

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

85% SUCCESS RATE!

ACCESSIBLE WELLNESS SOLUTIONS IN COCHRANE

THE VALLEY'S ALL-INCLUSIVE ALTERNATIVE THERAPY CENTRE

Start your journey today...

Positive Healing

ALTERNATIVE THERAPY | CRYSTALS | YOGA

AVAILABLE FOR PRIVATE AND GROUP SESSIONS, CLASSES AND RETREATS

We offer:

- Mind-Body Connection Therapies
- Healing Breathing Work
- Sound Therapy
- Quantum Healing
- Yoga

403-609-8716

124 River Avenue, Cochrane (above Bike Brothers)

kayla@positivehealing.ca www.positivehealing.ca

EAT WHAT YOU LIKE IN COMFORT

DENTURE CARSTAIRS CLINIC

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

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

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

Sparkle And Shine CAR & DOG WASH

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

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

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"

Carstairs, Crossfield, Didsbury Edition

780-220-6397

www.bvcoffeeneews.ca amy@bvcoffeeneews.ca

Vol. 2024 No. 18 April 29, 2024

Everybody's Talking

Trapped raccoon: It was a different kind of emergency, with staff from both the humane society and the fire department in Guelph, Ontario, Canada, coming to the rescue. When a delivery driver discovered a raccoon stuck in a sewer grate, he called the humane society. They responded and realized they'd need the help of the city's fire department. Personnel worked together to extricate the animal. This wasn't easy because the raccoon's fur was covered in ice due to the extreme cold temperatures that day, and the animal was trapped head first, with three-quarters of its body below the sewer grate. After some care by the humane society, the raccoon recovered and was released into the wild

Big building: An enormous, modern castle, built to look like a medieval gem, is the source of mystery in Poland. Called Stobnica Castle, it is located in the Notecka Forest nature reserve in the western part of the country. Building started in 2015, and in 2018 people started wondering what it was all about. No one knew who owned it or they acquired a building permit. The reserve is protected by the European Union's Natura 2000 network. Since then, court battles ensued, along with revoked permits and arrests of individuals involved. But construction continued and the mystery remains. The huge building apparently is intended to be a private residence, with 14 floors and a 70-metre (230-ft.) tower.

Smart birds: Scientists already knew that birds can be pretty ingenious. Now researchers in the Netherlands have found that corvids and magpies sometimes take materials that humans manufacture to keep feathered creatures away, and instead use the items to build nests. Called "evil architecture" by urban designers, structures like metal anti-bird spikes are designed and intended to repel birds from nesting on roofs. But some birds have outsmarted the designers. Instead of staying away, the birds are snatching the spikes and pointing them inward to form lattices for their nests. Magpies are known to build roofs over their nests, too, using things like spiky branches. The birds may even be using these human inventions to deter other birds

Convenient boogie: There is a big red button located in the washrooms of a chain of convenience stores in the U.S. state of Kentucky that has people dancing up a storm. It seems that the button transforms the bathroom into a disco dance party room. The big red buttons can be found inside Hop Shops and, when pushed, they activate coloured lights, a disco ball, and music. Presto, the room becomes a miniature dance club! The company began with just one disco bathroom, but they were such a hit that now six Hop Shop locations in the north part of the state feature them, attracting disco dancers from far and wide.

Quoteable Quotes

"Keep true to the dreams of thy youth." —Friedrich Schiller

"The value of life lies not in the length of days, but in the use we make of them." —Michel de Montaigne

What's Happening

Calgary Horticultural Society Gardeners' Market This event is for Calgary gardeners. There are 50 exhibitors, 8 gardening talks, a photo contest, and celebrity design challenge. Come to ATCO Park and ignite your gardening season. For more information and tickets, visit our website www.calhort.org.

Gardeners' Market Join us The Commons in ATCO Park 5302 Forand St SW for a market with educational talks classes friendly competitions and over 50 exhibitors to help gardeners ignite their imaginations for the gardening season. Tickets www.calhort.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

- Which is not considered a Balkan State—Macedonia, Austria, or Serbia?
- In what city is Capitoline Hill?
- Algae blooms give this sea its name.
- The spice saffron is harvested from the tulip, lily, or crocus flower?
- About 1.3 million Earths could fit into the Sun—T/F?

