

Face IQ

"Let's Scan TODAY for a safer TOMORROW"

625 Marion Street, Winnipeg, MB R2J 0K3 204
 info@faceiq.ca 1-833-941-2777 www.faceiq.ca

FREE! New Issue Every Week!

Coffee News®

"News To Be Enjoyed Over Coffee"

Transcona Edition
 204-510-6397

www.coffeenewswinnipeg.com

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

This Space for Rent

204-510-6397

OPTOMETRISTS

Dr. Alison McMechan **Dr. Rachna Menon**

- Comprehensive Eye Examinations
- Glaucoma and Cataract Evaluations
- Diabetic Eye Examinations
- Wide Selection of Eyewear/Contact Lenses
- Direct Billing to Blue Cross, GWL, Sunlife & more

Hours:
 Tues, Wed & Fri 9 AM to 5 PM
 Thurs 9 AM to 6 PM
 Sat 9 AM to 3 PM

REENDERS SQUARE EYE CENTRE
 50-11 Reenders Drive
 204.421.9429 • rseyecentre.ca

NOW RECRUITING!

Professional Career Training Opportunities

Call 204-589-4433 for more info or come to 519 Selkirk Ave., Winnipeg

“A Learning Centre That Makes a Difference!”

www.urbancircletraining.com

Recipe of the month

Valentine's Day Brownies

3/4 c. unsalted butter
 4 oz. unsweetened chocolate
 4 oz. semisweet chocolate
 1/2 c. all-purpose flour
 1/2 c. unsweetened cocoa powder
 3/4 tsp. salt

6 large eggs
 1 c. granulated sugar
 1 c. packed brown sugar
 2 tsp. vanilla extract
 vanilla frosting, for decorating

Total time: 40 mins. Yield: 16 servings

- Heat oven to 350°F. Line 13-inch by 9-inch pan with foil; grease foil.
- In 3-quart saucepan, melt butter and chocolates on low, stirring. Remove from heat.
- In bowl, whisk flour, cocoa and salt. In large bowl, with electric mixer on high speed, beat eggs until blended. Gradually add sugars; beat until tripled in volume, about 10 minutes.
- Fold in chocolate mixture and vanilla, then flour mixture. Pour into pan. Bake until toothpick inserted near centre comes out almost clean, 28 to 32 minutes.
- Once cool, cut brownies into hearts freehand or using a heart-shaped cookie cutter. (Tip: Don't let the trimmings go to waste – you can even crumble them onto a sundae!)
- Pipe on store-bought frosting to create cute chocolate “conversation hearts.”

Source: www.goodhousekeeping.com

From Port Alberni, B.C. to St. John's, Newfoundland

Served in **1579** restaurants and coffee shops

Read by over 1.25 million Canadians per week

Coffee News® is Canada's choice for positive news from around the world!

“CONNECTING THROUGH HORSES”

SAGEHILL STABLES

Horseback Riding Lessons & Birthday Parties

- Beginners welcome!
- Equine Assisted Learning Life Skills Programs
- Develop skills to combat anxiety, bullying and addiction
- Conference Room and Facility Rentals

AGES 4 TO 70+

1-800-217-4184
 4180 Waverley Street in Winnipeg

www.sagehillstables.com

Vol. 16 No. 7 February 15, 2021

Everybody's Talking

Table for one: During the COVID-19 pandemic, social distancing has been the norm. That's why restaurants have closed in countries around the world. However, a Swedish couple decided to try their hand at offering a safe dining experience. Linda Karlsson and Rasmus Persson, from the rural village of Ransäter, opened Bord för en (which is Swedish for “table for one”). They set up a table in a field for one person to dine, and sent the food to the guest in a basket, via a rope from the kitchen to the table. They carefully sterilized the dishes and table before serving a diner with a vegetarian meal of three courses.

Cool cake: When Zahirah Macwilson and Aiman Hakim Redza got married, they wowed their guests by presenting a unique wedding cake. The Malaysian actors hired bakers to create a wedding cake that hung upside down from the ceiling to resemble a chandelier. The newlyweds stepped up onto a small stage to make the first cut. The cake was made by Lily & Lola Cakes in Kuala Lumpur. Owner Lily Osman got the idea to make such a cake a few years ago, but this was her first opportunity to actually do it. It took a week to make, and she needed help to install it from the ceiling of the wedding venue.

