

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 | Rev Only © 2023 Inogen, Inc. 301 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.



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. 31 July 29, 2024



TOP \$\$\$ PAID FOR SCRAP CARS

DJ'S TOWING AND SCRAP CAR REMOVAL

CALL FOR A QUOTE: **403.922.2412**



WE ARE Hiring!

Loader Operator with Gravel Pit Experience

Full Time, Seasonal
May - September/ Early October

Scan to apply or email us at hr@west-cansealcoating.com

We are always looking for good people to join us on the road!

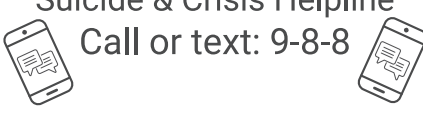


Need to talk?

988 is here for you. 24/7

Suicide & Crisis Helpline
Call or text: 9-8-8

DistressCentre.com/988



Be prepared before the next power outage.

It's not just a generator. It's a power move.

Receive a free 5-year warranty with qualifying purchase* - valued at \$715.

Call 1-844-944-1991 to schedule your free quote!

GENERAC



VISIT US AGAIN FOR THE First TIME!

Sorelle Amore Spa & Wellness Centre

FREE STEAM BATH WITH ALL SERVICES

Brow Lamination Lash/Brow Tinting and Waxing

PROUD WINNER, SPA CATEGORY CANADIAN CHOICE AWARDS

Call **403-335-9854**

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




ACCESSIBLE WELLNESS SOLUTIONS IN COCHRANE

THE VALLEY'S ALL-INCLUSIVE ALTERNATIVE THERAPY CENTRE

Start your journey today...

403-609-8716

124 River Avenue, Cochrane (above Bike Brothers)

kayla@positivehealing.ca
www.positivehealing.ca

ALTERNATIVE THERAPY | CRYSTALS | YOGA

AVAILABLE FOR PRIVATE AND GROUP SESSIONS, CLASSES AND RETREATS



Everybody's Talking

Second chance: Loved Before is a U.K. charity on a mission to offer a fresh start to abandoned teddy bears and other stuffed animals. Charlotte Liebling noticed the sad fate of many soft toys and decided to do something to change that. These toys undergo a spa-like treatment before being showcased online for new families to discover. Embracing imperfection, Loved Before recognizes the unique charm each toy brings. Alongside its eco-friendly packaging and charitable donations, the company aims to instill a sense of responsibility in people, especially children, toward reusing items to benefit the environment. While this may seem like a small step, it shows how everyone can make a difference.

Free education: Albert Einstein College of Medicine in New York City, New York (U.S.), is planning to scrap tuition fees, thanks to a very generous donation of \$1 billion. This amazing act of kindness comes from Dr. Ruth Gottesman, a well-respected former teacher at the school. Dr. Gottesman's late husband, who was smart with money, told her to "do whatever you think is right" with their considerable wealth. This inspired her to make medical school education more affordable. She believes that by making such an education easier to obtain, that will mean more doctors with diverse backgrounds who better understand and serve communities.

Age fusion: In Seattle, Washington, (U.S.), a preschool at Providence Mount St. Vincent merges daycare with senior living, uniting 400 older adults with children. Through activities like music and art, they forge connections at this senior care home. "The Growing Season" is a documentary by Evan Briggs that showcases this interplay and captures the transformation that happens among the seniors when the kids arrive. In the presence of the children, the residents light up with vitality, and the children seamlessly adapt to being with the older folks. The success of this model highlights the potential for greater integration of seniors into society, fostering understanding and empathy across generations.

Robot conductor: At the National Theater of Korea, something incredible happened: a robot named EveR 6, created by the Korea Institute of Industrial Technology, led the National Orchestra of Korea in a concert. EveR 6 is about as tall as a person and has a face that looks human. The robot conducted alongside human conductor Soo-Yeoul Choi. The concert, which was titled "Absence," included two pieces directed by EveR 6, along with a special composition called "Sense," in which the robot and Choi worked together. Choi was amazed by EveR 6's moves, but said humans still make the best conductors because they can listen to and guide the orchestra.

Quoteable Quotes

"I attribute my success to this: I never gave or took an excuse."
—Florence Nightingale

"A man's mind, stretched to a new idea or sensation, never shrinks back to its former dimensions."
—Oliver Wendell Holmes, Sr.

