

WINNIPEG BUSINESS OWNERS!
Connect with other businesses and customers

BizExchangeMall.com
"Your Local Business Mall"

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

"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

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

DIETITIAN SERVICES ARE COVERED BY MANY INSURANCE PLANS

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

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

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"

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!

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!

FREE! New Issue Every Week!

Coffee News[®]

"News To Be Enjoyed Over Coffee"

St. James Edition
204-510-6397

www.coffeenewswinnipeg.com

Vol. 16 No. 31 August 2, 2021

Everybody's Talking

Bird art: When Hannah Bullen-Ryner goes for a walk in the woods, she looks for more than just nice scenery. She scours the earth for petals, seeds, evergreen sprigs, sticks, and berries. From these natural items, she creates images of different kinds of birds, such as owls, chickadees, and hummingbirds. She crafts some as they are in flight, while others sit calmly on a branch. The birds are known as land art because she arranges her masterpieces on the ground. With a background in painting and photography, Bullen-Ryner's work is rich in detail and colour.

Long course: Golfers accustomed to 18-hole courses that take a few hours to complete might want to challenge themselves at Nullarbor Links in Australia. This course is 1,365 kilometres (848 mi.) long. It is located along the Eyre Highway, which runs between Ceduna in South Australia to Kalgoorlie in Western Australia. And no, golfers do not have to walk all that distance! They can drive from one hole to the next as they make their way along the highway, which can take up to five days. There are 18 holes; 11 were created for the course and seven are on established courses.

Birds of a feather: Oluwageorge Johnson learned the hard way that when leaving an apartment vacant for any length of time, it's best to be sure to close the windows. Johnson is a student in Nottingham, England, but his parents wanted him to go home to London during the COVID-19 epidemic. The man was away for five months. Before his return, workers in the building heard weird noises coming from the flat. When they investigated, they found that pigeons had taken over the cozy spot. Johnson had quite a mess to clean up when he returned.

Love of animals: Ricardo Pimentel Cordero, an animal lover from Leona Vicario, Quintana Roo, Mexico, is the founder of Tierra de Animales, a shelter that looks after stray animals. As a hurricane was about to make landfall, he grew worried about animals that might not survive on the street. So he opened his own home to more than 300 stray dogs, as well as a few other creatures, such as cats and rabbits. He was lauded on social media for his commitment to these animals, and donations started arriving to help pay for food and cleanup.

Quoteable Quotes

"No one can build his security upon the nobleness of another person."
—Willa Cather

"It's not that I'm so smart, it's just that I stay with problems longer."
—Albert Einstein

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!**Anavet Assiniboia Unit 283 - Opening** 3584 Portage Ave. 204 837 6708 Opening 10 a.m. to 6 p.m. each Monday to Saturday beginning on Sat. July 24th . Basic Health Rules will be followed so we can visit with old and new friends at the Friendly Club!

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.

FAILED TO READ TEXT FILE: whevent_whld-5077_title.txt FAILED TO READ TEXT FILE: whevent_whld-5077_body.txt

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. If you are supercilious, are you quite silly or extremely proud?
2. Nora Ephron and Erma Bombeck were popular writers of what type of genre?
3. A spit rod is used with what cooking device?
4. Cuttlefish, jellyfish, and starfish are not actually fish—T/F?
5. Which U.S. president is known as "Honest Abe"?

(Flip bottom of page for answers)

© Published with Permission by Winnipeg Coffee News
(Over)

This Space for Rent

204-510-6397

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

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

695 Main St., Winnipeg **204.586.3334** animalhospofmb.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

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.

204.505.1840 • interfusionmedia.ca

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

HELP STOP THE SPREAD!

1. Wear a mask
2. Keep your distance – six feet!
3. Wash your hands
4. Take your copy of **Coffee News** home with you

Stay safe!

A message from your friends at **Coffee News**[®]

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



Recipe of the month

Spicy Cajun Potato Salad

5 pounds medium Yukon Gold potatoes, peeled and cut into 3/4-inch cubes
1 large yellow onion
1/2 medium lemon
1/2 teaspoon salt
8 hard-boiled large eggs, chopped

1-1/2 cups mayonnaise with olive oil and coarsely ground pepper
1 cup dill pickle relish
1/4 cup yellow mustard
1 to 2 tablespoons Cajun seasoning
1/4 cup minced fresh parsley
Paprika

Prep Time: 20 min. Cook Time: 10 min. + chilling Yield: 20 servings

- Place potatoes in a Dutch oven; add water to cover. Cut onion in half crosswise; add one half to saucepan. Bring to a boil. Add lemon and salt to cooking water. Reduce heat; cook, uncovered, until potatoes tender, 5-6 minutes.
- Meanwhile, chop remaining onion. Combine with eggs, mayonnaise, dill pickle relish, mustard and Cajun seasoning.
- Drain potatoes; rinse under cold water. Discard onion and lemon. Add potatoes to egg mixture; gently toss until well mixed (do not overmix, or potatoes will break down). Refrigerate, covered, 1-2 hours. Just before serving, sprinkle with parsley and paprika.

Source: www.tasteofhome.com



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



Get **Coffee News**® Online!

Delivered to your inbox weekly

Please visit www.coffeenewswinnipeg.com for details



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



Your Weekly Horoscope

ARIES (March 21 - April 20)

ARIES
(March 21 - April 20)
Making worthwhile professional contacts, reaching out to others who can help you in your work, and taking care of business in a clear, orderly way may occur. Lucky Numbers: 7, 10, 12, 13, 15, 42.

TAURUS (April 21 - May 21)

TAURUS
(April 21 - May 21)
You may decide to change the decor of your home, or you may attend an artistic event that exposes you to new styles that are different from your customary tastes. Lucky Numbers: 2, 11, 18, 19, 41, 44.

