

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

Rainbow Resource Centre's Over the Rainbow is for 2SLGBTQ+ folks aged 55+.
 Programming includes:
 • Coffee & Chats
 • Counselling
 • Art & Writing Classes
 • Health & Technology Workshops
 • Field Trips ...and so much more!
 Exclusive programming for 2SLGBTQ+ folks aged 75+
 For more information, call: 204-474-0212 ext. 255
 PLEASE TELL ANY FAMILY OR FRIENDS ABOUT THIS PROGRAM

Are you new to Canada or on a temporary work visa? Do you provide paid home care for seniors?
We want to talk with you!
 Conversations kept strictly confidential
 Participants will receive a \$40 gift card.
 Language interpretation is available.
 These conversations about work experiences are part of a Mount Saint Vincent University research project on immigrant home care workers who care for older people in Manitoba. Our goal is to better understand the unique experiences of immigrant workers and the kinds of care they provide older people during the COVID-19 pandemic. The results will help improve the working conditions of immigrant care workers and the quality of care of their older clients.
 To get involved, contact Mehmet Yavuz, Project Coordinator 204.815.4061 | Mehmet.Yavuz@msvu.ca
 Contact Lead Researcher, Mary Jean Hande, for more information. Mary.Jean.Hande@msvu.ca | tinyurl.com/y25xhoht

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

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
 Unit 3-236 Osborne St. (Confusion Corner)
 9-5 Monday - Friday

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

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

FREE! New Issue Every Week!
Coffee News
 "News To Be Enjoyed Over Coffee"
 Garden City Edition
204-510-6397
www.coffeenewswinnipeg.com

Vol. 16 No. 42 October 18, 2021

Everybody's Talking

Hungry owls: No one wants to use chemical pesticides to protect crops, and apple farmers in Japan don't have to. That's because a natural predator is available to help keep their orchards free of field voles. That predator is the Ural owl (*Strix uralensis*). These birds build nests in the hollows of trees near the orchards, and farmers even supply manmade structures to attract them. The night hunters do swift work of nabbing voles, which can do considerable damage to apple trees and cut into the profits of the farm.

Inked all over: Some people get a tattoo (or two) somewhere on their bodies, but Kerstin Tristan decided to get her whole body tattooed. The grandmother from Leipzig, Germany, started on her tattoo odyssey in 2015 when she got her first one. Now, her arms, legs, torso, hands, and feet are almost completely covered. The tattoos range from flowers to butterflies to women's faces to leopard spots to strings of pearls. Tristan has spent, so far, about 30,000 Euro on her body art, and she doesn't regret it. She intends to keep filling the blank spots with more tattoos.

Mural mandate: A mural on the side of a building in Warsaw, Poland, helps clear the air of pollutants. Located near a busy metro station, the mural is made of special photocatalytic paint that lures pollutants from the air. The pollutants are then changed into harmless particles, which are washed away when it rains. The mural features flowers with smiling faces, with the foliage wrapped around tall buildings. The project was part of the City Forests campaign. Several other cities around the world are part of the movement, including Bogotá, Columbia; Johannesburg, South Africa; and Melbourne, Australia.

Cat lady: A woman who lives in Muscat, Oman, is a true animal lover. In fact, she loves animals so much that her home has become a shelter for homeless cats and dogs. Maryam al-Balushi didn't always appreciate animals. Her affection for felines began in 2008 when her son brought home a Persian cat, which she grew to adore. She started taking pity on strays, and today she has nearly 500 cats and about a dozen dogs. It costs almost \$8,000 per month for food and vet care, which at first she paid herself, but now donors help her with the bills. She hopes everyone will understand that animals need to be treated with compassion.

