

PROFESSIONAL PROPERTY MANAGEMENT

Tired of Dealing with Tenants? Let Us Help!

SERVICES AVAILABLE:
 ✓ 24/7 Maintenance
 ✓ Leasing
 ✓ Management
 ✓ Inspections
 ✓ Accounting

Elite PROPERTY MANAGEMENT INC.

FIND OUT HOW EASY IT IS!
 CALL TODAY FOR A FREE PROPERTY MANAGEMENT EVALUATION
204-783-5483
 elitepropertymanagementwpg.com

FREE! *New Issue Every Week!*

Coffee News®
 "News To Be Enjoyed Over Coffee"

Charleswood - Tuxedo Edition
204-510-6397

www.coffeenewswinnipeg.com Est. 1988

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

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** animalhosofmb.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
665 ARCHIBALD ST. • 231-1746

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

Blair Sonnichsen REALTOR®
Tyson Sonnichsen REALTOR®
 40 Years Experience

WINNIPEG HOMES.COM
204-989-5000
 An Experience Worth Repeating
 "Buyer Agency" "Vendor Agency" Real Estate Services
ROYAL LEPAGE
 Dynamic Real Estate

Brian PALLISTER
 MLA for Fort Whyte

t. 204.489.0828
 info@brianpallister.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

Your family's eye health is our passion!

CLEAR EYE CARE
 Dr. Edward Kundzicz, Optometrist, offers a variety of services, including:
 • Comprehensive Eye Exams
 • Diabetic • Wheelchair Friendly
 • Social Assistance

Located at 352-1120 Grant Ave. R3M 2A6
Book your eye exam today: 204.453.0474

Vol. 16 No. 34 August 23, 2021

Everybody's Talking

Duck dynasty: Who needs pesticides in Thailand? Not the rice farmers in Nakhon Pathom province, west of Bangkok. That's because each year flocks of ducks are brought in to eat weeds and pests, such as snails. The ducks come from duck farms, and the farmers appreciate the free food their ducks eat from the rice paddies. Rice farmers benefit because they can cut back on the use of chemicals, and their fields get fertilized. The ducks move around the rice fields for a few months and then return to their farms to lay their eggs. Using ducks for this purpose is known as "ped lai thoong."

Building blocks: A 20-something-year-old woman from Pietermaritzburg near Durban, South Africa, unwittingly provided encouragement for other women to take on jobs usually done by men. Zama Philisiwe Zungu decided to build an addition to her home, and did it herself, from mixing the cement to stacking the bricks. Photos of her progress attracted attention on social media, bringing Zungu a lot of praise. As a civil engineer by training, she loves constructing things, a skill she learned from her father. She wants to empower more women in the construction industry and may start her own construction company.

Replicating art: A woman from Saint Petersburg, Russia, took an art challenge seriously. Liza Yukhnyova heard about the #gettychallenge, in which people recreate a work of art using household items, and then take a photo of the result. Bored during the COVID-19 pandemic, Yukhnyova decided to create one piece of art each day for as many days as she could. So she picked famous paintings, and using makeup and items from around the house, she turned herself into women from cultures around the world. Yukhnyova has a degree in art history, so she has a wide base of knowledge about art.

Wall crawler: If Spider-Man had a son, it might just be Yasharth Singh Gaur of Kanpur, Uttar Pradesh, India. Gaur has his own parents, but the young boy can scale walls in much the same manner as the comic book hero. The young fellow, facing outward and using only his hands and feet, taught himself to creep a 10-foot high wall. He settles into a corner and then up he goes. His parents are concerned that he may fall down, but they are also thrilled with this athletic skill. If the boy feels like he is going to fall, he makes a controlled jump to the ground without hurting himself.

Quoteable Quotes

"Great literature, past or present, is the expression of great knowledge of the human heart."
 Edith Hamilton
 "Your life will be rich for others only as it is rich for you."
 David McCord

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!

Anavets Assiniboia Unit 283 Labour Day BBQ Meat Draw - Everyone Welcome! Join us on September 4th - Our first BBQ Meat Draw for 2021 Open 10 a.m. to 6 p.m. Mon. to Sat. for the time being. Health Rules in place as necessary. 204 837 6708 - 3584 Portage Ave.