(Flip bottom of page for answers)

© Published with Permission by Mad Mama Marketing

(Over)

Behaviours in Dementia Toolkit

Practical & Evidence Informed

powered by: **CCSMH** Canadian Coalition for Seniors' Mental Health

Visit our free online library of 230+ resources about dementia-related changes in mood & behaviour today!

www.BehavioursInDementia.ca

Recipe of the month

Candied Fruit Hot Cross Buns

2 packages (1/4 ounce each) active dry yeast
 2 cups warm milk (110° to 115°)
 6 tablespoons butter, softened
 2 eggs, lightly beaten
 3/4 cup sugar
 1 teaspoon salt
 6 to 6-1/2 cups all-purpose flour
 1 cup chopped mixed candied fruit

2 teaspoons ground cinnamon
 1 egg yolk
 2 tablespoons water

icing:
 1-1/4 cups confectioners' sugar
 2 tablespoons milk
 1 tablespoon butter, melted
 1/4 teaspoon vanilla extract

Prep: 30 min + rising Bake: 15 min./batch + cooling Yield: 3 dozen

1 In a large bowl, dissolve yeast in warm milk. Stir in the butter, eggs, sugar and salt. Combine 3 cups flour, candied fruit and cinnamon; add to yeast mixture and mix well. Stir in enough remaining flour to form a soft dough.

2 Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.

3 Punch dough down; shape into 2-in. balls. Place 2 in. apart on greased baking sheets. Using a sharp knife, cut a cross on top of each bun. Cover and let rise until doubled, about 30 minutes.

4 Beat egg yolk and water; brush over buns. Bake at 350° for 12-15 minutes or until golden brown. Remove from pans to cool on wire racks. Combine icing ingredients; pipe an "X" on top of each bun.

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

Congratulations

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

JoAnn Whiteside found "Beans" at **Subway** in Carstairs

Coffee News

Enter today for your chance to win!

www.bvcoffeeneews.ca

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.

PROUD SPONSOR OF THE CN CONTEST

Turtle Wax PRO

Sparkle And Shine CAR & DOG WASH

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

VOTED BEST CAR WASH!

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

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

TOP \$\$\$ PAID FOR SCRAP CARS

DJ'S TOWING AND SCRAP CAR REMOVAL

CALL FOR A QUOTE: **403.922.2412**

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

CWC

Carstairs Waste Control

722 - 9 Avenue, North • Carstairs
403.337.2870
carstairswastecontrol@yahoo.com

Waste Bin Rentals
HOUSEHOLD AND CONSTRUCTION BINS
4 cubic yard to 30 cubic yard waste bins available!

www.carstairswaste.com

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

pause4change
rescue foundation
www.pause4change.com

DONATE VOLUNTEER FOSTER

We get you on the road again

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

BOOK YOUR SAFE 'N SOUND INSPECTION NOW!

Bay 1 - 29 East Lake Way NE, Airdrie

SWIFTRV repairs
403.919.4911

Visit swiftvrepairs.com for full list of services!

JV ROOFING & Exteriors

- No Wait Time
- New Roof
- Re-Roof
- New Siding
- Re-Siding
- Quality Workmanship
- Free Quotes
- Insurance Claims Welcome

587-378-ROOF (7663)
www.jvroofingsiding.com

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: 403-335-8829

SILVERFERN
AESTHETICS AND VEIN MEDISPA
2028-17 AVENUE, DIDSBURY
SILVERFERNMEDISPA.COM

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

FRIENDLY PROFESSIONAL STAFF

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.

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

Your Weekly Horoscope

ARIES

(March 20 - April 19)



For the next month, you may have the potential to be running on all cylinders, eager to get things done. If your efforts serve a higher purpose, all the better. Lucky numbers: 10, 32, 34, 37, 40, 42.

TAURUS

(April 20 - May 20)



Love, joy, and creativity could be your key words for the next few weeks. What might you want to manifest in this regard, and how could you accomplish it? Lucky numbers: 18, 22, 31, 39, 45, 46.

GEMINI

(May 21 - June 20)



Your self-confidence may receive a boost over the next few weeks. Before this dynamic passes, how might you use the energy to overcome current obstacles? Lucky numbers: 13, 20, 22, 30, 33, 41.

CANCER

(June 21 - July 22)



For about the next six weeks, be careful of taking impulsive actions that may substantially increase the risks of a major mistake or accident. Look before you leap! Lucky numbers: 4, 8, 9, 31, 38, 47.

LEO

(July 23 - Aug. 22)



You may feel somber or subdued early this week. While this dynamic might fade in a few days, do these emotions indicate something you need to face now? Lucky numbers: 9, 16, 17, 20, 23, 26.

