

inogen

INOGEN® PORTABLE OXYGEN CONCENTRATORS

Call us toll-free at **1-833-301-1878**

*30-day risk-free trial. Return within 30 days of purchase for a full refund of purchase price.

PM230469 EN, EX, USA | Expiry: 2024 Inogen, Inc. 859 Ward Drive, Suite 200, Colton, CA 95313 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"

Airdrie Edition
780-220-6397




www.bvcoffeeneews.ca
amy@bvcoffeeneews.ca

Vol. 2024 No. 37 September 9, 2024

yes tv

FREE LIVE STREAMING COMING THIS FALL

visit yestv.com for details



No Job Too Big or Too Small!

BIGGAR

B

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.

TOP \$\$\$ PAID FOR SCRAP CARS

DJ'S TOWING AND SCRAP CAR REMOVAL

CALL FOR A QUOTE: **403.922.2412**



Congratulations

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

Shekirra Rose
found "Beans" at **Jam's** in Airdrie

Coffee News

Enter today for your chance to win!

www.bvcoffeeneews.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



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



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

*Terms and Conditions apply.



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

905.379.7717 | www.PhoenixRisingBK.ca



Everybody's Talking

GPS groceries: In Australia, a grocery chain called Drakes Supermarkets is taking measures it deems necessary to prevent the theft of expensive items, particularly meat products. To combat this issue, the chain has started embedding GPS trackers in its meat packaging. If the tracker hasn't been deactivated by the cashier at the register, it will trigger an alarm when a customer leaves the store with the item. While shoppers say they understand the need for such measures, many view it as a sad sign of the times. However, the initiative has shown promise in reducing theft and ensuring that products remain available for paying customers.

Super sale: Superman comic books are certainly collectors' items, and a copy featuring Superman for the very first time, 86 years ago, has become the world's most valuable comic edition. It was recently sold at auction for \$6 million (USD). The Texas-based Heritage Auctions, which sold the comic book, said the sale price surpassed the previous record for a comic book sale. The version that broke the sales record came out in 1938 and was part of the Kansas City Pedigree collection. The previous record-holder sold for \$5.3 million in 2022. This recent landmark sale does indeed underscore the enduring legacy and immense value of vintage comic books.

Coffee race: Attention all servers in restaurants and cafes: This race is tailor-made for you. In the heart of Paris, France, participants don their signature attire of crisp white shirts, black trousers, and aprons as they assemble at the starting line near Paris City Hall. Their mission? To partake in a venerable tradition dating back 110 years, known as the Course des Cafés coffee race. With precision and skill, they navigate a 1.2-mile (1.9 km) course while delicately balancing a tray bearing a glass of water, a cup of coffee, and a croissant. The challenge? To complete the race without spilling a drop and without breaking into a run, showcasing both agility and finesse in this unique competition.

One smart girl: By the age of six, she had progressed to grade four, as she demonstrated a remarkable pace of learning. Hailing from Canada's Ottawa Valley, this extraordinary student attained her Honours Bachelor's degree in biomedical science from the University of Ottawa at a mere 12 years old. Anthaea-Grace said she firmly believes that age should never be a barrier to achieving one's rightful place and aspirations. Her journey certainly underscores the power of determination and intellect in defying conventional expectations.

Quoteable Quotes

"There will come a time when you believe everything is finished. That will be the beginning."
—Louis L'Amour

"If you tell the truth, you don't have to remember anything."
—Mark Twain

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.

Sept 20,21,22. Alberta Culture Days at the Sundre District Museum. Alberta Culture Days. Workshops, Music, Demonstrations, Art. Indigenous Presentations Metis and Stoney Nakoda. Something for Everyone! Three Days: September 20th, 21st, 22nd. 10am - 5pm each day. Sundre District Museum. 403 638 3233 for Details!

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

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. Historic Bridgetown, a UNESCO heritage site, is located in what island nation?
2. A frog in the larval stage of development is called a _____.
3. Who wrote the novel Mary Poppins, published in 1934?
4. She was the first woman to be prime minister of India.
5. The banana is an herb—T/F?

(Flip bottom of page for answers)

© Published with Permission by Mad Mama Marketing

Heavenly House Sitting & PET CARE

Pet taxi service! (groomer, Vet, etc.)

Kitty care. when you're not there!

BOOK NOW FOR SUMMER VACATIONS!