Fast food diet: Dieticians don't recommend the food choices of a Belgian man named Rudy Gybels. He realized that he had a love for fried potatoes when he was 13 years old. His mother allowed him to eat the fried food for dinner if he would agree to eat a healthy lunch. Over three decades later, Gybels is still eating fries for dinner, along with a Dutch hot dog called a frikadelle. The fast food lover is not overweight, and he feels healthy, but admits that he hasn't had a check-up for a while. He realizes that his diet isn't great, but he likes fries too much to give them up.

Moose rescue: Travis Burke and Greg Miller went fishing, a favourite activity among folks who live near the Canadian city of Sudbury, Ontario. On this outing, however, the pair did more than catch fish. They came across a very young baby moose that was shivering and alone. It was in the water and couldn't seem to get up onto the rocky shore. So Burke and Miller came to the rescue, guiding their boat to the baby and helping it onto land. Upon hearing the story, a wildlife expert believed the men did the right thing by leaving it there, saying that it was likely the mother would come back to find it.

Quoteable Quotes

“Forget the past and live in the present hour.” —Sarah Knowles Bolton

“What delights us in the visible beauty is the invisible.” —Marie von Ebner-Eschenbach

What's Happening

Winnipeg Children's Access Agency Volunteer Opportunity Visitation Monitor We require 3 shifts a month to supervise visits between children and parents. Volunteers would supervise visits, intervene when necessary document visits. Located at 385 River Ave. Find out more or apply online at wcaa.ca or call 204-284-4170.

NON profit organizations may submit events for FREE at <https://coffeenewswinnipeg.com/whats-happening>

Trivia

1. What is an abacus?
2. The distinct flavour in Earl Grey tea is bergamot, cinnamon, or sage?
3. The largest part of the human brain is called the cerebrum or the cerebellum?
4. What plant is known for its stinging ability?
5. Who was the first woman to win the Nobel Prize, in 1903?

(Flip bottom of page for answers)

© Published with Permission by Winnipeg Coffee News (Over)

Get Coffee News® Online!

Delivered to your inbox weekly

Please visit www.coffeenewswinnipeg.com for details

We Care For Your Pets As If They Were Our Own

25% OFF SPAY/NEUTER
 Coupon must be presented. Cannot be combined with any other coupons or offers. Taxes applicable.

50% OFF EXAM FEE
 Coupon must be presented. Cannot be combined with any other coupons or offers. Taxes applicable.

\$250 OFF VETERINARY SERVICES SUBSIDY
 Coupon must be presented. Cannot be combined with any other coupons or offers. Taxes applicable.

\$100 OFF DENTAL CLEANING
 Coupon must be presented. Cannot be combined with any other coupons or offers. Taxes applicable.

2018 TOP CHOICE WINNER AMONG WINNIPEG ANIMAL HOSPITALS

Animal Hospital of Manitoba
 995 Main St., Winnipeg 204.586.3334 animalhospofmb.com

Hip or Knee Replacement?

The disability tax credit allows for a **\$2,500 Yearly Tax Credit** and up to **\$25,000 Lump Sum Refund**

Copd, arthritis, and many other disabling conditions that cause **Restrictions in Walking or Dressing** may qualify.

GET THE FASTEST REFUND IN CANADA!

For Expert Help:
204-453-5372

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!

Do you want your TV on the wall?

Give us a call – as low as \$99!

We are experts in home and business theatre, automation, alarm, voice controlled lighting and blinds.

* Conditions apply. Inquire for details.

InterFusion MEDIA
 204.505.1840 • interfusionmedia.ca

If this was your ad...

it would have been seen now!

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”

Hip or Knee Surgery?
Need Home Care Equipment?
DON'T BUY – RENT!

| | | | | |
|--------------------------|--------------------------------|-----------------------------------|-----------------------------------|--------------------------------|
| BATH SEATS \$20/MONTH | TRANSFER BENCHES \$25/MONTH | TOILET SAFETY RAILS \$15/MONTH | RAISED TOILET SEATS \$15/MONTH | SKI WHEEL WALKER \$20/MONTH |
|--------------------------|--------------------------------|-----------------------------------|-----------------------------------|--------------------------------|



LIVING MADE EASY
HOME HEALTH CARE PRODUCTS - NEW & USED
665 ARCHIBALD ST. • 231-1746

ITEMS FOR PURCHASE
SOCK PULLER – \$15-\$20
REACHERS – \$17-\$35
DRESSING STICKS – \$9

HELP PROTECT YOUR STAFF AND CLIENTS!

