

**NOW RECRUITING!**  
Professional Career Training Opportunities

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

**URBAN CIRCLE TRAINING CENTRE INC.**  
WINNIPEG, MANITOBA

"A Learning Centre That Makes a Difference!"

[www.urbancircletraining.com](http://www.urbancircletraining.com)

**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

**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](http://www.arcticfuel.ca)

**This Space for Rent**  
**204-510-6397**

**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**

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](http://www.citadlexteriors.ca)

**YOUR COMPLETE MAINTENANCE SPECIALISTS**

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

AND MUCH MORE!

**KOBI'S AUTO LTD.**  
WINNIPEG FINANCE CENTRE  
WWW.MYWINNIPEGCARS.COM

- BAD CREDIT? NO PROBLEM! WE ARE THE BANK
- GUARANTEED APPROVAL
- AS LOW AS \$999 DOWN DEPOSIT
- 0%/12 MONTHS O.A.C.
- IN-HOUSE FINANCING
- WIDE VARIETY

**9999 GUARANTEED APPROVAL**

1156 MAIN STREET 204-582-2800

**ScooterCity**  
Despa Winnipeg • Gio Winnipeg  
WWW.WINNIPEGSCOOTERCITY.COM

NO LICENSE? NO PROBLEM!  
GOT A DJL? NO PROBLEM!

SOCC SCOOTERS  
ONLY CLASS 8 DRIVERS LICENSE  
LOW INSURANCE RATE

1156 MAIN STREET 204-582-2800

**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

**FREE!** New Issue Every Week!

**Coffee News®**  
"News To Be Enjoyed Over Coffee"

**Kildonan Edition**  
**204-510-6397**

www.coffeenewswinnipeg.com

Vol. 16 No. 27 July 5, 2021

**Everybody's Talking**

**White cukes:** Most vegetable gardeners are familiar with green cucumbers, but not many may be aware that there is such a thing as a white cucumber. This variety is known by many names, including White Wonder, White Albino, Ivory King, and Jack Frost. This cucumber was first developed by a seed company in the United States in the late 1800s. It took the company several years to test and evaluate the fruit before commercializing the seed. While their foliage is green, these cucumbers have white skin, and the fruit is crisp and delicious.

**Treasure hunt:** A jeweller and his wife from Macomb County, Michigan (U.S.), were having a hard time making ends meet during the COVID-19 shut down. So Johnny and Amy Perri decided to close their shop and bury (or otherwise hide) all their merchandise in dozens of places around the state. The couple is holding a series of treasure hunts; contestants must buy tickets to obtain clues, riddles, and maps leading to the locations. Treasure that could be found includes diamond rings, silver bars, necklaces, and prospector coins. The couple is calling their adventure Johnny's Treasure Quest.

**Some like it hot:** When the temperature is hot, people like to jump in a lake or find an air-conditioned place to escape from it. But some tourists visiting Death Valley National Park in the southwestern United States get out of their cars to snap selfies beside the Furnace Creek Visitor Center's digital thermometer. The numbers might read as high as 132° F (56° C). These tourists often post photos on social media about surviving such severe heat, even if their air-conditioned cars are only a few paces away! Death Valley is one of the hottest places on Earth and the driest in North America.

**Face painting fanatic:** Hannah Chilton, known as "Hannah Grace" on social media, is a makeup artist with great skill, and she uses that skill to turn herself into different things. Chilton, who lives in the UK, applies body paint and makeup to her face. When complete, she may look like a dinosaur, a skull, or a mummy, to name just a few. When she finishes a creation, she takes pictures of herself to post and then washes the paint off. She has quite a following and hopes to one day make her living using her craft, which she began just for fun in 2018 during time off from her job as a chef.

**Quoteable Quotes**

"Truth is ever to be found in the simplicity, and not the multiplicity and confusion of things." —Isaac Newton  
"What a desolate place would be a world without a flower." —Clara Lucas Balfour

**What's Happening**

**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](http://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](http://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. How many litres are in a hectolitre?
2. What does OPEC stand for?
3. The Summer Olympics of 2019 were held in what city?
4. What is a crepe?
5. Gems of emerald, jade, and peridot are predominantly what color?

(Flip bottom of page for answers)

**Coffee News®** BBB

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
- 4 Better Business Bureau will provide:
  - 1) One year of BBB Accreditation
  - 2) Two months of Web ads in your category!\*

For complete details, call **205.510.6397** or email [alastair@coffeenewswinnipeg.com](mailto:alastair@coffeenewswinnipeg.com)

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

**Arctic Fuel**

**NPS** 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](http://www.arcticfuel.ca)

"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](http://www.sagehillstables.com)

**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  
gmanlapaz@outlook.com  
RE/MAX Associates | 1060 McPhillips St., Winnipeg

**Shop Happy**

kildonan place

**NEIL & WATT SERVICE**

**1STOP SERVICE**

QUALITY AUTO REPAIRS YOU CAN TRUST

**643 Watt St.**  
**PH: 667 2422**

BBB



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



**SCAN ME**

It's just that easy,  
and so convenient!



## 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



# Your Weekly Horoscope

## ARIES

(March 21 - April 20)



You may have the discipline to apply yourself to some tasks that you might have been avoiding. You may want to put your affairs in order and tackle those mundane chores. Lucky Numbers: 2, 4, 29, 36, 38, 49.

## TAURUS

(April 21 - May 21)



You may feel a need to fight for what you believe in. Your genuine story could be very compelling, without stirring up more controversy than might be necessary. Lucky Numbers: 3, 5, 6, 11, 24, 27.

