



Family Owned/Operated Trusted since 1971 Plant Based Protein Powder

Herbal Remedies & Supplements Knowledgeable Staff

Perry Stang Practical Herbalist, Certified Iridologis

#2, 5001-49 Ave., Olds (west of fire hall) 403-556-6090

Open 6 days

ındgen

FREEDOM. TO BE YOU

Call 1-833-301-1878



THIS MONTH'S

Bow Valley Coffee News



Outdoor Art Show & Sale

ARTISTS ON THE AVENUE

JULY 1 & 2

10am-5pm Artists On The Avenue.com

⇒ Markerville <</p>

Congratulations

Ayaan Hossain found "Beans" a **Prairie Donair**

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

Coffee News

Enter today for your chance to win!

www.bvcoffeenews.ca



UNDER NEW OWNERSHIP

- Water Wells and Geothermal for Acreages Farms and Recreational Properties
- Tie-Ins and Abandonments
- · Shock Chlorination, Testing and Water Sample Service
- Pump and Pressure Service and Installs

I-888.396.6389 | www.blackdogdrilling.com



Alberta Health Access
Mental
Services Health

FREE! New Issue Every Week!



"News To Be Enjoyed Over Coffee"

Olds, Innisfail, Sundre and **Areas Edition** 780-220-6397

www.bvcoffeenews.ca amy@bvcoffeenews.ca

Vol. 2023 No. 26 June 26, 2023

Everybody's Talking

Watery mirror: The denizens of the city of Mitoyo, on Japan's Shikoku Island, wanted to attract tourists, so they held a photo competition in 2016. One of the submitted photos, taken at the Chichibugahama Beach, was so amazing that the city used it as a marketing ploy. The gorgeous photo showed colourful clouds and sky, shoreline, and people appearing as double images, one that is the real thing and the other a reflection in the calm, clear water. The city's website contains information about the best time to visit and provides tips on composing photographs at the location. Now many tourists come to the once-unknown beach to see its beauty.

Game stopper: This story has a happy ending, but at first a soccer player in Paraguay worried that his prank had turned out badly. In 1957, Roberto Gabriel Trigo, who was a teenager at the time, jokingly told his pilot friend Alfredo Lird to stop buzzing the soccer field during practices and games, or else he'd kick a ball at the plane. Trigo did kick a ball at the plane, never dreaming that it would hit its target. When it did, the plane crashed in a nearby field. By some miracle, no one was hurt and the game continued. The pilot and the soccer player remained friends after the incident, which is still famous in the country's soccer circles.

Double duty images: Veks Van Hillik is a tattoo artist from France who provides a little bit of extra creativity to his clients: they end up with two-in-one tattoos. That's because Hillik designs his inked images on people's legs or arms, but when they unbend their knees or elbows, the image expands into something different. The artist uses black and white inks to create surreal and gothic works of art. A fish's head on a bent knee turns into a butterfly when the client stands up, while a close-mouthed frog tattooed on an arm turns into an open-mouth reptile as the elbow is unbent. When he is not creating images on skin, Hillik paints fascinating images on canvas.

Recovered phone: Things can get lost when people are boating on the River Wye near Cinderford, Gloucestershire, England, as Owain Davis learned. While canoeing on the body of water body with his fiancée, Davis's phone fell out of his pocket, never to be seen again, or so he thought. Imagine his surprise when he discovered, through a friend who had seen a notice on social media, that his phone had been found 10 months after he'd lost it. A man named Miguel Pacheco saw it in the mud, dried it out, and charged it up. Pacheco shared photos on social media of the phone he'd found, and the responses led him to Davis.

Quoteable Quotes

"No one can make you feel inferior without your consent."—Eleanor Roosevelt —Epictetus

"Don't explain your philosophy. Embody it."

What's Happening

Sundre Museum. The Museum welcomes school and group tours. Call for details 403.638.3233.

Tuesdays at the Sundre and District Museum. Structured Learning Programs. Tuesday Afternoons 130 to 3pm. Suitable for preschool - Grade 2. Please bring a 2 dollar donation per child, a healthy snack, inside shoes, and water bottle.

Sundre's Kick It to the Curb is BACK. Saturday AM, place unwanted items OUTSIDE on the front yard with a FREE note attached! Tour around town to find your own FREE treasures. Unclaimed items must be indoors by 8PM Sunday. Runs May 27,28. June 17,18. July 22,23. Aug 26,27. Sept 16,17.