SmartXcan Body Temperature Monitor

✓ Easy to scan ✓ Simple to operate

The installed price will surprise you!



Installed in Dental Clinics, Food Processing and Manufacturing Plants, Personal Care Homes and more.

KENTIX SmartXcan

MADE IN GERMANY

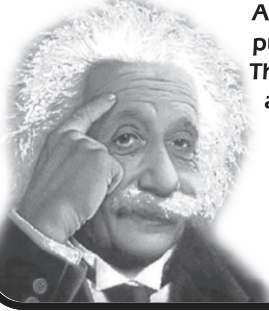
CLEARLY INSIGHT SECURITY SOLUTIONS

204-414-2590

Camera@ClearlyInSightLP.com | ClearlyInSightLP.com

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!

Family matters.

Let us take care of yours.

We offer everything you need for final arrangements in one convenient location, including funeral, cemetery and reception.

Start your Pre-Arrangement NOW:

Single Niche for One Person from only \$37 monthly

*Only applies to specific gardens/structures. 10% minimum deposit. 48 monthly payments. APR of 5.99%. No credit check. Limited time offer – please check with cemetery office for more details.

Cremation Lot for Two People from only \$45 monthly*

Companion Niche for Two People from only \$89 monthly*

Traditional Burial Plots for Two People from only \$114 monthly*

Glen Eden Funeral Home and Cemetery

204-982-8300
4477 Main Street
West St. Paul



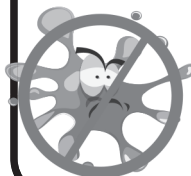
Coffee News ... Doing our part



FRESH ~ CLEAN ~ SANITIZED

We will be increasing our number of available copies, so please feel free to take one with you.

- One Time Use
- Do Not Return to Stand
- Recycle



Coffee News... doing our part to **STOP THE SPREAD**

Your Weekly Horoscope

ARIES

(March 21 - April 20)



Inspiring dialogue may help you see someone's natural talents. Your experience and nurturing instincts may help you encourage them to find their own niche. Lucky Numbers: 16, 19, 26, 29, 36, 39.

TAURUS

(April 21 - May 21)



Slowing down your pace, just to suit others, might not be best right now. Try not to be too abrupt, though. You probably know that you need to follow your own rhythm. Lucky Numbers: 8, 12, 17, 33, 37, 41.

GEMINI

(May 22 - June 21)



You may have decided on big changes in your domestic life. Communication with family or friends might be strained. Try your best to clear up the points of confusion. Lucky Numbers: 4, 9, 24, 27, 43, 48.

CANCER

(June 22 - July 22)



Your energy level and attitude could be very high. Use this newfound force to take on some kind of struggle or resistance. You may need to find a cause to engage in. Lucky Numbers: 13, 22, 31, 44, 46, 49.

LEO

(July 23 - Aug. 23)



If you really focus on your objectives, you may really accomplish much. Plan a new future for yourself. Your positive attitude and physical energy levels might be very high. Lucky Numbers: 15, 16, 24, 25, 33, 34.

VIRGO

(Aug. 24 - Sept. 23)



Don't let any wild, daring behaviour put you in risky situations. You may feel headstrong and rash. Your drive for independence in your own life might be strong. Lucky Numbers: 3, 10, 24, 27, 30, 40.

LIBRA

(Sept. 24 - Oct. 23)



You may not feel as practical or resourceful as your usual self. Your ability to focus on the present may help your judgment about making important decisions. Lucky Numbers: 12, 30, 37, 42, 44, 49.

SCORPIO

(Oct. 24 - Nov. 22)



Expect some opposition, but know that you have more people on your side. The continued team effort may put your ideas at the top of the heap. Enjoy the limelight. Lucky Numbers: 3, 6, 12, 18, 24, 36.

SAGITTARIUS

(Nov. 23 - Dec. 21)



You may have to do work that interferes with your personal affairs. Take pride that others recognize your talents. New ideas may arise in the conversation. Lucky Numbers: 3, 31, 33, 35, 37, 39.