- Drop-in services for dogs, cats and other independent animals: let-outs, food/water, litter box
- Sitter available to stay in your home
- Security checks on your home while you're away
- Pet food delivery

403.369.2510 | 403.980.6882 | info@heavenlyhousesitting.com

Helping Adoptable Dogs and Cats Find Loving Homes

CAN YOU HELP?

pause4change
rescue foundation
www.pause4change.com

DONATE VOLUNTEER FOSTER



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

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



ACCESSIBLE WELLNESS SOLUTIONS IN COCHRANE

THE VALLEY'S ALL-INCLUSIVE ALTERNATIVE THERAPY CENTRE

Start your journey today...

we offer:

- Energy and Aura Therapies
- Reiki
- Aqualead (Water-based Energy Healing)
- Crystal Therapy

403-609-8716

124 River Avenue, Cochrane (above Bike Brothers)

kayla@positivehealing.ca
www.positivehealing.ca

POSITIVE HEALING

ALTERNATIVE THERAPY | CRYSTALS | YOGA

AVAILABLE FOR PRIVATE AND GROUP SESSIONS, CLASSES AND RETREATS

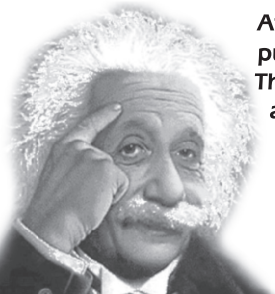


TEST YOUR MEMORY

After reading **Coffee News®**, put it aside for a moment. Then challenge yourself or a friend to remember as many ads as you can.

Your Score:

- Less than 6 – Keep trying
- 7-10 – Getting better
- 11-15 – Excellent
- 16 or more – Genius!



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

If You Can Dream It, We Can Build It

- Fences • Decks
- All Carpentry Needs
- Renovations

Integrity Master Builder
Dave Whitley | Master Builder and General Contractor

403.994.9904 | integritymasterbuilder.com
davewhitley1@gmail.com | @integritymasterbuilder

Coffee News is so popular... even our competitors read it!



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

Need to talk?
988 is here for you. 24/7

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

DistressCentre.com/988

Recipe of the month

Harvest Salad with Cherry Vinaigrette

3 medium fresh beets (about 1 pound)
1 package (5 ounces) spring mix salad greens
2 medium apples, thinly sliced
1 medium carrot, shredded
1/2 cup grape tomatoes, halved
1/2 cup yellow grape tomatoes or pear tomatoes, halved
1/2 cup chickpeas, rinsed and drained
1/2 cup coarsely chopped walnuts, toasted

4 thick-sliced bacon strips, cooked and crumbled

Cherry Vinaigrette:
1/2 cup tart cherry preserves
3 tablespoons olive oil
2 tablespoons red wine vinegar
2 teaspoons Dijon mustard
1 garlic clove, minced
1/4 teaspoon salt
1/8 teaspoon pepper

Prep Time: 10 min Bake: 50 min. + cooling Yield: 10 servings

1 Preheat oven to 400°. Scrub beets and trim tops to 1 in. Wrap in foil; place on a baking sheet. Bake 50-60 minutes or until tender. Remove foil; cool completely. Peel beets and cut into 1/2-in. pieces.

2 In a large bowl, combine salad greens, apples, carrot, tomatoes, chickpeas, walnuts, bacon and cooled beets. In small bowl, whisk vinaigrette ingredients until blended. Serve with salad.

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

SEEKING PARTICIPANTS FOR YOUTH MENTAL HEALTH STUDIES

At-Risk for Mental Illness Research Program

- Do you feel something is not quite right and you are concerned about recent changes in your thoughts, behaviour or experiences?
- Are you 12-30 years old?

Our studies offer monitoring, education and/or interventions.

For more information, call 403-210-8740 or email napls@ucalgary.ca

The University of Calgary Conjoint Health Research Ethics Board has approved these research studies (REB20-0983, REB20-2133, REB21-0535)

UNIVERSITY OF CALGARY

Your Weekly Horoscope

ARIES (March 20 - April 19)
You may find that your confidence is shaken during the middle of the week. Resolve to seek out the source of this feeling and make any emotional adjustments that are needed. Lucky numbers: 4, 5, 7, 12, 15, 18.

LIBRA (Sept. 23 - Oct. 22)
Libra's tact and diplomacy are strengths in relationships with others. For the next few weeks, precise communication and knowing details of situations may be important. Lucky numbers: 13, 22, 27, 29, 41, 42.

TAURUS (April 20 - May 20)
Taurus-born usually value a stable and grounded environment in life. This desire may be supported over the next few weeks, particularly in communications with others. Lucky numbers: 1, 14, 27, 29, 32, 48.

