

## This Space for Rent

# 204-510-6397



**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](http://www.getassist.com)

Download on the App Store | GET IT ON Google Play

**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

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](http://www.strattengatesrealestate.com)

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

*Licensed and Insured!  
Insurance Claims Welcome!*



**CITADEL EXTERIORS**

**YOUR COMPLETE MAINTENANCE SPECIALISTS**

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

- EAVESTROUGHS - CLADDING  
- SOFFIT - ROOFING  
- FASCIA - PAVING  
- SIDING - STUCCO  
- AND MUCH MORE!

BBB ACCREDITED

## 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)

## All Laundry Roads Lead To Loads!



**LOADS OF FUN LAUNDRY**

1443 Arlington St. **204.586.6209**

*We are a Métis owned and operated family business*

- ✓ Wash and Fold Service
- ✓ Pick Up/Delivery Service
- ✓ Child Play Area
- ✓ ATM On Site
- ...and much more!*



## 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**

**FREE!** *New Issue Every Week!*

# Coffee News<sup>®</sup>

*"News To Be Enjoyed Over Coffee"*

**Midtown Edition**  
**204-510-6397**



www.coffeenewswnipeg.com

Vol. 16 No. 37 September 13, 2021

## Everybody's Talking

**Paint the town:** On the Greek island of Chios, located in the Aegean Sea east of Athens, is the town of Pyrgi. This lively place has fewer than 1,200 inhabitants. What makes it special is that its buildings are painted with geometric designs and patterns, and they are all unique. A walk through the town's streets leaves visitors in awe at the grey and white checkerboard murals, blue and gold circles, and geometric flowers flowing out of vases. All are painted with bold strokes and are found on walls, archways, and doors. The nickname for Pyrgi is "painted village."

**Puzzle solved:** An English comedy writer decided to use extra time available during the COVID-19 pandemic of 2020 to take on a unique challenge: solve a literary puzzle by putting in order the pages of a novel called Cain's Jawbone. John Finnemore accomplished the task, and he is only the third person to do it since the puzzle was created in 1934. The puzzle has 100 cards, each one of which is one page of the murder-mystery novel. The pages must be arranged in the correct order. To solve the puzzle, Finnemore had to research such obscure topics as 1930s licensing laws in London and the history of prisons.

**Loud music:** It's lucky that Dee Gallant, who lives on Vancouver Island on the west coast of Canada, is a fan of the music of Metallica, the hard rock band. That's because she used it to scare off a cougar who was stalking her and her dog, Murphy, when they were out for their daily walk. The feline slowly approached Gallant and the dog. Disconcerted, Gallant tried to act big by waving her arms and yelling, but that didn't deter the wild animal. So she pulled out her cell phone and blasted Metallica's "Don't Tread on Me," a guitar-screaming, drum-battering song. The cat backed away and took off.

**Yummy treat:** The people of Spain and Latin America know about good street food. Those are places where delicious treats, known as churros, are sold by street vendors far and wide. No one will lose weight eating these long, crispy chunks of dough. They are made from yeast dough, covered with sugar, and deep fried. They can be eaten with coffee for breakfast, or some people like them for dessert. Churros from Seville, Spain, are known for their delicate lightness, while they might be made with dulce de leche in Mexico. In Uruguay, they are often filled with cheese.

## Quoteable Quotes

"On some preference esteem is based; to esteem everything is to esteem nothing."  
—Molière

"I will work in my own way, according to the light that is in me."  
—Lydia Maria Child

## What's Happening

**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!

**Yoga classes at Deer Lodge Community Centre** Gentle Yoga classes at Deer Lodge Community Centre, 323 Bruce E. begin September 13, 2021.

For more info email Doreen at: dwuckert@shaw.ca **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

**Witch Wizards Trade Show, Red River Ex Place 3799 Portage**

**Oct 2-3** Come on out and enjoy a weekend full of spooks and shops full of Halloween fun!

Silent Auction and 5050 Raffle in support of the Christmas Cheer Board Kids Corner Halloween Dress Up

Selfie Station Vendors Crafters \$2 Admission **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://coffeenewswnipeg.com/whats-happening>

## Trivia

1. What might "too many cooks spoil"?
2. What style of dancing was featured in the movie Saturday Night Fever?
3. What is a ramrod?
4. Brogues and kamiks are types of what?
5. Together, the right and left upper chambers of the heart are referred to as what?