CAPRICORN

(Dec. 22 - Jan. 20)



The role of host or hostess may suit you very well. Verbal agreements, contracts, or other joint efforts might work out to your advantage right now. Lucky Numbers: 7, 24, 32, 41, 43, 47.

AQUARIUS

(Jan. 21 - Feb. 19)



You may have a strong need to be loved and to love others. You could make big strides and perhaps important discoveries, especially if your work involves family research. Lucky Numbers: 5, 6, 14, 15, 26, 27.

PISCES

(Feb. 20 - March 20)



Your strong relationships within your family may make this week a cooperative one. Show them how much they really mean to you. Count your blessings. Lucky Numbers: 8, 15, 19, 38, 45, 49.

Lucky numbers this week: This week's odds favour Libra winners with the luckiest number being 12.

Did You Know...

Bead work: The Museo de Arte Popular in Mexico City is home to El Vochol. This Volkswagen Beetle has been decorated with beadwork, the traditional handicraft of the country's Huichol people. Portrayed in the beadwork are many colourful symbols of Mexico.

Queen of the colony: Naked mole rats live in colonies with a dominant female rat (the queen) leading them. The worker rats dig burrows using their big front teeth. As their name indicates, these mammals are hairless.

Many steps: Tianmen Shan near Zhangjiajie, Hunan Province, China, is an opening in a mountain face that seems to be the door to heaven. Visitors can reach it in several ways, including a 999-step staircase or a tour bus on a winding road.

Magic station: London's King Cross Station has a Platform 9^{3/4}. It honours the wildly popular *Harry Potter* book series, in which students of Hogwarts School went to this weirdly numbered, magical platform to catch to their train.

Beautiful beast: The Bengal tiger, which lives in and around India, is the most common subspecies of tiger and is designated as India's national animal. These cats are carnivores and can live to be 8 to 10 years old.

On the Lighter Side

“Does your dog bite?”
“Nope.”
“Oh, so how do you feed him?”

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

The best thing about the good old days is that we were neither good nor old.

When do you stop at green and go full speed at red? When you're eating a watermelon!

The more you take from it, the greater it becomes. What is it? A hole.

Answers

Trivia answers: 1. Ancient counting tool 2. Bergamot 3. Cerebrum 4. Nettle 5. Marie Curie (Physics)

For available franchise opportunities – visit coffeenewscanada.com

© Published with Permission by Winnipeg Coffee News

WOULD YOU LIKE TO VOLUNTEER?



- All are welcome!
- We operate on a drop-in basis
- No need to sign up or register
- Arrive 5:30pm - 6pm any location
- North End, West End, W. Broadway
- Patrols +18 (Youth patrols every other Tues North End Patrol)

CALL BEAR CLAN 204-918-8996 OR BEARCLANMB@HOTMAIL.COM

GetAssist.com
CONNECT WITH PURPOSE

Are you looking to help on some home projects or a tutor? GetAssist is here to help with everything from A to Z! Download the free app or go online and make a request for anything you need.

GET LOCAL HELP QUICKLY AND EASILY!

If you are a Realtor, Property Management Company or a Builder looking for local trades, pop in and ask how it works.

GetAssist Networking Centre
Co-working space
Unit 3-236 Osborne St. (Confusion Corner)
9-5 Monday-Friday

www.getassist.com
Download on the App Store
GET IT ON Google Play

If you scan this QR Code, we'll arrange to have **Coffee News** sent to your email every Friday!



SCAN ME

It's just that easy, and so convenient!



NEIL & WATT SERVICE

1STOP SERVICE
QUALITY AUTO REPAIRS YOU CAN TRUST

643 Watt St.
PH: 667 2422



CHESSKINGS CAR RENTAL

✓ NO CREDIT CARD REQUIRED

✓ WE CAN DELIVER THE CAR TO YOU!

\$10 OFF
USE PROMO CODE COFFEE NEWS



204-887-7777

WWW.CHESSKINGS.CA

WINNIPEG BUSINESS OWNERS!
Connect with other businesses and customers
BizExchangeMall.com
“Your Local Business Mall”



REQUEST LISTING ONLINE: USE CODE **BMX 001**