SCORPIO (Oct. 23 - Nov. 21)
Sometimes Scorpios have difficulty in effectively translating their intuitive insights to others. For the next few weeks, communicating this information may be easier for you. Lucky numbers: 2, 3, 8, 28, 42, 47.

GEMINI (May 21 - June 20)
This week you may find an expanded optimism and that things easily go your way. How might you apply this energy to endeavours that align with your highest values? Lucky numbers: 3, 17, 25, 43, 44, 45.

SAGITTARIUS (Nov. 22 - Dec. 21)
If you feel wanderlust early this week, stop for a moment before you pack your bags. Would travel truly provide satisfaction or is this feeling driven by something else? Lucky numbers: 7, 13, 17, 23, 28, 36.

CANCER (June 21 - July 22)
At midweek, you may find yourself writing down ideas that suddenly come to you. Whether starting a book or recording random thoughts, don't overlook this opportunity. Lucky numbers: 10, 14, 15, 17, 23, 44.

CAPRICORN (Dec. 22 - Jan. 19)
Is your desire for stability grounded in fear or in a desire to build a positive structure in your life? Answering this question may guide you in making any necessary adjustment. Lucky numbers: 8, 16, 18, 19, 30, 47.

LEO (July 23 - Aug. 22)
You may find that your head and your heart are out of sync at week's end. Can you find a way to resolve this stalemate? If not, take a deep breath and wait a few days. Lucky numbers: 9, 10, 13, 28, 30, 34.

AQUARIUS (Jan. 20 - Feb. 18)
If tempers have been flying in your world lately, the end of the week may offer an opportunity to cool the situation. Your calm demeanour could aid this process. Lucky numbers: 15, 22, 24, 25, 29, 44.

VIRGO (Aug. 23 - Sept. 22)
Many Virgos have a natural attention to details. This skill may be heightened for the next few weeks. Others might seek your help with issues that require this skill set. Lucky numbers: 6, 14, 21, 22, 29, 35.

PISCES (Feb. 19 - March 20)
Are you running into obstacles in manifesting a dream or vision that is close to your heart? What adjustment in your view of the situation might make achieving it more likely? Lucky numbers: 5, 9, 23, 27, 29, 31.

Lucky numbers this week: This week's odds favour Gemini winners with the luckiest number being 17.

Did You Know...

Tongue tradition: In North American culture, sticking your tongue out at someone is considered rude. But in Tibetan culture, it's a way of greeting others and is a sign of respect or agreement, a tradition since the ninth century.

Beatle's bite: John Lennon's molar sold at auction in 2011 for just over \$31,000 (USD). Lennon, who died in 1980, had given his tooth to his housekeeper after a dentist visit and suggested she give it to her daughter, a Beatles fan.

Big shoes: Spider-Man walked up walls because he could. But scientists at Cambridge University (U.K.) have estimated that he would have needed unbelievably huge, sticky foot pads requiring size 114 shoes (U.S.)

Good sense: In the fourth century B.C.E., Aristotle identified the human senses of sight, hearing, smell, taste, and touch. Today, depending on the classifications, some scientists say we have as many as 33 senses, including the senses of balance and heat.

Handcrafted history: In the early 1500s in Paris, France, the first union of hand-knitters was established. Once the knitting machine was invented in the late 1500s, knitting by hand became more of a hobby than an occupation.

On the Lighter Side

Pat: "Does your teacher talk to herself?"
Matt: "Yes, but she thinks we're listening."

Knock! Knock! Who's there? Hugh. Hugh who? Well, hello there!

What can you hold without ever touching it? A conversation.

How do knights change channels? With a re-moat.

It's a small world, but I wouldn't want to vacuum it.

Answers

Trivia answers: 1. Barbados 2. Tadpole 3. P.L. Travers 4. Indira Gandhi 5. True

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

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.

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

THIS SPACE FOR RENT

Call 780-220-6397

OR SCAN HERE FOR MORE INFO



Just hatching a new business?

CHECK OUT **Coffee News** ADVERTISING!

- People need to know about you!
- Reach thousands of local readers every single week
- Exclusive, affordable advertising

It's a crackin' good deal!

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)

Support Coffee News!

The paper you have grown to love can't do it without readers like you...

Visit our advertisers
Browse our website
Like us on Facebook

Coffee News
"News to Enjoy Over Coffee"

We get you on the road again

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

YOUR LOCAL RV REPAIR SHOP

Bay 1 - 29 East Lake Way NE, Airdrie

SWIFT RV repairs
403.919.4911

Visit swiftvrepairs.com for full list of services!

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

FRIENDLY PROFESSIONAL STAFF

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