

*A cozy little cabin filled with a variety of treasures!*

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

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

Check our website calendar for upcoming workshops and events!

**403.946.5802**

**COUNTRY GARDEN CRYSTALS**

Located west of Crossfield – see website for directions: [www.countrygardencrystals.ca](http://www.countrygardencrystals.ca)  
Open Thursday thru Monday, 10 a.m. – 5 p.m. (Closed Tuesday and Wednesday)

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](http://www.edwardjones.ca/ca-en/financial-advisor/carianne-martin)

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

**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](http://www.inspired.toastmastersclubs.org)  
vpm-597384@toastmastersclubs.org  
vppr-597384@toastmastersclubs.org

airdrie **snow removal**

Your outdoor needs are our specialty

Contact Cyrus:  
[cyrus@cyruslandscaping.ca](mailto:cyrus@cyruslandscaping.ca)  
**403.212.0606**

**Best Buds Outlet**

OPEN DAILY, 10 am-10 pm

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

@Best\_Buds\_Outlet  
[bestbudsoutlet.ca](http://bestbudsoutlet.ca)

Premium Canadian Cannabis

**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](mailto:marion@toesonthego.care) • [toesonthego.care](http://toesonthego.care)

**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

**FREE!** New Issue Every Week!

**Coffee News**<sup>®</sup>

"News To Be Enjoyed Over Coffee"

**Airdrie Edition**  
**780-220-6397**

[www.bvcoffeenews.ca](http://www.bvcoffeenews.ca)  
[amy@bvcoffeenews.ca](mailto:amy@bvcoffeenews.ca)

Vol. 2024 No. 8 February 19, 2024

**Everybody's Talking**

**Scribbled tattoo:** When getting a tattoo, clients choose designs that vary widely and, in the end, it's "to each their own." That's likely what many people say about tattoos by German artist Mykhailo, based in Berlin. One piece of this artist's work looks more like a child's scribbles, with squiggly looking flowers on scrawled stems, along with other lines that don't seem to have any connection to anything. However, the artist first drew the design with a marker, and the client said "yes" to it before the actual inking happened. Mykhailo said he knew the work would be controversial and provocative, which it proved to be on social media.

**Not a barn:** When apartment buildings allow residents to keep pets, that's usually understood to mean dogs, cats, birds, and maybe the odd goldfish. But a retired farmer in Sichuan Province, China, pushed the limits when he brought seven calves from his country home to keep as pets on his fifth-floor balcony. The presence of the mooing, smelly animals didn't go over well with the building's other tenants, who reported the man to the authorities. Luckily, the tenants' beefs were taken seriously, and the owner of the bovines had to give up his plan to keep the cows. However, he's tried to sneak them back in!

**Hummingbird haven:** An older lady from Mexico City is known for her ability to care for injured hummingbirds. In 2012, a friend brought one of the tiny birds to Catia Lattouf de Arida. Ever since then, she has been nursing the small pollinators back to health. When she realized this was her calling, she started researching the birds, and she has become an expert in their care. When they regain their health, she takes them to an unpopulated spot outside of the city to release them back to the wild. If they are unable to fly again, she provides a home for them in the refuge she has created in her apartment.

**Close call:** A father-son kayaking duo were in the right place at the right time when they came across an overturned boat in the Thompson River in the Canadian province of British Columbia. Chris Carlson and his teen son Ben found two men holding on to the capsized boat, yelling for help. One boater could not swim and the other's foot was tangled in a rope. The kayakers retrieved the boaters' life jackets, floating nearby, and managed to pull the men to shore. The boaters had been yelling but their shouts could not be heard from the shore over a nearby restaurant's loud music. Chris is proud of Ben for staying calm during the incident.

**Quoteable Quotes**

"Act the way you'd like to be, and soon you'll be the way you act."  
—Leonard Cohen

"If you only read the books that everyone else is reading, you can only think what everyone else is thinking."  
—Haruki Murakami

**What's Happening**

**FEB 25. Carstairs Derby.** Carstairs Derby is brought to you by The Rock Church! Derby to take place at the Carstairs Community Hall. Car kits are \$10 cash - order on line from The Rock Church. \$1.00 Concession: Pop, Chips, Candy. Hot Dog Supper Provided.

GET IN WHAT'S HAPPENING - Submit your event to [www.bvcoffeenews.ca](http://www.bvcoffeenews.ca) and be seen here by thousands of readers each week. Please give 6 weeks notice

**Trivia**

1. An epact is a period of time used to harmonize the solar and lunar calendars—T/F?
2. The famous cat at London's No. 10 Downing Street is Tabby, Larry, or Felix?
3. Who composed the opera Falstaff?
3. Who composed the opera Falstaff?
5. In the movie Casablanca, the cafe is called what?