## GEMINI

(May 22 - June 21)



You may question major commitments and decisions that you have made in the past. This could be a great time of self-analysis about the direction you have taken. Lucky Numbers: 12, 28, 35, 36, 46, 47.

## CANCER

(June 22 - July 22)



You may experience a real positive flow of warmth and friendliness from a new group of people. You could be stimulated and energized by interactions with them. Lucky Numbers: 6, 10, 17, 28, 39, 44.

## LEO

(July 23 - Aug. 23)



Your judgment and sense of timing could feel very on-target. A stroke of good luck may not just fall in your lap, as you might need to seek out the opportunity. Lucky Numbers: 2, 22, 27, 36, 42, 44.

## VIRGO

(Aug. 24 - Sept. 23)



This may be an excellent time to eliminate things that are outworn. Clutter and disorder, or even a long-held attitude, might keep you from attaining your immediate goals. Lucky Numbers: 5, 21, 26, 36, 46, 48.

## LIBRA

(Sept. 24 - Oct. 23)



Your mood may feel jovial, and social relations may feel very good. Try not to overcommit yourself or promise too much, as you may be apt to feel overextended later. Lucky Numbers: 3, 16, 23, 24, 31, 38.

## SCORPIO

(Oct. 24 - Nov. 22)



This may be a very positive time. Your friends could be just as helpful to you as you are to them. They might really appreciate you and have an interest in your feelings. Lucky Numbers: 12, 13, 19, 32, 33, 40.

## SAGITTARIUS

(Nov. 23 - Dec. 21)



You might be able to be very clear and above-board, bringing out the diversity among yourself and others in a way that is not likely to offend or stir up any hostility. Lucky Numbers: 1, 6, 16, 35, 45, 47.

## CAPRICORN

(Dec. 22 - Jan. 20)



A large group of people may express a great deal of interest in your area of expertise. You might need to jump on this opportunity quickly, before it passes you by. Lucky Numbers: 2, 9, 18, 28, 29, 46.

## AQUARIUS

(Jan. 21 - Feb. 19)



You may want a break from your usual routine and be a little more spontaneous. A refreshing change of pace could help you begin to revitalize your creative interests. Lucky Numbers: 15, 26, 34, 37, 39, 46.

## PISCES

(Feb. 20 - March 20)



You may be forced to deal with an arrangement or situation that no longer works well. Old, outworn procedures could very well be a big part of the problem. Lucky Numbers: 3, 17, 18, 28, 31, 42.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 2.

## Did You Know...

**Band history:** American rock and roll musician Bruce Springsteen, who fronts The E Street Band, was in numerous other bands when he first started performing. The first of these was The Rogues in the mid-1960s.

**Blue eyes:** People with Waardenburg syndrome, a genetic condition, may have some degree of hearing loss as well as pale blue eyes or different coloured eyes, such as one blue eye and one brown eye.

**Soaring bird:** The Andean condor has a great ability to soar. With a wingspan of about 3.3 metres (over 10 ft.), it has been known to soar for five hours over a distance of 160 kilometres (100 mi.) without flapping its wings.

**From outer space:** The Meteorite Museum at the University of New Mexico, in the city of Albuquerque (U.S.), is a fascinating place. It displays many different kinds of meteorites that have hit earth over the decades, including one that weighs one tonne.

**Great spread:** Tapenade is a pâté made from green or black olives. It is often made with garlic, lemon juice and olive oil, but other ingredients can be added. This dip is great on crackers and baguettes or served with meat dishes.

## On the Lighter Side

Which month has 28 days? They all do.

How do you torture an engineer? Tie him to a chair, stand in front of him, and fold up a road map the wrong way.

I hate to always eat and run, but the way I tip, it's the only safe procedure.

First cowboy: "Why are you wearing only one spur?"  
Second cowboy: "I figure when one side of the horse starts running, the other side will, too."

One day the bass player hid one of the drummer's sticks. The drummer said, "Finally! After all these years, I'm a conductor!"

### Answers

**Trivia answers:** 1. 100 2. Organization of Petroleum Exporting Countries 3. Rio de Janeiro 4. Thin pancake 5. Green

For available franchise opportunities - visit [coffeenewscanada.com](http://coffeenewscanada.com)

© Published with Permission by Winnipeg Coffee News

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

## Home and Office BOTTLED WATER DELIVERY

ORDER 3 BOTTLES, GET A 4TH FREE!

CALL 204.284.1704 Use promo code "Coffeenews"

## WaterDirect PLUS

More than just water!  
[waterdirectplus.com](http://waterdirectplus.com)

## 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](http://rseyecentre.ca)

## 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

## Get Coffee News<sup>®</sup> Online!

Delivered to your inbox weekly



Please visit [www.coffeenewswinnipeg](http://www.coffeenewswinnipeg) for details

**LegalShield**  
LAWYER REFERRAL SERVICE

**IDShield**  
IDENTITY THEFT



### PROTECT YOURSELF

LegalShield has an Identity Theft Plan to protect your integrity

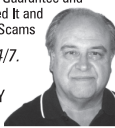
**IDSHIELD IS BETTER THAN EVER -** TransUnion Credit Report / Credit Monitoring  
Monthly Credit Score Tracker  
DateSweep/Wallet Lock  
Email Breach Search/Track your alerts and have on-the-go access with the IDSHIELD mobile app

**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

PETER J. MANASTYRSKY  
Independent Associate



TOTAL LEGAL AND IDENTITY THEFT PROTECTION

## 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>

## Support Canada and Canadian workers!

Check our superior quality BSTsecurity BST Surveillance products

When Quality and Reliability Are Required

**CLEARLY INSIGHT**  
SECURITY SOLUTIONS

204-414-2590

Camera@ClearlyInSightP.com | ClearlyInSightP.com

