

FRESH SKIN is Always In

Top of the line cosmetics and natural skincare for Women, Men and Babies



Email: enchantedlotus1111@gmail.com Web: limelifebyalcone.com/heathereileenfrost/ 204-979-5105

Call or Text: 204-510-1540 or email: Leslie@coffeenewscanada.com

Stop putting it off...

Teulen **Chiropractic** ffice

Dr. Vaughn P. White 204-886-2356

Call for an appointment today!

Fully covered by MPI, WCB & most private Insurance Partially covered by MHSC

48/50 Main Street, Teulor Open Tues & Thurs at 8:30am

Coffee News ... Doing our part

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

Fresh ~ Clean ~ Sanitized

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

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

HOPE Awareness Ribbon Earrings!



Pair! Assorted colours available

Order Through Facebook Today! www.facebook.com/CardsbyDK&More

Contact Dayna: 204-962-2220 dlkontzie@gmail.com

Put on your TV·Ears and hear TV with unmatched clarity

TV•Ears Original \$129.95

NEW SPECIAL OFFER NOW \$5995 USD

Use promo code MB59 **30-day risk free trial**

Call 1-833-972-1557 M-F 6am - 6pm PST

TV·EARS

FREE! New Issue Every Week! "News To Be Enjoyed



Over Coffee"

Selkirk and Surrounding **Area Edition** 204-510-1540

www.coffeenewsinterlake.ca

leslie@coffeenewscanada.com Vol. 16 No. 46 February 22, 2021

Everybody's Talking

Unusual success: A young teen from a poor family in Lucban, a town in Quezon Province, Philippines, had an unusual opportunity for success on the modeling scene. Rita "Badjao Girl" Goviola's large family received very little income from her father's job, so she had to beg for alms on the street. One day, photographer Topher Quinto Burgos took photos of her and posted them online. That was the beginning of Goviola's rise to success. Her natural beauty was noticed by several celebrities, who took her under their wing. Eventually, Goviola started modeling and acting, and she was able to afford to build a new home for her family.

Roadside bonfire: Toilet paper was in high demand and short supply during the COVID-19 pandemic. So when a transport truck carrying a large load of the stuff crashed on a highway in the state of Texas (U.S.), it would have been understandable if bystanders had helped themselves to a few of the rolls. Unfortunately, the toilet paper – reported to be the type used in businesses – caught fire. Instead of cleaning up the spilled load, onlookers ended up watching a bonfire of the important commodity. Thankfully, no one was hurt in the incident.

Food art: The Japanese art called kyaraben involves arranging food into interesting and fun designs. One creative kyarabenmaker, known as Etoni Mama, lives in Tokyo and has three children. She became famous on social media for her version of the art. While any kind of food can be used in kyaraben, Etoni's choice is fried eggs. She makes cartoon characters with runny egg yolks as the head and body, and then she adds harder, cooked pieces of yolk to serve as arms, legs, and feet. She dresses up characters with other food items, snipped and shaped to make clothing. Her children love it!

Fixing fences: Art Gladu has fixed a few fences during his time living in a house at a busy intersection in Winnipeg, Manitoba (Canada). The reason? Vehicles somehow miss the corner and end up in his front yard. It happened in the mid-2000s when a truck backed onto the property before driving off. In 2015, another car careened into the yard, hitting his pine tree. More recently, in the wee hours, Gladu woke to a loud noise, only to find that yet another vehicle had punched through his chain link fence before coming a stop on his tree. He's hoping the city will have a guardrail installed.

Quoteable Quotes

"Let your life lightly dance on the edges of Time like dew on the tip of a leaf." —Rabindranath Tagore

"The fruit that can fall without shaking, Indeed is too mellow for —Lady Mary Wortley Montagu

What's Happening

Selkirk Toastmasters, Club 3977 Serving the Interlake. Normally, when possible, Selkirk TM meets in person at Selkirk United Church. When COVID protocols restrict inperson meetings we meet by ZOOM. See our website: 3977. toastmastersclubs.org for up to-date details.

Coffee News Contest February's Prize, \$25 Gift Card to Subway. Congratulations to Marcin Cychowski, winner of January's contest.

> GET IN WHAT'S HAPPENING - Submit your event to www. coffeenewscms.com/whatshappening and be seen here by thousands of readers each week.



Trivia

- 1. In which part of the human body will you find the anvil, hammer, and
- 2. What is the second highest mountain in the seven continents?
- 3. What famous canal can be found in Egypt?
- 4. Cats the Musical is based on a collection of poems by which poet?
- 5. What is the currency of India?

(Flip bottom of page for answers) © Published with Permission by Selkirk Coffee News (Over)

Make Room Shoes!!

LockportSelfStorage.ca 204-757-4272

Window

Moisture in Windows? WE CAN FIX IT!

problems at a fraction of WARRANTY! window repair methods.