(Flip bottom of page for answers)  
© Published with Permission by Mad Mama Marketing  
(Over)

**WHEN YOU GET PAID We Get Paid**

**WHIPLASH COMPENSATION?**

Get the whiplash compensation you deserve from a trusted team of experienced lawyers. You pay nothing up front. Not all injury claims are capped.

**1-800-661-4902**  
[WhiplashInformationCentre.com](http://WhiplashInformationCentre.com)

**Braithwaite Boyle Injury Law** 800-440-8298  
It's The Only Law We Do - Since 1986  
Free Initial Consultation

Offices in: Edmonton, Red Deer, and Calgary  
ALBERTA OWNED AND OPERATED FOR OVER 35 YEARS

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

**Valley View**  
INSPECTION SERVICES

**855.477.2280**

Lenny Roseler  
Certified CanNACHI Inspector

**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@bvcoffeenews.ca](mailto:amy@bvcoffeenews.ca) or enter online at [www.bvcoffeenews.ca](http://www.bvcoffeenews.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

**We get you on the road again**

- Complete Suite of RV Repair Services
- Renovations
- Bearing Repack
- Solar
- Hail Damage
- Insurance Claims

Bay 1 - 29 East Lake Way NE, Airdrie

**SWIFTRV repairs**  
**403.919.4911**

Visit [swiftvrepairs.com](http://swiftvrepairs.com) for full list of services!

Receive 25% Off Winter Labour Rates for work done before 02.29.24

**Recipe of the month**

**Cheddar Broccoli Soup**

1 small onion, chopped	1 package (10 ounces) frozen chopped broccoli
2 garlic cloves, minced	1 teaspoon ground mustard
2 tablespoons butter	1 teaspoon Worcestershire sauce
2 tablespoons all-purpose flour	1/4 teaspoon ground nutmeg
1 can (14-1/2 ounces) beef broth	1 cup shredded cheddar cheese
1-1/2 cups 2% milk	Additional shredded cheddar cheese, optional

Prep/Total Time: 30 min. Yield: 4 servings

- 1 In a large saucepan, saute onion and garlic in butter until tender. Stir in flour until blended. Gradually stir in broth; bring to a boil. Cook and stir for 2 minutes.
- 2 Stir in the milk, broccoli, mustard, Worcestershire sauce and nutmeg. Bring to a boil. Reduce heat; simmer, uncovered, for 6-8 minutes or until heated through. Stir in cheese until melted. If desired, serve with additional cheese.

Ideal comfort food for chilly winter nights!

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

**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**

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

\*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.

# This Space FOR RENT 780-220-6397

**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 Candles  
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!



POSITIVE HEALING

CRYSTALS | YOGA | ALTERNATIVE THERAPY

PRIVATE &  
COUPLES  
**YOGA**

**403-609-8716**

124 River Avenue, Cochrane  
(above Bike Brothers)

kayla@positivehealing.ca  
www.positivehealing.ca

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



pause4change  
rescue foundation  
www.pause4change.com

DONATE  
VOLUNTEER  
FOSTER

**TOP \$\$\$ PAID FOR  
SCRAP CARS**

**DJ'S  
TOWING  
AND SCRAP  
CAR REMOVAL**



CALL FOR A QUOTE:  
**403.922.2412**

**I take care of the paperwork...**

So you can take care of  
your business!

PHOENIX RISING  
Bookkeeping 905.379.7717  
KATHLEEN WILLIAMS, Owner  
@phoenixrisingbk

905.379.7717 | www.PhoenixRisingBK.ca

**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**



**85%  
SUCCESS  
RATE!**

**Grand Alaskan  
Cruise & Tour**



**12 DAYS:  
MAY-SEPT 2024  
DEPARTURES  
Starting at  
\$2149  
\$1899 USD**

**YMT  
vacations**

**1-855-564-2561**

USE PROMO CODE: YMT2024 8AM-8PM EST MON-FRI

Price per person based on double occupancy plus \$299 tax service/gov't fees. Ask your Travel Consultant for terms & conditions. Add-on airfare with transfers available from most major gateways. Call for details.

## Your Weekly Horoscope

**ARIES**  
(March 20 – April 19)



Over the next year, an old wound may intersect with your life purpose. You may need to reach for the courage of Aries the Ram to navigate this dynamic now. Lucky numbers: 12, 13, 16, 22, 31, 37.

**TAURUS**  
(April 20 – May 20)



You may be very busy this week. Even so, try to be on the lookout for an opportunity that could give you a chance to exhibit new leadership skills. Lucky numbers: 4, 6, 7, 17, 31, 38.