Quoteable Quotes

"We heed no instincts but our own." —Jean de La Fontaine
 "Tell him to live by yes and no—yes to everything good, no to everything bad." —William James

What's Happening

Exploring Spiritual Mysteries on Dreams presented by Eckankar Discover tools for unfoldment, reassurances of departed loved ones, spiritual guides and the inner world of Light and Sound. 7PM. Visit <https://www.meetup.com/The-Winnipeg-Spiritual-Experiences-Group> or email beckmanitoba@gmail.com

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: dwickert@shaw.ca **Anavets Assiniboia Unit 283 at 3584 Portage Ave.**

204 837 6708 join us... Double vaxed - proof photo ID needed to enter - Masks worn when you are not seated. Bands Dancing with masks on Fri. 8 to 11 pm. Check our Website for monthly Band lists.

Meat Draws each Fri. nite at 6:30 - Sat. 3:00 pm. Bingo Mon. Wed Fridays. **How Past Lives and Karma Impact Your Life Today Presented by ECKANKAR** A Soul Adventure Discussion -Discover how to correct karmic patterns and avoid sowing unwanted seeds of karma in your life. 7 PM. For free registration see : <https://www.meetup.com/The-Winnipeg-Spiritual-Experiences-Group> or email beckmanitoba@gmail.com

NON profit organizations may submit events for FREE at <https://coffeenewswinnipeg.com/whats-happening>

Trivia

1. Which country produces the most tea in the world—China, India, or Sri Lanka?
2. One fathom is equal to 6 ft., 8 ft., or 12 ft.?
3. What is a chanterelle?
4. The Caladrius, the Phoenix, and the Roc are types of what?
5. What creates a phenomenon called a fogbow or white rainbow?

(Flip bottom of page for answers)
 © Published with Permission by Winnipeg Coffee News

KOBIS AUTO LTD.
 WINNIPEG FINANCE CENTER
 WWW.MYWINNIEPCARS.COM
 999 GUARANTEED APPROVAL
 • BAD CREDIT? NO PROBLEM
 • WE ARE THE BANK
 • GUARANTEED APPROVAL
 • AS LOW AS 9.99 DOWN PAYMENT
 • 0% TO 12 MONTHS O.A.C.
 • IN-HOUSE FINANCING
 • WIDE VARIETY
 1156 MAIN STREET 204-582-2800

ScooterCity
 Ueapa Winnipeg • Gio Winnipeg
 WWW.WINNIPEGSCOOTERCITY.COM
 NO LICENSE? NO PROBLEM!
 GOT A D.U.I.? NO PROBLEM!
 50CC SCOOTERS
 ONLY CLASS B DRIVERS LICENSE
 LOW INSURANCE RATE
 1156 MAIN STREET 204-582-2800

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

WIG IT Hair & Beauty
 300+ styles of wigs, hair extensions, toppers, etc.
 Shapewear: Waist Trainers, Posture Correctors, etc.
Save 25%
 In Store: by mentioning Coffee News
 Online: use code "COFFEE"
 Visit Us At Kildonan Place Mall www.needit.ca
 Call us 204-221-4405, 204-899-8283

This Space for Rent
204-510-6397

LegalShield LAWYER REFERRAL SERVICE
IDShield 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

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 FRONT LINE REALTOR
 "Gloria was excellent to work with...always available to answer any questions we had. Living in Alberta and trying to coordinate the sale of my mother's condo was not an easy undertaking. Gloria was there for every step of the process, keeping my sister and I in the loop. She was patient, compassionate, calm, and able to effectively communicate with my aging mother. It was because of her dedication and passion for helping and assisting seniors that we sold the property quickly and efficiently. Thank you, Gloria, for all your support, we were happy to have you on our team!" ~ Julie O.
Gloria Manlapaz REALTOR®
 Cell: 204.918.2139
 Office: 204.987.9800
 ggmanlapaz@outlook.com
 RE/MAX Executives Realty | 3-1919 Henderson Hwy, Winnipeg

Coast to Coast Sports
 A SUPER SPORTS NETWORK
Advocating for High School Athletes deprived of senior year due to Covid
 For details, visit <https://coasttocoastsports.net/>

Now Accepting New Patients!