Bring a friend to the Friendly Club, Anavets 283!**Keys to Spiritual Living** Eckankar presents an ECK Soul Adventure series via Zoom. Thurs. Sept.9 at 7PM. For info call 204-378-2419. For Zoom link email beckmanitoba@gmail.com. Also visit us at www.eckankar-mb.ca

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. In the popular Mother Goose nursery rhyme, where is the farmer?
2. The lychee fruit is native to what area of the world?
3. What caused the Statue of Liberty in the U.S. to turn green?
4. In ancient Greek mythology, a cyclops has one eye, two eyes, or three eyes?
5. What is the full name of the explosive TNT?

(Flip bottom of page for answers)

© Published with Permission by Winnipeg Coffee News

(Over)

ORI BUYS HOUSES

Skip open house and other showings
 Fees free - you keep it all!
 Flexible possession

GET YOUR OFFER TODAY!

Call or text, I'm always available!
(431) 336-3665

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

This Space for Rent
204-510-6397

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

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!

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

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

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!

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@ClearlyInSightI.com | ClearlyInSightI.com

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 PETER J. MANASTYRSKY Independent Associate

TOTAL LEGAL AND IDENTITY THEFT PROTECTION

MANITOBA'S LARGEST YEAR-ROUND INDOOR MARKET!

MULVEY FLEA MARKET

EST ★ 2001

www.mulveymarket.ca

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

ODDIES OF ODDITIES | ROWS OF RARITIES | CORNUCOPIA OF COLLECTIBLES | EVERYTHING NEW AND USED | LOTS TO SEE AND DO | CANTEEN

Visit us at 421 Mulvey Avenue E, Winnipeg

Your Weekly Horoscope

ARIES (March 21 - April 20)

Your desire for love may be strong and you may act on impulse. Some aspects of your life might not be happy, but facing this issue may help you realize that it can be remedied. Lucky Numbers: 15, 16, 17, 33, 34, 35.

TAURUS (April 21 - May 21)

You may gain what you want through your diplomacy and charm. You might want to enlist the support of allies and friends, rather than trying to be so outspoken and bold. Lucky Numbers: 1, 5, 7, 18, 27, 31.

GEMINI (May 22 - June 21)

Differences in styles or personal tastes might be an issue for you. You may want to be gracious about making adjustments, even if you feel uncomfortable at first. Lucky Numbers: 22, 28, 31, 37, 40, 46.

CANCER (June 22 - July 22)

Your drive for personal freedom may be pressing, and a confrontation could likely occur. Insist on your rights and stand up for yourself. Others should follow your lead. Lucky Numbers: 2, 6, 16, 26, 36, 46.

LEO (July 23 - Aug. 23)

You might feel very bold and adventurous. You may not tolerate delays, restrictions, or any form of authority that prevents you from behaving exactly as you please. Lucky Numbers: 6, 24, 29, 35, 40, 42.

VIRGO (Aug. 24 - Sept. 23)

Health matters may be a concern, and you might be inspired to start a self-improvement program. You may be able to create better health habits and a new regimen. Lucky Numbers: 13, 17, 21, 25, 29, 33.

LIBRA (Sept. 24 - Oct. 23)

Giving and receiving appreciation and love may come into your life. You might want to experiment with new things, but be careful about what you throw out. Lucky Numbers: 1, 15, 22, 31, 44, 47.

SCORPIO (Oct. 24 - Nov. 22)

You might need to apologize for being so stubborn. You may be humbled to see how the flaws in your attitude affect others, and you may need to remedy the situation. Lucky Numbers: 12, 30, 33, 37, 48.

SAGITTARIUS (Nov. 23 - Dec. 21)

Your imagination in the arts or music may have great appeal. Using your creative talents might prove to be more fruitful than dealing with more practical matters. Lucky Numbers: 3, 4, 23, 24, 43, 44.

CAPRICORN (Dec. 22 - Jan. 20)

Relaxation, enjoyment, and pleasurable activities might be highlighted now. You may not want to get involved in anything that requires a great expenditure of energy. Lucky Numbers: 4, 6, 12, 20, 24, 30.