**GEMINI**  
(May 21 – June 20)



Gemini can sometimes be a victim of having too many options. Narrowing them to those that can be successful for you and others might be helpful for you now. Lucky numbers: 13, 14, 24, 30, 36, 42.

**CANCER**  
(June 21 – July 21)



Early this week, you may have the chance for an emotional reset. If you are retreating into your shell, this might be an opportunity to set new rules of engagement. Lucky numbers: 7, 8, 13, 17, 24, 36.

**LEO**  
(July 22 – Aug. 22)



During midweek, your natural enthusiasm and charm may be heightened. Your ability to shine could provide an opportunity to secure the help of others in your endeavours. Lucky numbers: 3, 12, 38, 41, 42, 46.

**VIRGO**  
(Aug. 23 – Sept. 22)



Are you a bit overwhelmed with everything on your plate? The end of the week may be a good time to sort out what to drop and what might be best to complete now. Lucky numbers: 1, 3, 19, 23, 42, 48.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 3.

## Did You Know...

**Deep spot:** The deepest ocean spot in the world is within the Mariana Trench, in the western Pacific Ocean. The Challenger Deep is approximately 10,935 metres (35,876 ft.) deep.

**Starting young:** American actor Burt Reynolds (1936-2018) had many television and movie roles during his acting career. Taking an acting class during college in the mid-1950s set him on the road to his well-known career.

**Mating call:** Male Gunnison sage-grouse put on quite a performance to attract a mate. They inflate air sacs on their necks, then slide the sacs under their wings and slap them together for swishing and plopping sounds.

**Tart berry:** Lingonberries are small, deep red, and quite tart. They grow in Scandinavia and northern North America. Rarely cultivated, they are harvested from the wild and used to make jams and jellies.

**Real ID:** Using a fake name when checking into a hotel in the American town of Buckeye, Arizona, is illegal. Even celebrities, who don't want to draw the attention of the public, must use their real names.

## On the Lighter Side

Flip: "Are your blinds drawn?"  
Flop: "No, they're real blinds."

Knock! Knock! Who's there? Colin. Colin who? Just Colin to see how you are doing.

Two parakeets were standing on a perch. One says, "Do you smell fish?"

Where did Robin Hood buy his flowers? Sherwood Florist.

Ceiling fans: "Wow, look at that ceiling! What a great paint job! It's so high up there!"

## Answers

**Trivia answers:** 1. True 2. Larry 3. Giuseppe Verdi 4. Tiber 5. Rick's

For available franchise opportunities – visit [coffeenewscanada.com](http://coffeenewscanada.com)  
© Published with Permission by Mad Mama Marketing

## Congratulations



**Moriah Chinnery**  
found "Beans" at  
McDonald's  
in Airdrie

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

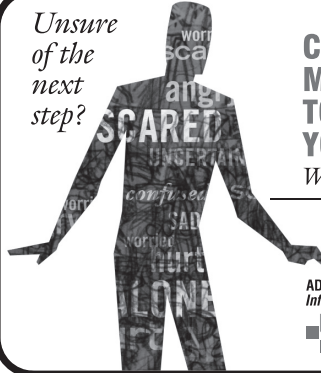
Coffee News®

Enter today for  
your chance to win!

[www.bvcoffeeneeds.ca](http://www.bvcoffeeneeds.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

ADDITION AND MENTAL HEALTH  
Information & Referral - Calgary Zone



**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  
[impactelectric@rocketmail.com](mailto:impactelectric@rocketmail.com)

**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](mailto:derek@biggardevelopments.ca)  
[www.biggarcountertops.ca](http://www.biggarcountertops.ca)

**COLD SHOT**

A DIVISION OF BAWARIA EMPIRE PVT. LTD.



SHIP BY BUS

**PASSENGER  
& PARCEL SERVICES**

GET YOUR REWARD CARD TO GET A FREE TICKET!

Parcel Website: [www.coldshotca.com](http://www.coldshotca.com)

Passenger Website: [www.coldshot.ca](http://www.coldshot.ca)

**TICKETS: 587-557-7719 | PARCEL: 587-557-7718**

SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005

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 MEDSPA  
LOCATED AT ANNA'S SPA AND WELLNESS, AIRDRIE  
[SILVERFERNMEDSPA.COM](http://SILVERFERNMEDSPA.COM)

FRIENDLY,  
PROFESSIONAL  
STAFF

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



**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](http://yamnuskawolfdogsanctuary.com)

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



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.  
PMS20469 EN\_EX\_USA | Ex. USA | Ex. Only © 2023 Inogen, Inc.  
303 Common Drive, Gaithersburg, MD 20878  
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.