MCGREGOR Dr. J. Lathiya
DENTAL CENTER

- Walk-ins Welcome
- We Accept All Insurances

204 586 9789
office@mcgregordental.ca
201-135 McGregor Street, Winnipeg

Nothing Better Than A Healthy Smile!

Serving the community for 25+ years

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

"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

QUIT SMOKING TODAY!!!

95% Success Rate!

LASER THERAPY can also help you with:

Drug & Alcohol Abuse ~ Stress/Depression
Weight Management ~ And Much More...

Ask about our Affordable Packages!

SMARTCHOICE LASER CENTRE
204-795-6300 WWW.SMARTCHOICELASER.COM

HILLIS INSURANCE AGENCIES LTD.

Serving Manitobans since 1964

Homeowners - Tenants - Commercial

1821 Main Street, Winnipeg, MB
R2V 2A2
Phone 338-7919 Fax 338-7630

autopac
A Manitoba Public Insurance product

MANITOBA'S LARGEST YEAR-ROUND INDOOR MARKET!

MULVEY FLEA MARKET
EST ★ 2001

www.mulveymarket.ca

- OODLES OF ODDITIES
- ROWS OF RARITIES
- CORNUCOPIA OF COLLECTIBLES
- EVERYTHING NEW AND USED
- LOTS TO SEE AND DO
- CANTEN

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

Visit us at 421 Mulvey Avenue E, Winnipeg

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!

interfusion MEDIA
204.505.1840 • **interfusionmedia.ca**

Your Weekly Horoscope

ARIES (March 21 - April 20)

Your concentration could be very strong. You might become so engrossed in your work that you may not be able to do anything else until you find the information that you seek. Lucky Numbers: 2, 7, 12, 18, 22, 34.



TAURUS (April 21 - May 21)

You may want to pursue the one person you desire. This could be exciting, as romance also might run high. Games or contests may provide you with an extra burst of energy. Lucky Numbers: 11, 18, 20, 25, 38, 45.



GEMINI (May 22 - June 21)

Your ability to keep yourself on track may enable you to reach out to new resources for solutions. Your past experiences could help you see past facades to find answers. Lucky Numbers: 5, 7, 9, 10, 40, 42.



CANCER (June 22 - July 22)

A new or renewed personal relationship may prove to be romantic and pleasing to you. You might want to look your best and behave in a friendly way. Lucky Numbers: 12, 15, 26, 31, 32, 45.



LEO (July 23 - Aug. 23)

You may attract what you need by allowing others to approach you. You might be more inclined to go along with situations than to forcefully try to make things happen. Lucky Numbers: 6, 16, 21, 26, 36, 41.



VIRGO (Aug. 24 - Sept. 23)

This may be a positive time, especially if you are involved in learning. Your appreciation for the warmth and assurance of a mentor could provide you with much pride. Lucky Numbers: 1, 5, 11, 13, 15, 21.



LIBRA (Sept. 24 - Oct. 23)

Trivial battles may be obstacles. You might need to stop pushing yourself so hard. Your personal need to be nurtured could help you understand the importance of family. Lucky Numbers: 5, 23, 24, 31, 41, 45.



SCORPIO (Oct. 24 - Nov. 22)

Some intense rivalry or personal conflict may take you by surprise. You might feel that you must stand up for your rights in the face of this opposition. Lucky Numbers: 8, 18, 28, 36, 39, 44.



SAGITTARIUS (Nov. 23 - Dec. 21)

Interesting connections may unlock new doors. You might want to edit a proposal or in some way adjust your way of communicating in order to come to a mutual agreement. Lucky Numbers: 17, 20, 24, 25, 27, 30.



CAPRICORN (Dec. 22 - Jan. 20)

You may need to talk about past experiences to understand the truth. Old resentments that you might have tried to conceal could resurface and cause you distress. Lucky Numbers: 13, 21, 26, 32, 41, 42.