*(Flip bottom of page for answers)*

## Trivia

1. What might "too many cooks spoil"?
2. What style of dancing was featured in the movie Saturday Night Fever?
3. What is a ramrod?
4. Brogues and kamiks are types of what?
5. Together, the right and left upper chambers of the heart are referred to as what?


© Published with Permission by Winnipeg Coffee News  
**(Over)**

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<sup>®</sup>

is Canada's choice for positive  
news from around the world!

**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**



## Looking Forward with Hope

**Scleroderma Manitoba Online Patient Support Group - Saturdays, 10:30 a.m. CDT**  
Sept. 25, 2021 | Nov. 20, 2021 | Jan. 22, 2022

Info at [sclerodermamanitoba.com](http://sclerodermamanitoba.com) **204.510.2855**

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

## Hip or Knee Surgery?

**Need Home Care Equipment?  
DON'T BUY - RENT!**

<b>BATH SEATS</b> \$20/ MONTH	<b>TRANSFER BENCHES</b> \$25/ MONTH	<b>TOILET SAFETY RAILS</b> \$15/ MONTH	<b>RAISED TOILET SEATS</b> \$15/ MONTH	<b>SKI WHEEL WALKER</b> \$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

## 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**

## 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



# 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

**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  
peterj48.wearelegalshield.ca Independent Associate

**TOTAL LEGAL AND IDENTITY THEFT PROTECTION**

## Get Coffee News® Online!

Delivered to your inbox weekly

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

**MANITOBA'S LARGEST YEAR-ROUND INDOOR MARKET!**

# MULVEY

## FLEA MARKET

EST. 2001

[www.mulveymarket.ca](http://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

- ODDLES 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

## Recipe of the month

### Watermelon Steaks with Warm Pickled Shrimp

1 cup apple cider vinegar  
½ cup plus 2 tablespoon extra-virgin olive oil, divided  
1 tablespoon plus ½ 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  
¼ cup fresh flat-leaf parsley leaves  
Lime wedges, for serving

Prep Time: 25 min. Yield: 4 servings

- Stir together vinegar, ½ cup olive oil, 1 tablespoon salt, and coriander seeds in a medium saucepan; bring to a boil over high heat; let stand 20 minutes, stirring once after 10 minutes.
- 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](http://www.foodandwine.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](http://www.sagehillstables.com)

# Your Weekly Horoscope

**ARIES**  
(March 21 - April 20)

Decisions made now could work out well. You may be objective in gathering information and might want to put extra energy into organizing your professional life. Lucky Numbers: 6, 14, 19, 29, 44, 47.

**TAURUS**  
(April 21 - May 21)

You may be able to get your message across to others via the written or spoken word. Effectively communicating your message may be your greatest strength. Lucky Numbers: 4, 16, 20, 27, 30, 43.

**GEMINI**  
(May 22 - June 21)

Sharing plans and ideas about the future with others may be very fruitful. You may visibly understand them, and you may be able to make yourself clearly understood. Lucky Numbers: 1, 5, 9, 11, 15, 29.

**CANCER**  
(June 22 - July 22)

You may pick up on others' interests and effectively share helpful advice. Your ability to communicate in a warm, understanding manner could be especially strong. Lucky Numbers: 5, 12, 17, 25, 32, 39.

**LEO**  
(July 23 - Aug. 23)

Most agreements or contracts signed now could work out very well for you, especially, if they are related directly to your personal life or homelife. Lucky Numbers: 4, 14, 23, 36, 42, 43.

**VIRGO**  
(Aug. 24 - Sept. 23)

You may feel more compassionate and in tune with the feelings of others. You might be more than willing to listen to others and empathize with their situations. Lucky Numbers: 4, 5, 22, 23, 31, 40.

**LIBRA**  
(Sept. 24 - Oct. 23)

You may need to change your routine in order to get a clearer picture. You might be able to broaden your horizons by seeking out those with more experience. Lucky Numbers: 2, 9, 34, 38, 41, 42.

