

airdrie snow removal
Your outdoor needs are our specialty



Contact Cyrus:
cyrus@cyruslandscaping.ca
403.212.0606

Cyrus Landscaping

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 MEDSPA
LOCATED AT ANNA'S SPA AND WELLNESS, AIRDRIE
SILVERFERNMEDSPA.COM

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

FRIENDLY, PROFESSIONAL STAFF

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

A DIVISION OF BIGGAR DEVELOPMENTS LTD.

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
impacetelectric@rocketmail.com

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

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

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

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

Check our website calendar for upcoming workshops and events!

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)

FREE! *New Issue Every Week!*

Coffee News[®]
"News To Be Enjoyed Over Coffee"

Airdrie Edition
780-220-6397



www.bvcoffeenews.ca
amy@bvcoffeenews.ca

Est. 1988

Vol. 2024 No. 9 February 26, 2024

Everybody's Talking

Long live the goldfish: Many folks, or someone they know, have owned a pet goldfish. But one special goldfish, named Tish, stands out from the rest because he lived to be 43 years old. While goldfish can live for a decade or two, Tish was the oldest goldfish ever recorded in captivity, although others may have lived longer. In 1956, Gordon Hand and Hilda, his mother, won Tish at a town fair in Doncaster, South Yorkshire, England. After Gordon grew up and moved away, Hilda took care of Tish, never overfeeding him. As he aged, his colour changed from bright orange to silver. Finally, after a long, peaceful life, Tish passed away in 1999.

Bitter taste: Bitter taste: We may laugh at the stereotyped idea of shoes getting chewed to smithereens by someone's pet pooch, but gnawing on things like shoes and boots can be unhealthy for dogs. With that in mind, Brizza, a Brazilian company that makes flip-flops, teamed up with some partners to develop what they are calling the Inedible Flip-Flop. One of the partners was a pet food company, with lots of experience in knowing what dogs will and won't eat. The newly developed flip-flops include an ingredient called denatonium benzoate, which makes the footwear taste extremely bitter, yet is safe and not harmful to pets.

Beautiful berry: After much trial and error over many years, a Japanese farmer named Mikio Okuda developed an amazing strawberry called Bijin-Hime. Nicknamed "Beautiful Princess," this berry is one of a kind. It is quite large and sports a perfect strawberry shape and red colour. In other strawberry varieties, the larger fruits tend to be less sweet and flavourful. Not so with the rose-scented Beautiful Princess. The farmer takes his strawberry-growing business seriously, ensuring that conditions are right for a perfect crop. These berries go for big bucks. One can sell for as much as \$500 USD, so this variety may be out of reach for mere mortals!

Hot dog aficionado: A hungry eater named Joey Chestnut can pack in a lot of food. Specifically, he demolished 62 hot dogs, along with their buns, at the well-known event called Nathan's Famous Hot Dog Eating Contest on Coney Island in Brooklyn, New York (U.S.). He did it in a mere 10 minutes. The contest has been held on July 4 for about 50 years, and this was Chestnut's 16th win. While proud of his performance, the big eater won in 2021 by downing 76 hot dogs. And in six other competitions, he consumed more than 70 of the beloved fast food. Obviously Chestnut is a huge fan of hot dogs!

Quoteable Quotes

"Don't go through life. Grow through life." —Eric Butterworth

"Although the world is full of suffering, it is also full of the overcoming of it." —Helen Keller

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 and be seen here by thousands of readers each week. Please give 6 weeks notice

Trivia

1. Coronal mass ejections occur from the Sun, Mercury, or Jupiter?
2. C.S. Lewis or A.A. Milne wrote The Chronicles of Narnia?
3. Albion was an ancient name for France, Canada, or Great Britain?
4. The rival gangs in West Side Story are the Jets and Sharks—T/F?
5. A ballyhoo, carnyx, or warhammer is an ancient Celtic horn?

(Flip bottom of page for answers)

© Published with Permission by Mad Mama Marketing

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.

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



TOP \$\$\$ PAID FOR SCRAP CARS

DJ'S TOWING AND SCRAP CAR REMOVAL

CALL FOR A QUOTE: **403.922.2412**



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



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 for full list of services!

Receive **25% OFF** Winter Labour Rates for work done before 02.29.24



Helping Adoptable Dogs and Cats Find Loving Homes

CAN YOU HELP?

pause4change
rescue foundation
www.pause4change.com

DONATE VOLUNTEER FOSTER



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



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

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

ValleyView
INSPECTION SERVICES

855.477.2280

Lenny Roseler
Certified CanNACHI Inspector

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

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

Recipe of the month

Cheddar Broccoli Soup

1 small onion, chopped
2 garlic cloves, minced
2 tablespoons butter
2 tablespoons all-purpose flour
1 can (14-1/2 ounces) beef broth
1-1/2 cups 2% milk

1 package (10 ounces) frozen chopped broccoli
1 teaspoon ground mustard
1 teaspoon Worcestershire sauce
1/4 teaspoon ground nutmeg
1 cup shredded cheddar cheese
Additional shredded cheddar cheese, optional

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

- 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.
- 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>

Your Weekly Horoscope

ARIES (March 20 - April 19)

What have you learned from your journey? How does it connect to what you value? This week may offer an opportunity to communicate this to others on a similar path. Lucky numbers: 5, 23, 25, 26, 37, 33.