AQUARIUS (Jan. 21 - Feb. 19)

Your ability to converse may attract the interest of people who matter. Do not allow pressure to push your goals out of focus. Think hard and fast, remembering all the facts. Lucky Numbers: 5, 15, 16, 17, 30, 47.



PISCES (Feb. 20 - March 20)

You may feel an urgency to eliminate negative influences. You might need to show your reliability and your willingness to perform your duties and obligations. Lucky Numbers: 16, 19, 23, 26, 33, 46.



Lucky numbers this week: This week's odds favour Pisces winners with the luckiest number being 4.

Did You Know...

Famous relative: The famous F. Scott Fitzgerald was named after his distant relative, who may be even more famous. Francis Scott Key wrote the words to "The Star-Spangled Banner," America's national anthem.

Landlocked: The Lao People's Democratic Republic, known as Laos, is landlocked and shares borders with China, Vietnam, Cambodia, Thailand, and Burma (Myanmar). The capital of Laos is Vientiane, and the country's official language is Lao.

Cold lovers: Yakutian horses live in Yakutia (Sakha) Republic, in the Siberian region of Russia, where temperatures in the winter can dip to -70°C (-94°F). These small horses are heavy for their size because they have a layer of fat, as well as a thick mane, to keep them warm.

Unique design: For a unique, personalized cooking and eating space, people may choose to have a "bespoke" kitchen. That means that the area is custom designed for the owner's exact preferences.

Runny nose: Having a runny nose is a common consequence of eating spicy foods. That's because the chili peppers in spicy dishes contain the chemical capsaicin, which is a natural decongestant.

On the Lighter Side

Why did the chicken cross the playground? To get to the other slide.

A three-year-old had received a severe sunburn that reached the peeling stage. His mother heard him saying to himself as he was washing up for dinner, "Only three years old, and wearing out already."

Three men were in a boat. It capsized, but only two got their hair wet. Why? One was bald.

Dentist: "You need a crown."

Patient: "Finally, someone who understands me!"

Did you hear about the umbrella salesman who saved his money for a sunny day?

Answers

Trivia answers: 1. China 2. 6 ft. 3. Type of mushroom 4. Mythical birds 5. Light retracted in fog

For available franchise opportunities - visit coffeenewscanada.com

© Published with Permission by Winnipeg Coffee News

From Port Alberni, B.C. to St. John's, Newfoundland

Served in

1 5 7 9 &

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!



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

WINNIPEG BUSINESS OWNERS!

Connect with other businesses and customers

BizExchangeMall.com

"Your Local Business Mall"



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

Get Coffee News® Online!

Delivered to your inbox weekly



Please visit www.coffeenewswinnipeg for details

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.

Recipe of the month

Pumpkin Spice Cupcakes

2 cups sugar
1 can (15 ounces) pumpkin
4 large eggs, room temperature
1 cup canola oil
2 cups all-purpose flour
2 teaspoons baking powder
2 teaspoons ground cinnamon
1 teaspoon baking soda
1/2 teaspoon salt

1/2 teaspoon ground ginger
1/4 teaspoon ground cloves
1 cup raisins

Cream Cheese Frosting:
1/3 cup butter, softened
3 ounces cream cheese, softened
1 teaspoon vanilla extract
2 cups confectioners' sugar
1/2 cup chopped walnuts, toasted

Prep Time: 30 min. Bake: 30 min + cooling Yield: 2 dozen

- Preheat oven to 350°. Beat sugar, pumpkin, eggs and oil until well blended. In another bowl, whisk next seven ingredients; gradually beat into pumpkin mixture. Stir in raisins.
- Fill each of 24 paper-lined muffin cups with 1/4 cup plus 1 teaspoon batter. Bake until a toothpick inserted in centre comes out clean, 28-32 minutes. Cool 10 minutes before removing from pans to wire racks to cool completely.
- For frosting, beat butter and cream cheese until smooth. Beat in vanilla. Gradually add confectioners' sugar. Frost cupcakes; sprinkle with walnuts. Refrigerate.

Source: www.tasteofhome.com