Call us today for your FREE ESTIMATE!

204-275-0512

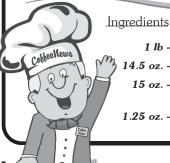


Approved Local CAA and MPI Service Provider Light - Heavy Duty Towing and Recovery

204-990-4718



Thirty Minute Chili



1 lb - ground beef

14.5 oz. - can diced tomatoes

15 oz. - can kidney beans,

drained

1.25 oz. - package chili seasoning mix

RECIPE PREPARATION

- 1. Crumble the beef into a large skillet over medium to high heat. Cook and stir until evenly browned.
- 2. Drain off grease, and mix in the tomatoes, kidney beans and chili seasoning mix. Reduce heat to medium, and simmer for 15 minutes.



to your inbox! Email today to subscribe!

Find us on Social Media!

Facebook.com/CoffeeNewsInterlake leslie@coffeenewscanada.com

204-510-1540

Please support our advertisers and shop local. They need us now more than ever!







Vitamins & Supplements * Herbs & Spices Sugar Free & Gluten Free Detox, Blood Sugar, Weight Loss

We have lots of masks, disinfectant and hand sanitizer in stock! Don't forget to watch our Facebook page for updates on new arrivals.

Hours: Mon - Fri 10 - 6pm, Sat 10am - 5pm, Sun - closed. 240 Main St. Selkirk 204-785-8374

One solution for oxygen at home, away, and for travel Introducing the INOGEN ONE – It's oxygen therapy on your terms No more tanks to refill. No more deliveries. No more hassles with travel. The INOGEN ONE portable oxygen concentrator is designed to provide unparalleled freedom for oxygen therapy users. It's small, lightweight, clinically proven for stationary and portable use, during the day and at night, and can **go virtually anywhere — even on most airlines.** Inogen accepts Medicare and many private insurances!

Call Inogen Today To Request Your FREE Info Kit 1-844-975-0788



ınogen USA 😫 🗚

Schedule a test drive!



LIVE BANDS

GAS CARD

Don't forget to ask for Ally! SELKIRK GM 1010 Manitoba Ave. Selkirk MB

Ally Penner Internet Sales Manager Vehicles Cost Less Ph. 204-290-3433 in Selkirk! email: allvp@selkirkgm.ca

Planning a Social, Fundraiser, or Party?

Book Today at our FREE Social Hall! - POOL TABLES Security

- DART BOARDS

- LARGE TV'S

- 19 VLT'S

HORSE RACING

CHARITY POKER EVERY THURSDAY @ 7:30

WELCOME!

201 Melrose Ave. E. Wpg. 204-222-4777

Interlake Cremation & Memorial Services 204.482.1040

Helping families make informed decisions at difficult times

Affordable cremation and funeral services including:

- Direct Cremation Traditional Burial
- Life Celebrations Pre-arrangements • Graveside Services

Serving the Selkirk & Interlake area

Direct Cremation Service Starting at \$1495.00 Plus G.S.T



Rick Kotaska interlakecremation@mymts.net

Licensed Funeral Director - Embalmer & Cremationist

If you have a pre-arrangement plan already in place, let us show you how using it at our facility will save you money. There is no cost or obligation associated with a consultation.



mypleasure_byshonadawn (204) 291-1544

Your Weekly Horoscope

(March 21 - April 20)



Express yourself in writing rather than speaking. Something important may click. Reading your own thoughts could enable vou to understand

vourself better. Lucky numbers: 26, 29, 33, 36, 40, 43.

TAURUS (April 21 - May 21)



You may want to open your mind to new areas of communication. It might be time to convert your style by using some new technologies to get

your message across. Lucky numbers: 11, 18, 22, 35, 47, 49. **GEMINI**



Your plans may include assistance from those close to you. Insights into your dreams and the dreams of others could be a good guideline for

your potential endeavours. Lucky numbers: 25, 33, 35, 38, 41, 49.

CANCER (June 22 - July 22)



You may have to make some extra time to check out health issues, within your busy schedule. Rest and relaxation might be just what the doctor

orders right now. Lucky numbers: 4 16, 25, 27, 34, 40.



Many influences may inspire you to reach past the immediate and find new ways to express yourself. Planning travel might influence some-

thing spiritual in you. Ĺucky numbers: 1, 12, 23, 44, 46, 49.

VIRGO (Aug. 24 - Sept. 23)



Security d

BEER

VENDOR

You may need to feel that you are in control of certain aspects of your life. Strive hard to take the reins and make decisions. Your confidence

should flourish as a result. Lucky numbers: 13, 25, 27, 32, 37, 44.

(Sept. 24 - Oct. 23)



Creative new projects may be in your immediate future. Choose your teammates carefully, as someone may try to take the credit for your hard

work and ideas. Lucky numbers: 15, 24, 29, 32, 37, 41.