TAURUS (April 20 - May 20)

Sudden or unexpected opportunities may appear this week. Use your grounded Taurus nature to help sort through them. The best one should align with your values. Lucky numbers: 16, 30, 36, 41, 42, 46.

GEMINI (May 21 - June 20)

Gemini often have a quick and sharp mind which can sometimes frustrate people who don't. You may have an opportunity to connect to others and communicate your ideas. Lucky numbers: 2, 8, 11, 16, 18, 46.

CANCER (June 21 - July 21)

What is your most heart-felt wish? This week may be a good time for a deep dive to explore that desire and how you might be able to manifest it. Don't let fear stop you. Lucky numbers: 9, 11, 13, 24, 27, 41.

LEO (July 22 - Aug. 22)

This week you may find yourself out of sync when communicating with others. Can you adjust your view of the situation, to communicate more effectively toward a solution? Lucky numbers: 7, 12, 14, 28, 37, 46.

VIRGO (Aug. 23 - Sept. 22)

You may feel out of sorts and not your usual grounded self right now. While this might soon pass, consider expanding your comfort zone about the nature of reality. Lucky numbers: 4, 14, 27, 30, 37, 43.

LIBRA (Sept. 23 - Oct. 22)

Can you manage to take a few days off at the beginning of this week? Focus on some much needed relaxation and self-care. Your mind and body will thank you. Lucky numbers: 6, 14, 24, 25, 27, 36.

SCORPIO (Oct. 23 - Nov. 21)

Things may get very intense for you during the middle of the week. Take a deep breath and a step back. Maybe temporarily retreat from a person or situation, if necessary. Lucky numbers: 10, 14, 19, 21, 32, 43.

SAGITTARIUS (Nov. 22 - Dec. 20)

You may be encouraged, at the end of the week, to reexamine your beliefs. Do you need to make any changes to your endeavors, to be in line with your beliefs? Lucky numbers: 8, 10, 36, 41, 42, 48.

CAPRICORN (Dec. 21 - Jan. 19)

The Capricorn view of the world is often driven by hard facts and figures. This week you may be able to expand your world view by seeking out intuitive insights. Lucky numbers: 16, 19, 21, 27, 38, 46.

AQUARIUS (Jan. 20 - Feb. 18)

At week's end, you may be in a verbal power struggle with others. By making a conscious effort, you might find an opportunity to forge a reasonable compromise. Lucky numbers: 1, 7, 13, 18, 41, 47.

PISCES (Feb. 19 - March 19)

Pisces sometimes have difficulty translating their intuitive insights to others. However, this week you may find this process easier. If so, take advantage of it while you can. Lucky numbers: 3, 19, 21, 24, 25, 46.

Lucky numbers this week: This week's odds favour Taurus winners with the luckiest number being 30.

Did You Know...

Greenland trivia: Greenland, the world's largest island, is part of the North American continent. But politically, it is an independent territory of Denmark. Nuuk (Godthaab), its capital, is on the southwest coast.

Perfumed plants: Gardeners with shaded yards might want to try growing lily-of-the-valley. This ground cover does well in shade and slowly spreads. They have a pleasant, fragrant scent, but are toxic in large quantities.

Famous writer: In addition to *Breakfast at Tiffany's*, American Truman Capote (1924-1984) also wrote *In Cold Blood*. The book helped pioneer the true crime genre, as well as using fiction techniques in nonfiction stories.

Strange monkey: A monkey that lives in South America's Amazon basin is the bald uakari. They have reddish-brown, shaggy coats, but no hair on their bright red faces, looking almost as though they are wearing masks.

Time to prime: Planning to paint a room in your house? Experts recommend applying a coat of primer before applying the colour. Along with covering minor imperfections, primer helps the paint adhere to the wall.

On the Lighter Side

Knock! Knock! *Who's there?* August. *August who?* August of wind almost blew me away!

Did you hear about the founder of the flea circus? He started it from scratch.

Towels can't tell jokes. They have a dry sense of humour.

Two plants decided to grow next to each other. After all, they were buds.

Billy: "What does your mother do for a headache?"
Silly: "She sends me outside to play."

Answers

Trivia answers: 1. Sun 2. C.S. Lewis 3. Great Britain 4. True 5. Carnyx

For available franchise opportunities - visit coffeeneWSCANADA.COM
© Published with Permission by Mad Mama Marketing

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.

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.
PM230469 EN, EX, USA | Rx Only | © 2023 Inogen, Inc.
303 Cowan Drive, Coletta, CA 95117
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.

Best Buds Outlet

OPEN DAILY, 10 am-10 pm

4A, 1861 Meadowbrook Dr. SE
403-980-1046
@Best_Buds_Outlet
bestbudsoutlet.ca

Premium Canadian Cannabis

HIP OR KNEE REPLACEMENT?

THE DISABILITY TAX CREDIT ALLOWS FOR A

\$2,500 YEARLY TAX CREDIT

\$30,000 LUMP SUM REFUND

85% SUCCESS RATE!

FOR EXPERT HELP:
1-844-453-5372

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

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 or enter online at 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

Congratulations

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

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

Coffee News

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

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

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