

All Laundry Roads Lead To Loads!



- Wash and Fold Service
- Pick Up/Delivery Service
- Child Play Area
- ATM On Site
- ...and much more!

LOADS OF FUN LAUNDRY

1443 Arlington St.
204.586.6209

We are a Métis owned and operated family business

Arctic Fuel

CAREER OPPORTUNITIES AVAILABLE

- Heavy Duty Truck Mechanics
- Heavy Duty Trailer and Tanker Mechanics
- Fly In, Fly Out Positions

Accommodation and airfare provided

Contact with résumé:
Alastair@arcticfuel.ca

FOR MORE INFO VISIT:
www.arcticfuel.ca

This Space for Rent

204-510-6397

NOW RECRUITING!

Professional Career Training Opportunities

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



WINNIPEG, MANITOBA

"A Learning Centre That Makes a Difference!"

www.urbancircletraining.com

Breathe Easy with Aire Serv®

AIRE SERV®
HEATING & AIR CONDITIONING

BOOK YOUR A/C TUNE-UP NOW

204-832-3206
AireServ.ca/Winnipeg
aireservofwinnipeg

- Gas and Electric Furnaces
- Gas and Electric Boilers
- Air Conditioners and Heat Pumps
- Hot Water Tanks

Downsizing?

If you are planning on downsizing now or in the future, I will work with you to prepare a road map.

Moving does not need to be difficult.
Let me show you how!

Gloria Manlapaz
REALTOR®

Cell: 204.918.2139
Office: 204.989.9000
ggmanlapaz@outlook.com

RE/MAX Associates | 1060 McPhillips St., Winnipeg

Home and Office BOTTLED WATER DELIVERY

ORDER 3 BOTTLES, GET A 4TH FREE!

CALL 204.284.1704 Use promo code "Coffeenews"

WaterDirectPLUS
More than just water!
waterdirectplus.com

KOBIS AUTO LTD.
WINNIPEG FINANCE CENTER
WWW.MYWINNIEPCARS.COM

- BAD CREDIT? NO PROBLEM! WE ARE THE BANK
- GUARANTEED APPROVAL
- AS LOW AS 99¢ DOWN DEPOSIT
- 0%/12 MONTHS O.A.C.
- IN HOUSE FINANCING
- WIDE VARIETY

1156 MAIN STREET 204-582-2800

ScooterCity
Despa, Winnipeg • Yin Winnipeg
WWW.WINNIEGSCOOTERCITY.COM

NO LICENSE? NO PROBLEM!
GOT A DJJ? NO PROBLEM!

50CC SCOOTERS
ONLY CLASS 5 DRIVERS LICENSE
LOW INSURANCE RATE

1156 MAIN STREET 204-582-2800

FREE! *New Issue Every Week!*

Coffee News®
"News To Be Enjoyed Over Coffee"

Garden City Edition
204-510-6397



www.coffeenewswinnipeg.com

Vol. 16 No. 26 June 28, 2021

Everybody's Talking

Golden sandwich: College students who eat peanut butter and jelly sandwiches to save money will have to stay away from a restaurant in Chicago, Illinois (U.S.). Called PB&J (which stands for "Pizza, Beer, and Jukebox"), this restaurant's version of the sandwich costs \$350 (USD). Called "Golden Goose," the sandwich is made from a whole loaf of bread that contains edible gold leaf. Inside is an extremely expensive kind of red current jam, with currents that were hand-seeded with goose quills. It also contains manuka honey from New Zealand. Surprisingly, the peanut butter is an off-the-shelf variety.

Phone fraud: A man in Moscow, Russia, is very angry with his bank. Vladimir Volokhovitch lost his smartphone, and the thief who found it was able to use Volokhovitch's bank app to take out a loan. The bank is charging him interest, claiming that he did not report the loss in a timely fashion. This crime victim is livid, as circumstances made it impossible for him to do so. The thief, pretending to be a friend, sent a message saying the phone had been found, so Volokhovitch thought all was well. What makes him mad is how easily the bank allowed a stranger to take out a loan, with no paperwork required.

Covering up: A Vietnamese tattoo artist creates unique designs for a purpose: she wants to help people with scars or birthmarks to regain their confidence. If someone has scars from an operation or a burn, or if they have lived with a noticeable birthmark all their lives, the tattooist, known as Ngoc, will come to the rescue. Ngoc has a knack for figuring out what design to use to cover up her clients' imperfections, whether large or small. She might ink a vase of flowers over an appendectomy scar, or a mountain range over a burn mark. Some consider her to be a bit of a magician for her skills.