What's Happening

Sundays. Bragg Creek Farmers Market. Running every Sunday from Jun16 to Sep 22 from 10am to 3pm. Still room for vendors and food trucks. Email info@braggcreekca.com for all the info.

Sundre Museum. Historic Pioneer Village is now OPEN! Please call the Sundre and District Museum at 403.638.3233 for further information.

May 17 - Sep 20. Sundre Farmers Market. Running all season long, head out to to the Sundre Curling Rink from 430 - 7 pm every Friday. Support Local.

Kidney March 3 Days 100 KM Kananaskis to Calgary Sept 6-8 2024 Walk the farthest you have ever walked and raise the most you have ever raised in the fight against kidney disease and for organ donation. Join us for Kidney March www.kidney.ca

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

- Multi-celled organisms without backbones are fish, invertebrates, or mammals?
- In 196 B.C.E., the Rosetta stone was inscribed in this Egyptian city.
- What is the medical term for the breast bone?
- Gelatin is a vegetable product—T/F?
- The red outgrowth on a chicken's head is a comb, hairbrush, or hat?

(Flip bottom of page for answers)

© Published with Permission by Mad Mama Marketing (Over)

Helping Adoptable Dogs and Cats Find Loving Homes

CAN YOU HELP?

pause4change rescue foundation

www.pause4change.com

DONATE VOLUNTEER FOSTER



PROUD SPONSOR OF THE CN CONTEST

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



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

yes tv

FREE LIVE STREAMING COMING THIS FALL

visit yestv.com for details



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



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

COLD SHOT
A DIVISION OF BALVARIA 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



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 swiftrepairs.com for full list of services!

Congratulations

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

Lanni-Lynn Gjertsen
found "Beans" at Barley's Pub in Carstairs

Coffee News

Enter today for your chance to win!

www.bvcoffeeneews.ca

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 MEDISPA
2028-17 AVENUE, DIDSBURY
SILVERFERNMEDISPA.COM

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

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/AAP. 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
Open Thursday thru Monday, 10 a.m. - 5 p.m. (Closed Tuesday and Wednesday)

HIP OR KNEE REPLACEMENT?

THE DISABILITY TAX CREDIT ALLOWS FOR A

\$2,500 YEARLY TAX CREDIT

\$30,000 LUMP SUM REFUND

Restrictions in Living or Dressing may qualify.

FOR EXPERT HELP:
1-844-453-5372

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

Recipe of the month

Mini BLTs

28 cherry tomatoes 3 tablespoons grated Parmesan cheese
7 bacon strips, cooked and crumbled 2 tablespoons finely chopped celery
1/2 cup mayonnaise 2 tablespoons minced fresh parsley
1/3 cup chopped green onions

Prep Time: 30 min + chilling Yield: 28 appetizers

- Cut a thin slice from the bottoms of tomatoes to allow them to rest flat. Cut a thin slice off the top of each tomato. Scoop out and discard pulp; invert tomatoes onto paper towels to drain.
- In a small bowl, combine the bacon, mayonnaise, onions, cheese, celery and parsley. Spoon into tomatoes. Cover and refrigerate at least two hours.

The perfect addition to any summer appetizer tray!

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

Your Weekly Horoscope

ARIES (March 20 - April 19)

Your relationships can be a good vehicle now to help you heal old wounds. Share information about your past with those you are close to and enlist their support. Lucky numbers: 10, 13, 17, 25, 44, 47.

TAURUS (April 20 - May 20)

Are you feeling a strain in your relationships now? Looking for an unusual resolution to the issue may be helpful. Just be sure it truly works for all involved. Lucky numbers: 8, 9, 11, 15, 26, 31.

GEMINI (May 21 - June 20)

You may find that your mind is on information overload. Documenting the new ideas might be helpful now, but wait until later to act on any that you choose. Lucky numbers: 2, 6, 24, 29, 38, 41.

CANCER (June 21 - July 22)

Your emotions may be heightened at midweek. Take a step back and wait a few days to see if your feelings on an important matter change in the interim period. Lucky numbers: 5, 9, 25, 30, 38, 44.

LEO (July 23 - Aug. 22)

Your naturally enthusiastic persona may be boosted this week. This could be a good time to use the energy to set a new intention for something to manifest in the next month. Lucky numbers: 4, 16, 20, 23, 35, 45.

