiff, or trireme?
3. The Tasman Sea is located between Australia and _____?
4. Hesiod or Pan was the Greek god of woods, fields, shepherds, and flocks?
5. Vinegar is an acid (acidic) or a base (alkaline)?

(Flip bottom of page for answers)

© Published with Permission by Mad Mama Marketing
(Over)

ART OF TEA

The Perfect Gift for Tea Lovers

We've made holiday shopping easy!
Save 15% on all teas, teaware, and gifts at ARTOFTEADEAL.COM/59 with code MB15.

Code MB15 valid on online orders placed until December 31, 2023, at 11:59 PM PST. Discount does not apply to gift cards, wholesale orders, or Tea of the Month Subscriptions. Code cannot be combined with any other offer or discount.

Edward Jones

At Edward Jones, we do money differently.

How we turn your vision into a reality is unique to you. We're here to back you up with big ideas, practical plans, and side-by-side guidance at every step.

Carianne Martin
Financial Advisor

409 1 Ave Nw
Unit 5
Airdrie, AB T4B 3E2
587-651-6598
www.edwardjones.ca/ca-en/financial-advisor/carianne-martin

This Space FOR RENT

780-220-6397

HIP OR KNEE REPLACEMENT?

THE DISABILITY TAX CREDIT ALLOWS FOR A

\$2,500 YEARLY TAX CREDIT

\$30,000 LUMP SUM REFUND

CPD, 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!

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)

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

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

FRIENDLY PROFESSIONAL STAFF

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
impaclectic@rocketmail.com

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
impaclectic@rocketmail.com

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

When YOU Get Paid We Get Paid

We're Here To Help You When You Need Results!

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

CONGRATULATIONS TO OUR MOST RECENT CONTEST WINNERS!

Sept. 1 Draw Winners	Oct. 1 Draw Winners	Nov. 1 Draw Winners
Emily J. from Sherwood Park Preston H. from Edson Sandy P. from Calgary	Cassi S. from Edmonton Walter A. from Calgary Karen P. from Okotoks	Yolanda P. from Edmonton Bob P. from Calgary Sarah H. from Okotoks

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

TOP \$\$\$ PAID FOR SCRAP CARS

DJ'S TOWING AND SCRAP CAR REMOVAL

CALL FOR A QUOTE: **403.922.2412**

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

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

Congratulations

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

Kate Tuckwell found "Beans" at Tim Hortons in Airdrie

Coffee News

Enter today for your chance to win!

www.bvcoffeenews.ca

Your Weekly Horoscope

ARIES (March 20 - April 19)

Midweek may bring an opportunity to address an old emotional issue. The energy now might have a joyful optimism that you could use to help heal the situation, if you reach for it. Lucky numbers: 15, 25, 31, 35, 39, 44.

LIBRA (Sept. 23 - Oct. 22)

Your natural grace and charm may shine at week's end. It might be a good time to try to resolve any thorny issues with others, to the satisfaction of all. Lucky numbers: 10, 13, 15, 19, 22, 28.

TAURUS (April 20 - May 20)

Are you in a stalemate with a relationship partner? There may be an opportunity this week to improve the situation for both of you, but it could require more open communication. Lucky numbers: 4, 11, 17, 26, 34, 39.

SCORPIO (Oct. 23 - Nov. 21)

This may be a week when you are going to want answers. But be sure that you are emotionally ready for them, especially those regarding partners and close relationships. Lucky numbers: 1, 9, 14, 16, 35, 42.

GEMINI (May 21 - June 20)

Gemini's approach to people and situations is often from a rational perspective. However, adjusting your heart and adding more style into your efforts may be helpful right now. Lucky numbers: 3, 6, 8, 29, 31, 47.

SAGITTARIUS (Nov. 22 - Dec. 20)

In recent months, you may have felt unsure about who you are and what you believe. That dynamic could start to ease, but it may take some time to do so. Lucky numbers: 9, 12, 19, 23, 33, 41.

CANCER (June 21 - July 21)

Have you been hiding in your shell the last few months, afraid that others will take advantage of your sensitive nature? Now may be the time to rectify the situation. Lucky numbers: 2, 24, 26, 27, 37, 39.