VIRGO

(Aug. 23 - Sept. 22)



Have you been living in a fog for the past month? This pattern may be starting to disperse, but you might feel another burst of it during the middle of this week. Lucky numbers: 3, 8, 20, 32, 37, 42.

LIBRA

(Sept. 23 - Oct. 22)



For the next few weeks, getting your needs met might be a strong desire. This may be a revelation, as Libras often prioritize the needs of others over their own. Lucky numbers: 2, 8, 10, 12, 14, 45.

SCORPIO

(Oct. 23 - Nov. 21)



Over the next few weeks, you may encounter a relationship issue. Explore if this could be because your values might not be in alignment with those of your partner. Lucky numbers: 6, 10, 12, 19, 28, 29.

SAGITTARIUS

(Nov. 22 - Dec. 21)



Are you working on a project that could use some assistance from others? This may be a good week to ask for help from those who share your values. Lucky numbers: 5, 7, 8, 11, 19, 40.

CAPRICORN

(Dec. 22 - Jan. 19)



You may be tempted over the next few weeks to dig in your heels with others about a goal. Are there common values to build a win-win solution with them? Lucky numbers: 20, 23, 32, 34, 42, 46.

AQUARIUS

(Jan. 20 - Feb. 18)



You may experience a conflict this week with your relationship or finances. This situation might reflect an issue in your psyche that needs to be addressed. Lucky numbers: 1, 2, 11, 14, 15, 41.

PISCES

(Feb. 19 - March 20)



The beginning of the week may offer a brief window for an opportunity to advance your higher ideals. Don't let your fears discourage or hold you back now. Lucky numbers: 7, 12, 15, 17, 27, 43.

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

Did You Know...

Older and heavier: Research on aging in America shows older folks are becoming overweight. A study by the National Center for Health Statistics found that 40% of all Americans between ages 65 and 74 are overweight.

Wooded land: Getting lost in the woods can be a bit too easy, and especially so in Canada. The North American country boasts almost 10% of the world's total forest cover. What a lot of trees!

American money: In the U.S., paper currency is comprised of up to 75% cotton and 25% linen. The cotton, and especially the linen, increases the durability, flexibility, and distinctive look and feel of the bills.

What's the difference? Alpacas and llamas are two very similar creatures, but alpacas are considerably smaller than llamas and were bred specifically for their fibre. Alpaca fibre is used to make a wide range of knitted items.

Pickle power: Who knows what power pickles hold? Julius Caesar and other Roman emperors must have thought they held a lot, because they fed pickles to their legions, believing the crunchy food increased their strength.

On the Lighter Side

Why didn't the monocles get together? They didn't want to cause a spectacle.

I'm competing in the stair climbing competition. Guess I better step up my game.

Did you hear about the King Arthur stamp? It's for over knight delivery.

Bell: "Are you a toe dancer?"
Bill: "Why, no."
Bell: "Then please get off my toes!"

Knock! Knock! Who's there? Radio. Radio who? Radio or not, here I come!

Answers

Trivia answers: 1. Austria 2. Rome 3. Red Sea 4. Crocus 5. True

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

WE ARE Hiring!

WEST-CAN Seal Coating Inc.

SCAN TO APPLY

Full-Time, Year Round Employment and Seasonal Opportunities Available

- Journeyman Heavy Duty Mechanic or Interprovincial Red Seal
- Heavy Duty Mechanic Apprentice
- Class 1 Drivers
- Class 3 Operators
- Equipment Operators
- Labourers
- Traffic Control Personnel
- Traffic Accommodation Supervisors
- Project Administrators
- Construction Superintendents
- Lead Hand
- Administrative/Shop Summer Student

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

VISIT US AGAIN FOR THE **First TIME!**

Sorelle Amore
Spa & Wellness Centre
FREE STEAM BATH WITH ALL SERVICES

- Dermaplane
- Microneedling
- LED Therapy

PROUD WINNER, SPA CATEGORY CANADIAN CHOICE AWARDS

Call 403-335-9854

2028-17 Avenue, Didsbury
sorelleamore2022@gmail.com
sorelleamorespa.ca

2024 CANADIAN CHOICE AWARD

THIS SPACE FOR RENT

OR SCAN HERE FOR MORE INFO

Call 780-220-6397

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.
PM220469 EN, EX, USA | In Only © 2023 Inogen, Inc.
303 Commerce Drive, Colorado, 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.

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

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