AQUARIUS (Jan. 21 - Feb. 19)

Someone important may come into your life. You might meet a person who becomes your strongest influence. It could be in the form of teacher or mentor. Lucky Numbers: 15, 16, 29, 32, 39, 49.

PISCES (Feb. 20 - March 20)

You may feel realistic about love and may be interested in being with people on whom you can depend. Reach out to an older person who means a lot to you. Lucky Numbers: 6, 9, 16, 20, 28, 45.

Lucky numbers this week: This week's odds favour Aries winners with the luckiest number being 15.

Did You Know...

Northern dogs: "Reindeer dogs" are a type of hot dog sold in the northern U.S. state of Alaska. These are sausages made with caribou, pork, and beef, and served in a bun. Accompaniments include onions glazed with cola, mustard, and cream cheese.

Seashell delights: The Monastery of São Vicente de Fora in Lisbon, Portugal, houses a unique attraction: a seashell gallery. It contains a beautiful and artfully arranged collection of seashells from the country's shorelines.

Florence Nightingale: Known as "The Lady with the Lamp," Florence Nightingale is considered the founder of modern nursing. She was named Florence after the Italian city where she was born in 1820. Her family moved to England in 1821.

Bouncy pickle: There is a law in the U.S. state of Connecticut that says pickles must bounce. The law stems from an incident in 1948 when two men were arrested for selling rotten pickles. The new law established that if a pickle bounced, it was safe to eat.

Can't go backward: Kangaroos are one of the few animals that can't walk backward. They can only hop forward using both feet at the same time and their tail for balance.

On the Lighter Side

Animal testing is a terrible idea—they get all nervous and give you the wrong answers.

"Doctor, I think I'm suffering from memory loss."
"Have you ever had it before?"

A bird does not sing because it has an answer. It sings because it has a song.

Today is the tomorrow you worried about yesterday. But not enough.

Did you hear about the invisible man who married the invisible woman? Yeah, their kids aren't much to look at, either.

Answers

3. Oxidation of copper 4. One eye 5. Trinitrotoluene
Trivia answers: 1. In the dell 2. Southeast Asia

For available franchise opportunities – visit coffeenewscanada.com

© Published with Permission by Winnipeg Coffee News

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. InterFusion MEDIA

204.505.1840 • interfusionmedia.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

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

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

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

WINNIPEG BUSINESS OWNERS!

Connect with other businesses and customers

BizExchangeMall.com

"Your Local Business Mall"

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

Recipe of the month

Watermelon Steaks with Warm Pickled Shrimp

1 cup apple cider vinegar | 1 medium-size red onion, thinly sliced
 1/2 cup plus 2 tablespoon extra-virgin olive oil, divided | 1 medium jalapeño, thinly sliced
 1 tablespoon plus 1/2 teaspoon kosher salt, divided | 1 (2-inch-thick) watermelon round (from the centre of 1 large seedless watermelon), quartered
 2 teaspoons coriander seeds, lightly crushed | 1/4 cup fresh flat-leaf parsley leaves
 12 ounces peeled and deveined tail-on raw large shrimp | Lime wedges, for serving

Prep Time: 25 min. Yield: 4 servings

1 Stir together vinegar, 1/2 cup olive oil, 1 tablespoon salt, and coriander seeds in a medium saucepan; bring to a boil over high. Add shrimp, onion, and jalapeño. Cover pan, and remove from heat; let stand 20 minutes, stirring once after 10 minutes.

2 Meanwhile, preheat grill to high (450°F to 500°F). Brush watermelon quarters with remaining 2 tablespoons oil, and sprinkle with remaining 1/2 teaspoon salt. Place watermelon on grill grates, and grill, uncovered, until slightly softened and grill marks appear, about 4 minutes per side. Transfer to a platter.

Using a slotted spoon, top watermelon wedges evenly with pickled shrimp mixture. Spoon a few tablespoons of pickling liquid over top of each, and garnish with parsley. Serve immediately with lime wedges.

Source: www.foodandwine.com