Shattered glass: A couple of kids are in a lot of trouble with their parents right now! The family was in the Shanghai Museum of Glass in China and were viewing a glass castle worth about \$64,000 (USD). The castle, on permanent display at the museum since 2016, was made by Miguel Arribas, a Spanish glassblower with Arribas Brothers. He created his masterpiece, which had approximately 30,000 parts, in the form of Cinderella's castle. The children were playing chase and they ended up accidentally knocking the sculpture over. When travel is allowed again, Arribas Brothers says it will come to repair the damage.

Quoteable Quotes

"Life is the garment we continually alter, but which never seems to fit."
—David McCord

"A sound mind in a sound body is a short but full description of a happy state in this world."
—John Locke

What's Happening

ECKANKAR Soul Adventure Seminar The secret to Spiritual Keys for a Happier Life. Free online ECKANKAR event anytime until June 30. See details on <https://meetu.pseK2QFJd54Z2a>. To register visit <https://www.eckankar.orgengageattend-an-eventspiritual-keys-for-a-happier-life>

Join us in combatting human trafficking. Join the JOY IN ACTION TEAM in a virtual fundraising event to help the survivors of human trafficking and their families.

Registration is free! Go to joysmithfoundation.com to register today!**The 37th ANNUAL Grand North American Old Time FIDDLE CHAMPIONSHIP - Online WATCH** online on Facebook on July 17-18, 2021

Check the Facebook page <https://www.facebook.com/groups/311518953189067>

or, www.wildrosefiddlers.org for more event details.**South Osborne Farmers Market** The 2021 South Osborne Farmers Market will be running on Wednesdays from 4-8pm at the Lord Roberts Community Centre, 725 Kylemore, from June 23rd-September 29th. Learn more at <https://www.fireweedfoodcoop.ca>

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

Trivia

1. What is theatrical make-up often called?
2. A fez and a fedora are what types of apparel?
3. In the children's game, what is pinned on the donkey?
4. Singer Cass Elliott was a member of what popular musical group?
5. What is a vicissitude?

(Flip bottom of page for answers)

Coffee News® 

Attention, all Winnipeg business owners!

Limited Time Offer!

We're all going through these difficult times together, so **Coffee News®** and the **Better Business Bureau** are teaming up to help out!

Book a six month ad run in Coffee News Winnipeg

- 1 Increase your business visibility to our impressive weekly readership!
- 2 Select any one area of your choice or choose to run city-wide
- 3 Better Business Bureau will provide:
 - 1) One year of BBB Accreditation
 - 2) Two months of Web ads in your category!*
- 4

For complete details, call **205.510.6397** or email **alastair@coffeenewswinnipeg.com**

Offer available to all past, present and future CN advertisers!
* Subject to approval by the BBB Winnipeg

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!

Get Coffee News® Online!
Delivered to your inbox weekly



Please visit www.coffeenewswinnipeg.com for details

Call Citadel Exteriors today for a FREE no-obligation quote!

Licensed and Insured!
Insurance Claims Welcome!

CITADEL EXTERIORS

204-668-7663
citadlexteriors@shaw.ca
www.citadlexteriors.ca

YOUR COMPLETE MAINTENANCE SPECIALISTS

- EAVESTROUGHS
- SOFFIT
- FASCIA
- SIDING
- CLADDING
- ROOFING
- PAVING
- STUCCO

AND MUCH MORE!

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



HILLIS INSURANCE AGENCIES LTD.

Serving Manitobans since 1964

Homeowners - Tenants - Commercial

1821 Main Street, Winnipeg, MB R2V 2A2
Phone 338-7919 Fax 338-7630

autopac
A Manitoba Public Insurance product



Arctic Fuel

NUNAVUT PURCHASING AND SUPPLIES

CAREER OPPORTUNITIES AVAILABLE

Contact with résumé:
Alastair@arcticfuel.ca

Class 1 Truck Drivers

Tanker experience preferred. Needed for Baker Lake, Nunavut.

Retail Trainee Associates

Positions available for Baker Lake.

Fly In, Fly Out Positions

Accommodation and airfare provided.

For more information, visit

www.arcticfuel.ca

For the first time ever...

Advertise Your Restaurant Here!

