

Help us learn about and address social isolation and loneliness in older adults in Canada. Complete this survey by the Canadian Coalition for Seniors' Mental Health. Just scan the QR code with your phone's camera:







780-220-6397

Everybody's Talking

Burnt offerings: Crusty on the outside and chewy on the inside sound like a perfect combination for dinner rolls. However, the bread product in question is known as "heavyfired" or "well-fired" rolls, and they can be as black as extremely burnt toast on the outside. Bakeries in Scotland have made these buns for many decades, and often sell out of their day's supply early in the morning. Some people love the charred offerings, finding them addictive. Others think the buns are a huge joke, wondering how a bakery could possibly get away with burning their wares, and then selling them. There is even some debate about whether the burnt tops are carcinogenic.

Meme mark: Anyone who subscribes to a stock photograph site can obtain an image and use it for their own purposes, such as to accompany a magazine article or illustrate a concept in an advertisement. But a man from Molins de Rei near Barcelona. Spain, was surprised to discover that his face had become a meme for "the worst person you know." It happened because Josep Maria Garcia had submitted his portrait to a photo site, where it was picked up and used to accompany a satirical magazine article. After getting used to the idea, Garcia decided to joke about it, as he knows he is not a bad person

Walking dog: A dog from Ouray, Colorado (U.S.), is a celebrity, but not as part of a circus act. Dexter, a Brittany spaniel and beloved pet of Kentee Pasek, walks on his two hind legs. It's not a trick. As a pup, Dexter was injured in a mishap with a car, leaving him with the use of only his hind legs. Pasek got him a doggy wheelchair, but before long, Dexter had abandoned the chair in favour of walking upright on his hind legs. Today, he is well known through social media and by taking part in parades. His loving human takes good care of him and ensures that Dexter regularly sees the vet for check ups.

Dumpling drink: Lots of people enjoy eating gyoza, which are fried, boiled, or steamed meat dumplings that originated in China, where they are called jiaozi. Usually spiked with a bit of chili, ginger, and garlic, they are served with a vinegary sauce, making the flavour combination quite satisfying. A beverage company in Japan launched a soda they claimed tastes like gyoza, but the feedback has been mixed. Many people find the taste incongruent with a carbonated beverage, and say they prefer to eat their gyoza, not drink it. The bottled soda does attract the curious, who might dare friends and family members to give it a try.

Quoteable Quotes

"Stand for something or you will fall for anything." —Rosa Parks

"You can make more friends...by becoming interested in other people than you can...by trying to get other people interested in vou." — Dale Carnegie

What's Happening

June 24. Breaktast on the Dairy Farm. Join in at Wendon



it would have been seen now!

inøgen

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and Kids Activities. From Hwy 2 Exit 357 Bowden, go East on Hwy 587 to dead end. Turn North and look for parking signs. German Canadian Club of Red Deer County Christmas Market. The GCC is looking for vendors for this popular

Christmas Market event on Nov 4 in Red Deer County. Please contact Henrietta at 403.346.6610 or Donna at 403.343.1744 to secure a spot.

> 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



is when a caterpillar transforms into a butterfly.

2. A hock, knee, or elbow joint connects a chicken's drumstick and ankle joint?

3. This is a large body of ice that moves over land.

4. The Battle of Waterloo was fought in present-day England, Belgium, or France?

5. What is a southerly buster?

(Flip bottom of page for answers)

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(Over)



Your Weekly Horoscope

LIBRA

(Sept. 23 - Oct. 22)

numbers: 5, 8, 22, 34, 37, 46.

(Oct. 23 - Nov. 21)

numbers: 14, 16, 17, 26, 35, 40.

