

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

FREE! *New Issue Every Week!*

Coffee News®

"News To Be Enjoyed Over Coffee"

Midtown Edition
204-510-6397

www.coffeenewswinnipeg.com

Vol. 16 No. 28 July 12, 2021

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!

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

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

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

Licensed and Insured! Insurance Claims Welcome!

CITADEL EXTERIORS

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

YOUR COMPLETE MAINTENANCE SPECIALISTS

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

AND MUCH MORE!

IMPROVE YOUR HEALTH ...THROUGH GOOD NUTRITION!

An individual nutrition consultation can help to improve your health and wellness

Do you have:

- a chronic health condition (high blood pressure or high cholesterol)?
- digestive problems, celiac disease or IBS?
- a desire to make lifestyle changes?

CONTACT DAYNA TODAY!

Food for You DAYNA WEITEN, RD
Nutrition Consulting

204.771.7518 / www.foodforyou.ca

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

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

Everybody's Talking

Different ice cream: The ice cream in Turkey isn't merely a cold, smooth scoop in a cone. Called dondurma (which means "freezing" in Turkish), this ice cream includes the usual milk and sugar, as well as two unique ingredients: mastic, a resin from the mastic tree; and powdered salep from orchid bulbs. The former makes the ice cream stretchy and sticky, and the latter is a thickening agent. Dondurma comes in lots of flavors and doesn't melt as quickly as regular ice cream. One type, called Maras dondurma, uses more salep, and diners use a knife and fork to eat it.

Tall hedge: In Scotland, a huge hedge is deemed to stand higher than any other hedge in the world. The Meikleour Beech Hedge is located about 90 kilometres (56 mi.) north of Edinburgh near the village of Meikleour. Standing 30 metres (100 ft.) high and stretching for a length of 530 metres (one-third mile), this hedge has been growing since 1745. It is quite a sight, especially in spring, when light reflects on its new green leaves, and in fall, when it turns to rust and gold. The hedge is trimmed about once every 10 years, requiring the efforts of four workers over a period of about six weeks using hydraulic lifts and cutters.

Fantastic flowers: Stress at her job as a civil engineer drove Luciana Gonzalez to a new career, one she could not have imagined. The Brazilian woman became an artistic confectionery master, making art out of food. Her specialty is making sugar flowers, and her creations look so real that viewers can't believe the bouquets are edible. She did not get into her new job because of a love of cooking; rather, it was because the Senac Campos do Jordão school of gastronomy was nearby, so she took some courses. Although only working for a short time in the industry, Gonzalez has gained a well-known reputation.

Fine art: Using coloured pencils, Australian artist Shaun Mckenzie creates portraits that, when complete, appear to be photographs. Known as NeeYellow on social media, Mckenzie has great patience, working for an average of 60 to 80 hours on each of his pieces. One portrait of Jim Carrey realistically reveals the comedian's iconic grin, while another of actor Rupert Grint, who played Ron Weasley in the Harry Potter movies, seems to show every strand of his messy red hair. This talented artist likes to share some of his tricks on social media, including time-lapse videos that show a portrait coming to life.

Quoteable Quotes

"Character consists of what you do on the third and fourth tries."
—James A. Michener

"The obstacle is the path."
—Zen proverb

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 to register today! **The 37th ANNUAL Grand North American Old Time FIDDLE CHAMPIONSHIP - Online WATCH** online on Facebook on July 17-18. Check the Facebook page <https://www.facebook.com/groups/311518953189067> or, www.wildrosefiddlers.org for more event details.

God's Gift - The Creative Imagination Members of all faiths are invited to an ECK Light and Sound Service via Zoom. Sun. July 25, 10:00 AM. For more info call 204-253-2499 or email beckmanitoba@gmail.com.

Zoom link: <https://meetu.pseK2PVYd54Z2a>

Sound of Soul Event Presented by Eckankar via Zoom. Experience HU a love song to God and discover more divine love in your life. Thurs. Aug. 5 from 7 - 8PM. For details call 204-253-2499 or email beckmanitoba@gmail.com for Zoom link.

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. Nelson Mandela was once president of what country?
2. What is the capital city of Saudi Arabia?
3. A round, portable, tent-like dwelling with its origins in central Asia is known as what?
4. Is okra usually eaten as a fruit or a vegetable?
5. What is the warmest ocean in the world?

(Flip bottom of page for answers)

© Published with Permission by Winnipeg Coffee News

Book a six month ad run in Coffee News Winnipeg

- 1 Select any one area of your choice or choose to run city-wide
- 2 Increase your business visibility to our impressive weekly readership!
- 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

This Space for Rent

204-510-6397

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

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

WOULD YOU LIKE TO VOLUNTEER?

- All are welcome!
- We operate on a drop-in basis
- No need to signup 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

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

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.

Contact one of our experts today!

* Conditions apply. Inquire for details.

204.505.1840 • interfusionmedia.ca

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

Arctic Fuel

NUNAVUT PURCHASING AND SUPPLIES

NPS

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

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.

www.getassist.com

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

Download on the App Store | GET IT ON Google Play

Get Coffee News® Online!
Delivered to your inbox weekly

Please visit **www.coffeenewswinnipeg** for details

WINNIPEG BUSINESS OWNERS!
Connect with other businesses and customers

BizExchangeMall.com
"Your Local Business Mall"

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

Buying and Selling Agent in and around Winnipeg! Call today for your **FREE Home Evaluation**

Darya Pfund
BROKER

STRATTEN GATES REAL ESTATE LTD.

