

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


FREE! *New Issue Every Week!*

Coffee News®

"News To Be Enjoyed Over Coffee"

Fort Garry Edition

204-510-6397



www.coffeenewswinnipeg.com



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

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



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

995 Main St., Winnipeg **204.586.3334** animalhospofmb.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
Identity Theft Plan delivers affordable and accessible service 24/7.

ADDITIONAL MONITORING –
Dark Web Monitoring / Identity Consultation
Full-Service Restoration
Unlimited Service Guarantee and
Counsel When You Need It and Identifying Coronavirus Scams

204-781-7472 PETER J. MANASTYRSKY
peterj48.wearelegalshield.ca 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



"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



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 thong."

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!
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>

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

Fall Sales at Greendell CC Join us at Greendell CC for a Craft Vendor Sale on three Sundays in Sept.

Sept. 12, 19, 26 from 10am -- 3pm each day
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!

Spiritual Wisdom on Soul Travel Eckankar presents a 3 part series via Zoom starting Thurs. Sep.23 at 7 PM. For more info call 204-378-2419. For Zoom link email beckmanitoba@gmail.com. Also visit www.eckankar-mb.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)

WAB KINEW

MLA for Fort Rouge

204-615-1922
wab.kinew@yourmanitoba.ca



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



INSTALLATION | RENOVATION | SERVICE

PLUMBING | **AIR CONDITIONING** | **FURNACES**

BROOKMAN BOILERS & PIPING

RESIDENTIAL | **COMMERCIAL & INDUSTRIAL**

Call **204.697.9781** or visit brookmanboilers.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
- CANTEEN

Visit us at 421 Mulvey Avenue E, Winnipeg

Looking for a printer or multifunctional copier for your home or office?

Lexmark GO-Line™

bio-static
DIGITAL OFFICE SOLUTIONS

STARTING AT \$400

* Includes Delivery, Start up Supplies, and a 3-Year Warranty on Parts and Labour

visit our show room **204-237-7631**
Dakota Plaza | Unit 1-1105 St. Mary's Road | info@bio-static.com

Visit our new website at www.bio-static.com



goulet CHIROPRACTIC CENTRE

3-150 Goulet St.

Back Pain?

We can help.

- Full assessment
- On-site x-rays
- Personalized care
- Direct Billing

gouletchiropractic.com
204-233-7894

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!




Get Coffee News® Online!

Delivered to your inbox weekly



Please visit www.coffeenewswinnipeg for details

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"

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**

TMJ Pain! Sciatica Pain!

Are you suffering any kind of

PAIN?

I CAN HELP!

Dr. Guojian Huang (MD/PhD, China)
Pain Specialist

Call 204.775.2266

ANKANG ACUPUNCTURE HEALING CENTRE
www.acupuncturewinnipeg.ca
689 St. Mary's Road



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!



How Do You Recycle Your Coffee News®?

- ★ Make it into a paper airplane
- ★ Distribute to schools as a reading tool
- ★ Use as a packing material for gifts
- ★ Pass along to a senior who does not get out much
- ★ Use as a liner for a pet cage
- ★ Perfect for origami or crafts
- ★ Use as a placemat

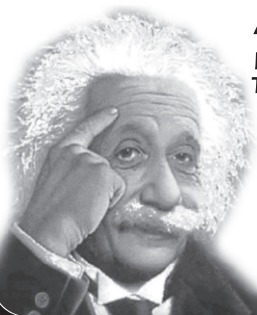


TEST YOUR MEMORY

After reading Coffee News®, put it aside for a moment. Then challenge yourself or a friend to remember as many ads as you can.

Your Score:

- Less than 6 – Keep trying
- 7-10 – Getting better
- 11-15 – Excellent
- 16 or more – Genius!



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

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

For available franchise opportunities – visit coffeenewscanada.com

© Published with Permission by Winnipeg Coffee News

Recipe of the month



Watermelon Steaks with Warm Pickled Shrimp

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

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

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

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

WINNIPEG BUSINESS OWNERS!
Connect with other businesses and customers

BizExchangeMall.com

"Your Local Business Mall"



REQUEST LISTING ONLINE: USE CODE BMX 001