VIRGO (Aug. 23 - Sept. 22)

For the next few weeks, explore and articulate what you truly value and how to manifest it. In formulating a plan, don't overlook the details necessary for success. Lucky numbers: 6, 10, 18, 29, 35, 42.

LIBRA (Sept. 23 - Oct. 22)

You may find yourself micromanaging your relationships with others over the next few weeks. Be conscious of this tendency so you can avoid any unnecessary conflict. Lucky numbers: 7, 9, 14, 39, 42, 46.

SCORPIO (Oct. 23 - Nov. 21)

The astrological energy at the end of the week might have a childlike enthusiasm. Using this dynamic to lighten your interactions with others may be helpful. Lucky numbers: 9, 16, 18, 23, 24, 35.

SAGITTARIUS (Nov. 22 - Dec. 21)

Are you feeling challenged now about your beliefs? If you're comfortable with them, you have no need to defend them to others. If not, ask yourself what has changed. Lucky numbers: 11, 14, 15, 39, 45, 46.

CAPRICORN (Dec. 22 - Jan. 19)

Weighing relationships versus results, Capricorns sometimes gravitate to the latter. An opportunity may emerge at week's end to achieve a greater balance of the two. Lucky numbers: 3, 6, 19, 22, 40, 47.

AQUARIUS (Jan. 20 - Feb. 18)

Did you set new goals about six months ago at your birthday? What progress have you made, and do you need to course-correct now to stay on track? Lucky numbers: 1, 3, 5, 24, 26, 32.

PISCES (Feb. 19 - March 20)

Last week's energetic pattern might continue. Did you make an adjustment to activate greater joy in your life? This change may take time to manifest, so keep going. Lucky numbers: 12, 14, 23, 36, 37, 46.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 35.

Did You Know...

- No reptiles:** Finding insects and birds in frozen Antarctica might be possible, but a life form not found there is the reptile. Those critters do not produce their own heat and wouldn't last long on the coldest continent on earth.
- Long walk:** Energetic folk who want to walk the entire length of Canada's coastline need to prepare for a long hike. The coastline covers 244,000 kilometres (151,600 mi.) and includes the Arctic, Pacific, and Atlantic oceans.
- Single spice:** One might assume allspice is a mixture of several spices, but it is actually made from dried berries from the allspice tree, native to Jamaica. Christopher Columbus noted it on his second Atlantic Ocean crossing.
- Great word:** "Somnambulists" are sleepwalkers. The root words *somn* and *ambulate* relate to sleep and walking. Some folks with somnambulism have even walked around their neighbourhoods without realizing it.
- Pablo:** The world knows him as famous Spanish artist Pablo Picasso. But his full name is Pablo Diego José Francisco de Paula Juan Nepomuceno María de los Remedios Cipriano de la Santísima Trinidad Mártir Patricio Clito Ruiz y Picasso.

On the Lighter Side

Dancer: "Can you stretch the music out a little longer?"
Orchestra leader: "Sorry, this isn't a rubber band."

An actor fell through a trapdoor. He was going through a stage.

Knock! Knock! Who's there? Luke. Luke who? Luke out the window and see.

How do you catch a unique rabbit? Unique up on it.

Where did the fake blacksmith work? At the forgery.

Answers
Trivia answers: 1. Invertebrates 2. Memphis 3. Sternum 4. False 5. Comb

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

STROLL BACK IN TIME...

GAROLINE WHEELS OF TIME MUSEUM AND HISTORICAL VILLAGE

Open May long weekend to September long weekend on Friday, Saturday and Sunday from 12 to 5 p.m.

Group tours available by appointment, email wheels3884@gmail.com

<http://www.carolinemuseum.ca/>

- BUILDINGS
- EXHIBITS
- NATURE TRAIL
- PICNIC AREA

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.

Free Evaluation

Find out how much equity you have!

Experience the difference in Real Estate services. Small town values, BIG city results!
Your NEW in town GO TO Real Estate Professional

Jesse Argueta
REAL ESTATE PROFESSIONAL, REAL BROKER
jesseargueta@gmail.com
403.470.1003 | dochomesforsale.com

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

THIS SPACE FOR RENT

OR SCAN HERE FOR MORE INFO

Call 780-220-6397

EAT WHAT YOU LIKE IN COMFORT

DENTURE CARSTAIRS CLINIC

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

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

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
Sparkle And Shine
CAR & DOG WASH