SCORPIO (Oct. 24 - Nov. 22)



Now may be a time to laugh hard and play even harder, which might be very infectious. Recent events could show that you need to keep that

child alive in yourself. Lucky numbers: 2, 19, 22, 29, 33, 42

SAGITTARIUS (Nov. 23 - Dec. 21)



Your tight-knit circle of friends and family may hold your word in high honour. You should be able to recognize the power that you really possess within yourself. Lucky numbers:

7, 11, 24, 28, 35, 38. **CAPRICORN**

(Dec. 22 - Jan. 20)



Your strong spiritual feelings may help you positively reflect on your life. If others seem negative, you might encourage them to count all

their blessings, too. Lucky numbers: 4, 7, 18, 19, 24, 37.

AQUARIUS (Jan. 21 - Feb. 19)



You may feel that you need to fight for what you believe in. Your message should be very clear, decisive, and convincing. Try not stir up more

controversy than necessary. Lucky numbers: 5, 12, 16, 23, 41, 45.

PISCES (Feb. 20 - March 20)



Your honest heart and sense of humour may attract new friends. Play hard and work hard to help learn valuable lessons about yourself. Keep

your spirit real. Lucky numbers: 13, 27, 35, 41, 42, 44.

Lucky numbers this week: This week's odds favour Cancer winners with the luckiest number being 4.

Did You Know...

Seed of Australia: Wattleseed is an Australian plant that has been used in food for 40,000 years. Pods contain small, proteinrich seeds that can be ground into powder. Used in desserts and drinks, it tastes similar to coffee, chocolate, and hazelnut.

Cheesy potatoes: In France, a favourite potato dish is called "aligot." It is made by mashing potatoes and adding guite a bit of mild cheese, along with garlic, butter, and cream. The result is a fondue-like comfort food.

Jelly's time: Jelly's Last Jam is a Broadway musical that first appeared in 1992. The music was written by Creole jazz composer Ferdinand Joseph LaMothe, known as "Jelly Roll Morton" (1890-1941). The musical tells his story of being an early jazz musician.

Plant place: The Berlin Botanical Garden started in 1679 as an expansion of the royal kitchen and flower garden. Today, it is one of the largest botanical gardens in the world and has about 20,000 species of plants.

Green treat: People in South Australia like to eat frogs – as long as they are made out of sugar! Called "frog cakes," these regional treats look like frogs, but are made of sponge cake, jam, and buttercream, topped with green fondant icing.

Un the Lighter Side

Dan called the tinnitus hotline, but it just kept ringing....

Why is a moon rock tastier than an Earth rock? It's a little meteor.

Remember that you're positively unique. Just like everyone

Middle age: When you pick your cereal for the fibre, not for the toy.

Reporter: "How many people work for the government?" Researcher: "About half."

Answers

4. T. S. Eliot 5. Indian Kupee Trivia answers: 1. Middle ear 2. Aconcagua 3. Suez Canal

For available franchise opportunities - visit coffeenewscanada.com © Published with Permission by Selkirk Coffee News

The Natural Choice For Health Facebook www.facebook.com/sangstersselkirk/

SUPPLEMENTS - ESSENTIAL OILS - WEIGHT LOSS

NUTRITION - CRYSTALS - BOOKS & GIFTS #63A Main St. Selkirk | 204-482-8590

Health for your Mind, Body & Spirit



<u>Distribution - City of Selkirk</u>

Selkirk Legion Roxi's Rest. Boston Pizza Gramma Carol's Subway (Main St.) Franks Pizza

Pizza Hut Riverboat Tim Horton's (Main St.) Three Tea Mc Donalds-Walmart Starbucks - Safeway Co-op Grocery

Support your

local businesses!

Display Coffee News!

204-510-1540

Chicken Delight A&W Rest. Oceans Palace Smitty's Rest. Kelly's Bar & Grill Riverside Grill Staples Selkirk GM The Tyndall Selkirk Library Mr. Sub Circle K

Selkirk Golf & Ctry Dairy Queen Co-op Gas Mc Donalds Sake Japanese Belleza Mente Salon Subway (MB Ave.) Tim Horton's (MB Ave. Canalta Hotel The Mighty Kiwi Snak Shak (seasonal) Boyz 2 Men Barbershop Whimsy B Cafe

Coffee News has suspended deliveries to hospitals, clinics & pharmacies until further notice

While some locations may still be affected by closures, we intend to fully be back in all your favourite locations soon!

Lockport Papa Carlos



Half Moon Drive Inn A&W Rest. Golden Spoon Gaffer's Rest. & Lounge Skinners Petro Canada Ricky's All Day Grill The Lockport Inn

East St Paul 59er Restaurant - Gondola Pizza

Clandeboye & Petersfield Clandeboye General Store Petersfield Hotel









This Month's Sponsor!

\$25.00 Gift Card To:



k fresh.Eat fresh.*®