SAGITTARIUS (Nov. 22 - Dec. 20)

26, 28, 29, 34, 37

CAPRICORN

AQUARIUS

(Dec. 21 – Jan. 19)

(Jan. 20 - Feb. 18)

ality issue. How might

you make a positive adjust-

ment related to it? Lucky numbers: 7,

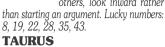
SCORPIO

ARIES (March 20 – April 19)

Be aware of your mood,



especially at the beginning of the week, particularly your temper. If you are feeling aggressive toward others. look inward rather



(April 20 - May 20)

This week may present a new opportunity for you to manifest something that advances your personal philosophy or beliefs. If you don't active-

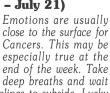
ly seek it out, it might pass by. Lucky numbers: 4, 5, 17, 25, 35, 36. **GEMINI**

(May 21 – June 20)

At midweek, you may have an opportunity to set a new intention and develop a plan around it. This may require that you focus and decide

among a group of options. Lucky numbers: 2, 3, 9, 18, 24, 47. CANCER

(June 21 – July 21)



for these feelings to subside. Lucky numbers: 11, 16, 31, 36, 37, 41. **LEO**

(July 22 – Aug. 22)

Leos have a natural charisma that may be highlighted now in conversations with others. If you are looking for assistance, this may be

the right time to ask for it. Lucky numbers: 9, 12, 18, 39, 40, 43. VIRGO

(Aug. 23 - Sept. 22)

A nine-month phase is ending. The focus may have been on your role as a mother and/or as a child. What have you learned? How can it improve your relationships? Lucky numbers: 6, 7, 8, 20, 36, 37.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 9.

Did You Know...

Magical place: Parque Francisco Alvarado in Zarcero, Costa Rica, is quite a sight. That's because gardener and artist Evangelisto Blanco shapes hedges and shrubs into all manner of magical and abstract figures, such as animals, people, and archways.

Sweet heat: The datil pepper is grown near St. Augustine, Florida (U.S.). It is quite hot, like a habanero, with a sweet, fruity flavour. Cooks like to use these peppers in hot sauces. pickles, and mustards.

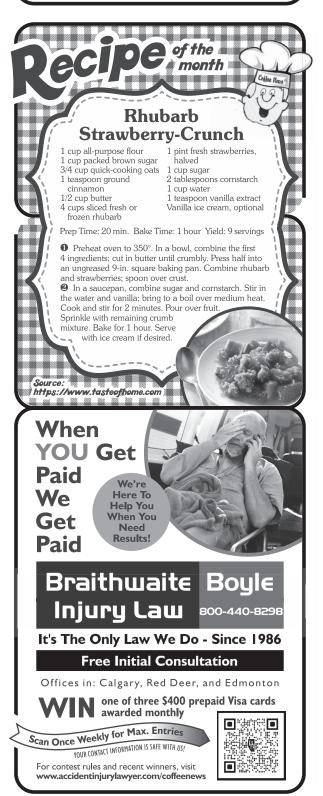
Upright duck: A certain breed of duck actually looks more like a penguin. The Indian Runner duck's posture is upright. Rather than waddling, they can run but they cannot fly. They are raised mostly for their egg production.

Safest shelter: If a tornado is coming your way, the best place to shelter is in a basement or on the lowest level of the house or building. Choose a room without windows, such as a bathroom or closet.



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lawyer.com/coffeenews







8, 13, 18, 19, 34.

The best: Only three movies have won all of the five major Academy Awards: Best Picture, Best Director, Best Screenplay, Best Actor, Best Actress. They are It Happened One Night (1934), One Flew Over the Cuckoo's Nest (1975), and Silence of the Lambs (1991).

On the Lighter Side

Knock! Knock! Who's there? Ooze. Ooze who? Ooze been telling you these terrible jokes?

We hired a doormaker the other day. She really knew how to make an entrance.

Bill: "What do you think of artificial respiration?"

Will: "I'd rather have the real one."

A fisherman baits his hooks, but a bad student hates his books.

The chocolate lover moved to Canada. She heard it was full of mousse! Answers

4. Belgium 5. Strong southerly wind Trivia answers: 1. Metamorphosis 2. Hock 3. Glacier

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