**SCORPIO**  
(Oct. 24 - Nov. 22)

You may achieve a harmonious balance of endeavours through talking and listening. Any social activity you attend could benefit greatly by your support. Lucky Numbers: 15, 19, 26, 34, 35, 45.

**SAGITTARIUS**  
(Nov. 23 - Dec. 21)

Amorous feelings may flow freely between you and some new people in your life. Older friendships or partnerships also could be reinvigorated. Lucky Numbers: 8, 9, 11, 27, 33, 44.

**CAPRICORN**  
(Dec. 22 - Jan. 20)

You may want to be surrounded by harmonious people who could help your artistic efforts flourish. You could be moved to more openly express your affections. Lucky Numbers: 3, 5, 12, 14, 18, 19.

**AQUARIUS**  
(Jan. 21 - Feb. 19)

You may be all fired up about your ideas and be able to stir others into action. Group efforts of any kind might appeal to you and you could take greater initiative. Lucky Numbers: 9, 10, 17, 20, 27, 39.

**PISCES**  
(Feb. 20 - March 20)

A nonstop flow of communication may likely spark your interest. You may be able to engage in stimulating and informative discussions about your mental curiosity. Lucky Numbers: 13, 24, 28, 34, 37, 44.

Lucky numbers this week: This week's odds favour Gemini winners with the luckiest number being 5.

## Did You Know...

**Oscar youngster:** Shirley Temple was only six years old when she was the first actor to receive a 1935 Juvenile Academy Award in recognition of her 1934 contributions to screen entertainment.

**Car seat safety:** In 1933, the Bunny Bear Company produced a booster seat that elevated the children enough for parents to see what they were doing in the backseat. A child's car seat with significant safety features wasn't introduced until the 1960s.

**Self-hypnosis:** People who are interested in trying to be hypnotized don't necessarily need to be on a stage with a hypnotist. With time and practice, it is possible to "do it yourself" by training the mind to relax, creating changes in the unconscious mind.

**Popular meat:** In South Africa, grilling meat is popular, especially as a way to prepare T-bone steaks. This cut gets particular attention because Archbishop Desmond Tutu, in an effort to bring all South Africans together, pointed out that the steak resembles the shape of Africa itself.

**Car colours:** White cars make up 35 percent of the cars bought around the world. The colour is most popular in China, where half of all cars are white. Black cars rank second in global popularity and account for about 20 percent of cars in North America.

## On the Lighter Side

Acupuncture is a job well done. That's the point of it.

Teacher: "In English, a double negative forms a positive. In Russian, a double negative is still a negative. But in no language can a double positive form a negative."

Student: "Yeah, right."

What is the favourite music of Irish teenagers? Sham-rock.

Baby's motto: If at first you don't succeed, cry, cry again!

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

**Answers**

Trivia answers: 1. The broth 2. Disco 3. Implement for loading a firearm 4. Footwear 5. Atria

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

© Published with Permission by Winnipeg Coffee News

WINNIPEG BUSINESS OWNERS!  
Connect with other businesses and customers

# BizExchangeMall.com

"Your Local Business Mall"

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

## 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**

## 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**

## Because price matters

We offer everything you need for final arrangements in one convenient location, including funeral, cemetery and reception.

**Start your pre-arrangements now:**

- Single Niche for One Person from only \$46 monthly\*
- Cremation Lot for Two People from only \$49 monthly\*
- Companion Niche for Two People from only \$91 monthly\*
- Traditional Burial Plots for Two People from only \$114 monthly\*

\* Only applies to specific gardens/structures. 10% minimum deposit. 48 monthly payments. APR of 3.95%. No credit check. Limited time offer – please check with cemetery office for more details.

**Glen Eden Funeral Home & Cemetery**  
glenedenmemorial.ca  
204-809-8524

**Chapel Lawn Funeral Home & Cemetery**  
chapellawn.ca  
204-809-8517

**Glen Lawn Funeral Home & Cemetery**  
glenlawn.ca  
204-809-8534

**Arbor Memorial**  
Arbor Memorial Inc.

## 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](http://interfusionmedia.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](http://waterdirectplus.com)