For complete details, call Alastair at 204-510-6397

Qualifying distributors of **Coffee News** receive **FIRST MONTH FREE!****

* Space restrictions may apply. ** On 6 month term.

Coffee News #supportlocal Initiative

Now Accepting New Patients!

MCGREGOR DENTAL CENTER

• Walk-ins Welcome
• We Accept All Insurances

204 586 9789

office@mcgregordental.ca
201-135 McGregor Street, Winnipeg

Nothing Better Than A Healthy Smile!

Serving the community for 25+ years

"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

MANITOBA'S LARGEST YEAR-ROUND INDOOR MARKET!

MULVEY FLEA MARKET

EST ★ 2001

www.mulveymarket.ca

Air Conditioned and Wheelchair Accessible
Table Rental Information: 204-478-1217
Open 10 a.m.-5 p.m. Sat. & Sun., and Holiday Mondays or Fridays

- OODLES OF ODDITIES
- ROWS OF RARITIES
- CORNUCOPIA OF COLLECTIBLES
- EVERYTHING NEW AND USED
- LOTS TO SEE AND DO
- CANTEN

Visit us at 421 Mulvey Avenue E, Winnipeg

Locally Operated

LOVE

Vendor Emporium

Next to Dollarama, Garden City Mall

ICE 119 COLLECTIBLES

Clothing • Memorabilia
Sports Collectibles

BE-DAZZLED JEWELLERY

Sterling Silver • Gemstones,
Stainless Steel Jewellery

MARLA'S PUZZLE PANTRY

Puzzles for the entire family!
204-960-2710

Curbside delivery available: 204-792-1031

Your Weekly Horoscope

ARIES

(March 21 - April 20)



Opportunities for friendship, pleasant associations, and enjoyable social interactions may occur now. Personal relationships could feel harmonious and rewarding, as well. Lucky Numbers: 2, 9, 12, 22, 23, 33.

TAURUS

(April 21 - May 21)



Your friendly manner and willingness to meet people halfway may benefit your public image. It could be favourable to socialize with those with whom you have professional ties. Lucky Numbers: 6, 14, 25, 28, 36, 37.

GEMINI

(May 22 - June 21)



You could become so excited about the things you are learning that you can hardly stop thinking and talking about them. Try not to be fanatical about their importance. Lucky Numbers: 1, 2, 9, 11, 15, 23.

CANCER

(June 22 - July 22)



Community social events could be very rewarding for you. You might be in a festive, partying mood, and may want to play and share a good time with friends. Lucky Numbers: 1, 10, 11, 12, 15, 31.

LEO

(July 23 - Aug. 23)



You may feel less dependent on the approval of others. You could have an abundance of energy and self-confidence, and might be able to take on new challenges more easily. Lucky Numbers: 2, 7, 10, 25, 29, 46.

VIRGO

(Aug. 24 - Sept. 23)



Improvising and using your intuition, rather than following the usual way of doing things, could be required. Your life may accelerate toward an unusual, but interesting, segment of time. Lucky Numbers: 3, 19, 20, 38, 41, 47.

LIBRA

(Sept. 24 - Oct. 23)



Your ability to accommodate the totally unexpected may be necessary. You could be pulled in many different directions and might tend to scatter your forces. Lucky Numbers: 6, 11, 14, 19, 30, 44.

SCORPIO

(Oct. 24 - Nov. 22)



The need to share, to give and receive love, and to be accepted and wanted could be very strong. Your emotional responses to life may be deeper and more intense. Lucky Numbers: 4, 25, 28, 30, 37, 47.

SAGITTARIUS

(Nov. 23 - Dec. 21)



You might feel especially friendly and sociable. The warmth and goodwill that you generate now may likely be of great benefit to you, both now and later. Lucky Numbers: 6, 13, 14, 22, 31, 48.

CAPRICORN

(Dec. 22 - Jan. 20)



You may want to speak out to express your thoughts regarding your professional work. Conversations with those who are in positions to act on your ideas could come to the fore now. Lucky Numbers: 1, 13, 27, 30, 38, 47.

AQUARIUS

(Jan. 21 - Feb. 19)



Opportunities for cooperation and shared happiness may arise, which might help you break away from your usual routine. You could be in the mood to learn something new. Lucky Numbers: 11, 12, 25, 28, 29, 35.

PISCES

(Feb. 20 - March 20)



Offbeat ideas may excite you and you may seek people who offer you a different perspective. Discovery, inventiveness, and spontaneity could be major themes now. Lucky Numbers: 13, 26, 27, 28, 29, 30.