GEMINI (May 22 - June 21)

GEMINI
(May 22 - June 21)
Your imagination, intuition, and sensitivity may be very high now. You might find yourself wanting to paint, listen to music, or daydream, rather than concentrate. Lucky Numbers: 11, 15, 20, 23, 24, 34.

CANCER (June 22 - July 22)

CANCER
(June 22 - July 22)
Friendships and supportive endeavours might flourish now. You may achieve a harmonious balance of cooperation that could benefit any social or joint activity. Lucky Numbers: 6, 9, 10, 18, 19, 36.

LEO (July 23 - Aug. 23)

LEO
(July 23 - Aug. 23)
A significant discussion or exchange of information may likely happen. This also might be an excellent time to pay attention to the views of someone you respect. Lucky Numbers: 12, 16, 22, 26, 28, 49.

VIRGO (Aug. 24 - Sept. 23)

VIRGO
(Aug. 24 - Sept. 23)
This may be a good time for relaxing recreation to refresh and rejuvenate yourself and to do the things you most enjoy. Good humour and optimism could prevail. Lucky Numbers: 3, 6, 8, 18, 40, 43.

LIBRA (Sept. 24 - Oct. 23)

LIBRA
(Sept. 24 - Oct. 23)
An honest part of you, which is usually in the background, could emerge now. Make a positive effort to show your true colours and be confident in all of who you are. Lucky Numbers: 5, 12, 14, 31, 34, 49.

SCORPIO (Oct. 24 - Nov. 22)

SCORPIO
(Oct. 24 - Nov. 22)
This might be a good time for any competitive endeavour or anything that requires a large amount of energy. You may be able to gain a wider perspective on your situation. Lucky Numbers: 4, 24, 28, 42, 43, 46.

SAGITTARIUS (Nov. 23 - Dec. 21)

SAGITTARIUS
(Nov. 23 - Dec. 21)
Your desire for companionship may predominate. A new friendship or romance could begin, or an established relationship may be revitalized and enhanced. Lucky Numbers: 15, 17, 18, 27, 36, 46.

CAPRICORN (Dec. 22 - Jan. 20)

CAPRICORN
(Dec. 22 - Jan. 20)
Reminiscing, remembering, and daydreaming about or reflecting on the past may occur. Family and personal subjects could also be topics of discussions now. Lucky Numbers: 3, 4, 6, 14, 27, 38.

AQUARIUS (Jan. 21 - Feb. 19)

AQUARIUS
(Jan. 21 - Feb. 19)
Friendships and cooperative endeavours may flourish. This might be a good time to approach someone who is in a position to benefit from your support. Lucky Numbers: 17, 19, 29, 34, 35, 38.

PISCES (Feb. 20 - March 20)

PISCES
(Feb. 20 - March 20)
You may readily discuss your needs and desires. You might be more aware of beauty and may want to rearrange your decor or buy something to beautify your home. Lucky Numbers: 19, 34, 40, 42, 43, 45.

Lucky numbers this week: This week's odds favour Capricorn winners with the luckiest number being 3.

Did You Know...

Long fish: The European eel lives in freshwater streams and rivers, returning to the ocean to lay its eggs. The eels are nocturnal, coming out from under mud and stones at night to feed on other fish and crustaceans. They are an endangered species.

Croatia's symbols: The national anthem of the southern European nation of Croatia is "Our Beautiful Homeland" (*Lijepa naša domovino*). Its nation animal is the European pine marten, and its national flower is the iris (*Iris croatica*).

Metal men: Famous American singer and songwriter Billy Joel was once in a heavy metal duo called Attila. His partner was drummer Jon Small. The band had a short life, splitting up in 1970 after only a year.

Round rolls: Visitors to Norway who crave a cinnamon roll can get a facsimile of this pastry. It's called a *skillingsboller*. This version has cardamom and almonds, and is brushed, top and bottom, with butter while it's still hot.

Happy marriage: Actress Nicole Kidman and country music star Keith Urban, both Australians, got married in June 2006 after having met each other the previous year. They now have two children, Sunday Rose and Faith Margaret.

On the Lighter Side

Reporter to 95-year-old: "To what do you credit your long life?"
Senior: "Not sure yet. My lawyer's negotiating with two breakfast cereal companies."

By all means go ahead and mellow with age. Just be wary of getting rotten.

What do you use to fix a broken tomato? Tomato paste.

If ignorance is bliss, why aren't there more happy people?

Computers can never completely replace humans. They may become capable of artificial intelligence, but they will never master real stupidity.

Answers

Trivia answers: 1. Extremely proud 2. Humour 3. Barbecue grill 4. True 5. Abraham Lincoln

For available franchise opportunities - visit coffeenewscanada.com

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**



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

Blair Sonnichsen REALTOR®
Tyson Sonnichsen REALTOR®

40 Years Experience

204-989-5000
An Experience Worth Repeating

"Buyer Agency" "Vendor Agency" "Real Estate Services"

ROYAL LEPAGE
Dynamic Real Estate

WINNIPEG HOMES.COM



I can show you how to save each month risk free with an initial fee of only \$40

Money is guaranteed by CIBC Savings Plan

C A SAVERS Co. P.O. Box 61051 Winnipeg, MB R3M 3X8 is registered with the City of Winnipeg



RICHARD ROSIN FUNERAL DIRECTOR LTD.

Winnipeg's Friendliest Undertaker™
Helping Families Celebrate Life Since 1985

Green Burials
Cremations Pre-planning

204.219.1126 | www.richardrosin.ca



LegalShield LAWYER REFERRAL SERVICE | **IDShield** IDENTITY THEFT | **BBB** ACCREDITED BUSINESS A+ RATING

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



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