204.290.4231
daryamp@yahoo.ca
873 Notre Dame Avenue
Winnipeg

www.strattengatesrealestate.com

Your Weekly Horoscope

ARIES
(March 21 - April 20)

You may feel very clear and perceptive now. This could be an especially productive time for you to make a decision or to come to an agreement with those around you. Lucky Numbers: 1, 2, 3, 28, 48, 49.

TAURUS
(April 21 - May 21)

Your need for love and intimacy could strongly emerge. You might channel some of these feelings into creative work that expresses your deepest self. Lucky Numbers: 2, 8, 18, 25, 30, 34.

GEMINI
(May 22 - June 21)

You may successfully begin a change of routine. A regimen of self-improvement could help you feel free to concentrate on the things that feel most important to you. Lucky Numbers: 12, 13, 19, 21, 38, 46.

CANCER
(June 22 - July 22)

You might not want to follow anybody else's lead. Fortunately, you may be able to find ways to be yourself, and maybe even let loose a little bit, without offending anyone. Lucky Numbers: 1, 6, 12, 27, 39, 46.

LEO
(July 23 - Aug. 23)

Business meetings might begin with a positive, harmonious feel that fosters good understanding between all. Your professional associations could be beneficial to you. Lucky Numbers: 5, 19, 21, 25, 26, 35.

VIRGO
(Aug. 24 - Sept. 23)

This may be an excellent time to spread your wings, to travel, and to visit new places. Giving and receiving appreciation, love, and happiness could come into your life now. Lucky Numbers: 7, 9, 17, 36, 38, 39.

LIBRA
(Sept. 24 - Oct. 23)

Getting what you want and moving toward achieving the things that are important to you may involve surrendering something or eliminating something from your life. Lucky Numbers: 3, 6, 13, 20, 28, 42.

SCORPIO
(Oct. 24 - Nov. 22)

Contracts, negotiations, and business dealings of all kinds may be favoured now. You might want to share plans or dreams and be more receptive to others' points of view. Lucky Numbers: 12, 17, 20, 25, 28, 40.

SAGITTARIUS
(Nov. 23 - Dec. 21)

The positive feelings you generate now may likely aid you in the future. Gathering information regarding your career or your long-range goals could be favoured. Lucky Numbers: 1, 5, 17, 26, 30, 38.

CAPRICORN
(Dec. 22 - Jan. 20)

Conversations right now may go smoothly, and agreements could be reached. You may not want to tolerate being idle, but be ready to attack difficult problems on the job. Lucky Numbers: 1, 15, 19, 39, 41, 49.

AQUARIUS
(Jan. 21 - Feb. 19)

Cooperation and successful collaboration in the business and professional world may be highlighted. Legal and governmental matters of all kinds might run very smoothly. Lucky Numbers: 9, 19, 26, 28, 35, 48.

PISCES
(Feb. 20 - March 20)

You may be a sympathetic listener, drawing out feelings and experiences from others. You might feel inclined to speak to them about your personal subjects, which builds trust. Lucky Numbers: 4, 5, 8, 22, 36, 44.

Lucky numbers this week: This week's odds favour Virgo winners with the luckiest number being 9.

Did You Know...

Rock and wire: A gabion wall is used by landscape architects and home designers. It is a container made of wire that is filled with materials like rocks or stones. They are easy to make and last a long time.

Stressing the words: Shakespeare is known for using iambic pentameter in his sonnets. An "iamb" is an unstressed syllable followed by a syllable that is stressed. Therefore, an iambic pentameter means there are five sets of syllables, with the second syllable of each set being stressed.

Volcanic moon: Scientists think that the planet Jupiter has 79 moons, one being Io. This moon, the fifth largest and the closest one to the planet, has about 400 active volcanoes, and there are lava flows and lava lakes on it.

Rare snail: The fire snail (*Platymma tweediei*) is found only in the Cameron Highlands area of Malaysia. These snails have a black shell and a bright red foot, and they can survive only when the conditions are very cool and humid.

Comparing condiments: Regular mustard is made from powdered white or yellow mustard seeds and vinegar or water. It is more mildly flavoured than Dijon mustard, which is made from black or brown mustard seeds and white wine.

On the Lighter Side

In the desk drawer of a retired accountant was this note: "Debits in the column toward the file cabinet. Credits in the column toward the window."

Woolly caterpillar: a worm in a fur coat.

The town I live in is so small, the road map is actual size.

What did one octopus say to another? I want to hold your hand, hand, hand, hand, hand, hand, hand, hand.

Terry: "Say something soft and sweet."
Jerry: "Marshmallow."

Answers

Trivia answers: 1. South Africa 2. Riyadh 3. A yurt 4. Vegetable 5. Indian Ocean

For available franchise opportunities – visit **coffeenewscanada.com**

© Published with Permission by Winnipeg Coffee News

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!

LegalShield | **IDShield**

LAWYER REFERRAL SERVICE | 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
peterj48.wearelegalshield.ca | Independent Associate

TOTAL LEGAL AND IDENTITY THEFT PROTECTION

"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

Recipe of the month

Balsamic Watermelon Chicken Salad

1 cup balsamic vinegar | 1 tablepoons olive oil
1 lb. boneless skinless chicken breasts | 4 cups baby spinach or greens
3 teaspoons all purpose seasoning | 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>

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

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

665 ARCHIBALD ST. • 231-1746