Fridays. Farmers Market. Sundre Farmers Market. Fridays at 430-7pm. Runs until September 17.

June 23. Pro Rodeo. Sundre's Pro Rodeo is going WILD. June 23,24,25. Get on out there to see the best in the West.

June 24. Sundre Musuem Sip and Paint. Save the Date - Sip and Paint Saturday June 24th 1-4pm. Call 403-638-3233 for more information.

Nov 4. German Canadian Club of Red Deer County Christmas **Market.** Come out for this popular Christmas Market. 10a - 4p. Nov 4th at 38167 RR280 in Red Deer County.

> 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. Nigeria's official language is Igbo, English, or Yoruba?
- 2. Does a dragon, unicorn, or centaur adorn the Welsh flag?
- 3. A variety of rhythms played together is syncopation, staccato, or
- 4. Antarctica or Asia is the highest, driest, windiest continent?
- 5. The Trek to Petra is a hike in Jordan, Egypt, or Israel?

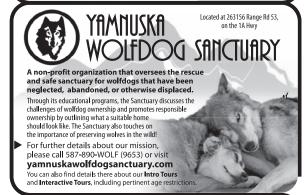
(Flip bottom of page for answers) © Published with Permission by Mad Mama Marketing (Over)



Call today and receive a FREE SHOWER PACKAGE **PLUS \$1600 OFF**

> WALK-IN TUB 1-844-995-4468

purchase of a new Safe Step Walk-In Tub. Not applicable with any previous tub purchase. Offer available while supplies last. No cash value. Must presen offer at time of purchase. CSLB 1082165 NSCB 0082999 0083445





Experience the Difference at Revive Cannabis

403-227-0267 4917-50st Innisfail 10am-8pm Mon to Sat 12 -6 Sunday

Locally Owned & Locally Operated

Innisfail's #1 Stop

For All Your Cannabis

& Accessory Needs

no minors permitted



Sundre, get 100% pure fibre Internet.

Plans starting at just \$59.99/month!



Call 1-866-523-3193

Go beyond. > xplore.ca/fibre ×plore*







tammyryrie.remax.ca





- No Wait Time
- New Roof
- Re-Siding • Quality Workmanship

- Re-Roof New Siding
- Free Quotes

• Insurance Claims Welcome

587-378-ROOF (7663)

www.jvroofingsiding.com

When **YOU Get**

Paid We Get **Paid**



Braithwaite Boyle Injury Law 800-440-8298

It's The Only Law We Do - Since 1986

Free Initial Consultation

Offices in: Calgary, Red Deer, and Edmonton one of three \$400 prepaid Visa cards

awarded monthly Scan Once Weekly for Max. Entries YOUR CONTACT INFORMATION IS SAFE WITH US!

For contest rules and recent winners, visit www.accidentinjurylawyer.com/coffeenews



Uh-oh. For mobile auto repair and roadside assistance services you can trust, CAM'S



Deep Tissue Massage

Aromatherapy
Intense Healing Breath Work
Crystal Therapy

Ear Candling Fire Cupping ION Foot Detox

Reiki • Reflexology Sound Therapy

Tarot Reading Quantum Healing

098

PRIVATE &

AUTOMOTIVE



THE BOW VALLEY'S **ALL-INCLUSIVE ALTERNATIVE THERAPY** CENTRE

*

Book your own rejuvenating retreat,



403-609-8716

709-10 Street, Canmore kayla@positivehealing.ca

POSITIVE HEALING www.positivehealing.ca CRYSTALS | YOGA | ALTERNATIVE THERAPY

Delicious Flavours! **Blueberry Cheesecake** Moon Mist • Shark Attack Birthday Cake • Orange Float Cotton Candy • Bubble Gum Bubble Tea Milkshakes • Smoothys Hot & Iced Coffee

Visit us today at Unit #104, 4911-50 Street I Innisfail

Donate a Car to the **Charity of Your Choice** NATE A CAR www.donatecar.ca CANADA-

Your Weekly Horoscope

(March 20 - April 19)



You may be experiencing a continuing period of addressing old karmic wounds. One element of doing so is to understand what you value and to

bring your life into alignment with it. Lucky numbers: 9, 10, 11, 19, 20, 32.

TAURUS (April 20 - May 20)



You may feel the desire to break free of a restriction. An open and honest conversation may clarify how to change the situation or if you need to

move on. Lucky numbers: 7, 8, 10, 18, 25. 44.