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

Did You Know...

New name: Times Square, the famous intersection in New York City (U.S.), was originally called Long Acre Square. Its name changed in 1904 when *The New York Times* moved its headquarters to that location.

Colour blind: Waving a red flag in front of a bull is not productive because bulls, like other animals with hooves, are colour blind to the colour red. They are probably just irritated by the movement of the cape.

Apollo 13: American astronauts Fred Haise, Jim Lovell, and Jack Swigert traveled to the far side of the moon on Apollo 13 in 1970. They didn't intend to circle the moon and only did so because of an emergency situation.

Healing honey: Manuka honey from Australia and New Zealand comes from bees that pollinate the manuka bush. This honey has a higher degree of natural antibacterial qualities than other types of honey.

Unsinkable: In the movie *Titanic*, American actress Kathy Bates played Margaret Brown. The real-life Margaret Brown became known as the Unsinkable Molly Brown because she did so much to help other passengers when the boat went down.

On the Lighter Side

Name six animals that inhabit the Arctic region. Three seals and three polar bears.

If you had only one match and entered a room in which there were a kerosene lamp, a fireplace, and a wood-burning stove, which should you light first? The match.

Parent calling home: "I'm just checking on you."
Child: "Shh, not so loud. The babysitter's asleep."

Exaggeration is a hundred, million, billion times worse than understatement.

How much honey can a bee make in a day? Enough to fill one jam jar, with a little bit left over to stick on the label.

Answers

Trivia answers: 1. Grease paint 2. Hats 3. The tall 4. The Mamas and the Pappas 5. A change or variation

For available franchise opportunities – visit coffeenewscanada.com

© Published with Permission by Winnipeg Coffee News

Support Canada and Canadian workers!



Check our superior quality BST Surveillance products

BSTsecurity



When Quality and Reliability Are Required

CLEARLY INSIGHT SECURITY SOLUTIONS



204-414-2590

Camera@ClearlyInSightIP.com | ClearlyInSightIP.com

Recipe of the month



Balsamic Watermelon Chicken Salad

- 1 cup balsamic vinegar
- 1 lb. boneless skinless chicken breasts
- 3 teaspoons all purpose seasoning
- 1 tablespoons olive oil
- 4 cups baby spinach or greens
- 2 cups cubed watermelon
- 1/2 cup blue cheese crumbles
- 1/4 cup sliced or crushed almonds

Prep Time: 10 mins. Cook time: 30 mins. Yield: 4 servings

- 1 Pour the balsamic vinegar into a small saucepan and bring to a boil. Reduce heat and simmer for 15-20 minutes until the balsamic vinegar is significantly reduced and starting to become syrupy.
- 2 Meanwhile, turn a grill or nonstick skillet to high heat. Sprinkle the chicken with the seasoning on both sides and drizzle with the olive oil. Transfer to the hot grill and cook until no longer pink on the inside and nicely browned on the outside. Let rest for 5 minutes; cut into small cubes.
- 3 Layer the spinach with the chicken, watermelon, blue cheese, almonds, and drizzle with the balsamic reduction to taste. Top with additional olive oil if desired.



Source: <https://pinchofyum.com>

LegalShield LAWYER REFERRAL SERVICE

IDShield IDENTITY THEFT



PROTECT YOURSELF

LegalShield has an Identity Theft Plan to protect your integrity

- IDSHIELD IS BETTER THAN EVER –** TransUnion Credit Report / Credit Monitoring Monthly Credit Score Tracker DateSweep/Wallet Lock Email Breach Search /Track your alerts and have on-the-go access with the IDSHIELD mobile App
- ADDITIONAL MONITORING –** Dark Web Monitoring /Identity Consultation Full-Service Restoration Unlimited Service Guarantee and Counsel When You Need It and Identifying Coronavirus Scams

Identity Theft Plan delivers affordable and accessible service 24/7.

204-781-7472

peterj48.wearelegalshield.ca

PETER J. MANASTYRSKY

Independent Associate



TOTAL LEGAL AND IDENTITY THEFT PROTECTION

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:

Cremation Lots for Two People

\$53 per month over 48 months*

Indoor Cremation Niche for Two People

\$93 per month over 48 months*

Traditional Burial Lot for Two Caskets

\$116 per month over 48 months*

Everyone approved. *Limited time offers.

Glen Eden Funeral Home and Cemetery

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

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