CAPRICORN (Dec. 21 - Jan. 19)

Capricorns are often seriously focused on successful accomplishments and legacy. However, you may have an opportunity now for some downtime with loved ones. Don't overlook it. Lucky numbers: 5, 11, 22, 34, 35, 37.

LEO (July 22 - Aug. 22)

The sunny optimism of Leo sometimes cannot see the impact of their actions on other people. You may have an opportunity now to adjust this pattern. Lucky numbers: 4, 14, 18, 21, 42, 44.

AQUARIUS (Jan. 20 - Feb. 18)

You may experience an issue in your relationship now. If so, resist any temptation to ignore it. Consider how to resolve the conflict now in a way that works for everyone. Lucky numbers: 8, 13, 15, 18, 47, 48.

VIRGO (Aug. 23 - Sept. 22)

Is there something that you have been holding onto that you are now ready to release? The beginning of this week may be a good time to do so. Lucky numbers: 7, 24, 28, 39, 44, 46.

PISCES (Feb. 19 - March 19)

Any confusion you have been experiencing could end, but it might take a while. Once things settle, consider investing your energy into something in line with your values. Lucky numbers: 12, 15, 18, 20, 34, 43.

Lucky numbers this week: This week's odds favour Libra winners with the luckiest number being 10.

Did You Know...

Fast food: Short-order cooks may get a bad rap because they often work in ordinary restaurants. But their task requires skill. They make simple meals quickly and to order, while endeavouring to maintain quality.

Long river: The Mississippi River (U.S.) is North America's second longest, 100 miles shorter than the Missouri River. Starting in Lake Itasca in Minnesota, the Mississippi runs about 2,350 mi. (3782 km) to the Gulf of Mexico.

Rules of the road: Bicyclists in Galesburg, Illinois (U.S.), need to keep both hands on the handlebars and both feet on the pedals. That's because fancy bike riding is outlawed in the city, including any kind of acrobatic actions.

Sticking together: What would the world do without Velcro to keep clothing and other things fastened together? Patented in 1955, Velcro was created by George de Mestral, a Swiss mountaineer and engineer.

Running mate: Animals who are well adapted to running, such as a horse or cheetah, are known as "cursorial" animals. The word is usually applied to animals who can run fast or for long distances at a constant speed.

On the Lighter Side

What's the best way to talk to a Viking? Norse code.

Did you hear about the kid who ran from New York to California? He needed to west.

I've just written a book on penguins. Paper would have been better.

Teacher: "I hope I didn't see you cheating on that test."
Student: "I hope you didn't either."

Knock! Knock! Who's there? X. X who? X me no questions, I'll tell you no lies.

Answers

Trivia answers: 1. Leaves 2. Treme 3. New Zealand 4. Pan 5. Acid

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

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

Home Inspections and Air Quality Testing for Asbestos, Mold and Radon

Valley View INSPECTION SERVICES

855.477.2280

Lenny Roseler Certified CanNACHI Inspector

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

No Job Too Big or Too Small!

BIGGAR COUNTERTOPS

Commercial and Residential
Flat-lay Laminate Countertops
Postform Laminate Countertops

DEREK BIGGAR
403-669-9396

derek@biggardevelopments.ca
www.biggarcountertops.ca

airdrie snow removal

Your outdoor needs are our specialty

Contact Cyrus:
cyrus@cyruslandscaping.ca
403.212.0606

Cyrus Landscaping

GRC-RCMP

UN UNIFORME À VOTRE NOM VOUS ATTEND

A UNIFORM WITH YOUR NAME ON IT IS WAITING FOR YOU

carrieresgrc.ca rcmpcareers.ca

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.
PMS200629 EN, EN, USA | In Only © 2023 Inogen, Inc.
2023 Compressor Drive, Golden, CO 80437
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.

CEDARWOOD STATION An OPTIMA LIVING Community

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

Scan or call to book your visit

Independent Senior Living

304 First Avenue N.W., Airdrie, AB