GEMINI (May 21 - June 20)



Emotion may be getting in the way of your usual mental process. This should pass soon, but you may want to see if you can successfully incorporate

these feelings instead. Lucky numbers: 5, 14, 16, 21, 30, 48. **CANCER**

(June 21 - July 21) For the next few weeks, there will be a strong link between your mind and your feelings. Consider using this connection to negotiate through diffi-

culties you may be having with others. Lucky numbers: 2, 4, 13, 41, 44, 45.

LEO (July 22 - Aug. 22)



Leo's goals are often personally oriented. Over the next six months, you may be presented an opportunity that asks you to expand your efforts to

a bigger horizon. Consider it carefully. Lucky numbers: 6, 12, 22, 25, 32, 35. **VIRGO**

(Aug. 23 - Sept. 22)



You are entering a period where you may feel out of sorts from your normally grounded personality. How can you positively use this dynamic to

expand beyond your comfort zone? Lucky numbers: 11, 16, 22, 43, 46, 47.

(Sept. 23 - Oct. 22)



Your natural diplomatic talents are highlighted at the beginning of the week. For the next few days, if you step forward, you may be able to help

resolve a conflict. Lucky numbers: 3, 8, 18, 26, 28, 38.

SCORPIO (Oct. 23 - Nov. 21)



At midweek, your ability to pick up on the emotional vibes of others may be heightened. This could become intense, so find ${\boldsymbol a}$ way to retreat if that is

available to you. Lucky numbers: 8, 10, 15, 24, 40, 41.

SAGITTARIUS (Nov. 22 - Dec. 20)

Your natural optimism may increase at the week's end. This could be good for accomplishing your goals, but be aware if you are overreaching on risk

taking. Strive for a reasonable balance. Lucky numbers: 4, 9, 13, 23, 28, 32.

CAPRICORN (Dec. 21 - Jan. 19)



Are you encountering obstacles in interactions with others? Perhaps you should consider adjusting your way of communicating to connect positively with

them. This could help get you to a winwin. Lucky numbers: 1, 2, 10, 19, 27, 41.

AQUARIUS (Jan. 20 - Feb. 18)



Humanitarian service is an important theme for Aquarius. Over the next six months, look for opportunities that may help manifest it, but wait until

this period ends before proceeding. Lucky numbers: 10, 11, 13, 14, 19, 36.

PISCES

(Feb. 19 - March 19)



Over the next six months, an old issue may surface that you previously have not been able to see clearly. Insight you get now could help you resolve this matter. Lucky numbers: 12, 26, 30, 35, 36, 47.

Lucky numbers this week: This week's odds favour Sagittarius winners with the luckiest number being 23.

Did You Know...

Rough estimate: The frequency of a cricket's chirping can estimate the temperature, a principle called Dolbear's law. Count the number chirps from one cricket in 15 seconds, and then add 40 to that number to get a Fahrenheit temperature.

Laughing name: Towns have all sorts of names, but one in the province of Québec (Canada) is called Saint-Louis-du-Ha! Ha! It is the only town anywhere in the world with two exclamation marks in its name. Very funny!

Grape tradition: Uvas de la suerte is a New Year's Eve tradition in Spain and some Spanish-speaking countries. Eating 12 grapes at exactly midnight brings good luck in the new year. Some make a wish on each grape.

Train trip: In the late 1800s, Le Petit Train de La Mure (Little Train of La Mure) in France hauled coal from mines from the French Alps. Today, tourists take it for a scenic route through the mountains.

Cookbook haven: The Notting Hill district of London, England, is the home of Books for Cooks, a store that sells cookbooks of all kinds. It also offers a café featuring dishes made from recipes from the store's books.

On the Lighter Side

Diner: "Waiter, this lobster only has one claw." Waiter: "It must have been in a fight."

Diner: "Well then, bring me the winner." How do archers get in shape? They do arrowbics.

Two men walked into a bar. You'd think one of them might have seen it!

Knock! Knock! Who's there? Dots. Dots who? Dots for me to know, and you to find out!

A scientist wanted to clone a deer. So he bought a doe-ityourself kit.

Auswers

4. Antarctica 5. Jordan

Trivia answers: 1. English 2. Dragon 3. Syncopation

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











This Space **FOR RENT** 780-220-6397



