

FREE!

New Issue Every Week!

Coffee News®

"News To Be Enjoyed Over Coffee"

Midtown Edition

204-510-6397



www.coffeenewswinnipeg.com

Vol. 16 No. 49 December 6, 2021

Everybody's Talking

Staying fresh: Imagine buying grapes at the grocery store and being able to keep them fresh for several months. Farmers in Afghanistan employ an age-old method to do just that. It's called gangina, a technique that involves using two layers of wet soil as a container for the fruit. The soil, which is formed into the shape of a saucer, is dried in the sun, and the grapes are sealed inside. The airtight saucer is then stored in a cool place, sometimes even underground. The fresh grapes placed inside the container must not be spoiled, squashed, or broken, or the rest of the healthy grapes will spoil as well.

Tiny fruit: Coconuts, those large balls with the brown shells and the white milk and meat hidden inside, bring thoughts of warm climes and interesting cuisine. But big, familiar coconuts aren't the only variety available. A relative of the coconut is the coquito. This marble-sized fruit is also called pigmy coconut or dwarf coconut, and grows on Jubaea chilensis palm trees that are common in Chile. Unlike the fruit, these trees are huge and can live for many decades. The tiny fruit looks and tastes like its bigger counterpart, but doesn't have milk inside the shell. A coquito can be used in a variety of dishes, including desserts, snacks, and drinks.

Wild chickens: There are feral cats and there are feral dogs, but feral chickens? On the Hawaiian island of Kauai (U.S.), these wild birds do, indeed, exist. They can be found everywhere, from the beach to the street to parking lots, which is an odd sight for visitors who are accustomed to seeing chickens in chicken coops. According to the locals, these free-roaming chickens and roosters came into existence after two hurricanes in the 1980s and 1990s wrecked the coops. The homeless domestic birds then mated with other wild fowl already on the island, leading to a poultry population boom.

Water tower home: Lots of people make homes out of abandoned buildings, such as old churches or schoolhouses. But a pair of cousins from Nieuw-Lekkerland, Zuid-Holland, Netherlands, made a unique transformation. They turned an unused water tower into a home. The cousins are Sven and Lennart de Jong, who lived near the tower as children. When the tower came on the real estate market, they bought it, then spent 10 years making it into beautiful living quarters with their own hands. In the middle of the renovation, they both met and married their spouses, both of whom loved the idea. Now, the two couples and their children each have their own living spaces in their distinctive home.

Quoteable Quotes

"Common sense is not so common." —Voltaire
 "The whole secret of the study of nature lies in learning how to use one's eyes." —George Sand

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!

Anavets Assiniboia Unit 283 at 3584 Portage Ave. 204-837-6708 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. night at 6:30 - Sat. 3:00 pm. Bingo Mon. Wed Fridays.

Santa for Seniors Please Support! Its easy to brighten an isolated or low-income seniors holiday by donating a gift through the Be a Santa to a Senior gift giving program at www.beasantatoasenior.com or call 204.953.3720

A CHRISTMAS TO REMEMBER Recapture the Christmas Spirit with the barbershop harmonies of the River City Sound Chorus. Prairie Spirit United Church 207 Thompson Drive at 2:30 and 7:00PM. Call FERRYL 204 257 0781 for tickets. Must be fully vaccinated.

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

Trivia

1. Honus Wagner was a famous basketball, soccer, or baseball star?
2. Jellyfish are 95% water—T/F?
3. Grape Nuts cereal was created by Charles Post in 1897, 1920, or 1950?
4. What is a sailor's emergency signal?
5. Orange is the combination of what two colours?

(Flip bottom of page for answers)

© Published with Permission by Winnipeg Coffee News

(Over)

MPI APPROVED
TIRE FINANCING CENTER



OK TIRE TRANSCONA
204.668.8171 | transcona@oktire.com
1600 Regent Avenue West at Lagimodiere

OK TIRE
Service, Repair and Tires.

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

VIRTUAL AND
IN-PERSON



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 animalhosopofmb.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
Nutrition Consulting DAYNA WEITEN, RD

204.771.7518 / www.foodforyou.ca

DIETITIAN
SERVICES
ARE COVERED
BY MANY
INSURANCE
PLANS

HEIGHTS
OUTDOORS

2281 Portage Avenue, Winnipeg
204.832.4421 | www.heightsoutdoors.com



PRE-WINTER
**Walker
Sales Event!**

- ✓ Assorted Models and Sizes
- ✓ Starting at \$50

COME
EARLY FOR BEST
SELECTION!

LIVING MADE EASY
HOME HEALTH CARE PRODUCTS • NEW & USED
665 ARCHIBALD ST. • 231-1746

**Bob's
TRANSMISSIONS**
"Building Relationships
One Transmission at a Time"

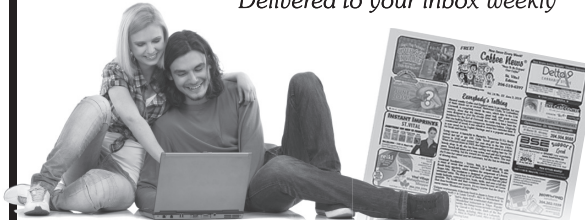
Automatic
Transmission
Repairs and
Maintenance Services
...from the Experts
Who Have Been
Serving Winnipeg
Since 1974!

700 PEMBINA HWY.

204.475.5590
www.bobstransmissions.mb.ca

Get Coffee News® Online!

Delivered to your inbox weekly



Please visit www.coffeenewswinnipeg.com for details

This Paper is Gluten Free :)

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

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

**This
Space for Rent**
204-510-6397

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/>

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

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



**BOOK
NOW!**

CLEANR
PROPERTY MAINTENANCE

Residential and Commercial Snow Clearing
Snow Hauling • Parking Lot Sanding

204.960.0246 | www.gocleanr.com

SPOTS
ARE
LIMITED!

"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

WINNIPEG BUSINESS OWNERS!
 Connect with other businesses and customers

BizExchangeMall.com
 "Your Local Business Mall"

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

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

To equal the visibility of an ad in **Coffee News®**, advertisers would need an ad **21 Times** that size in their local newspaper

Discover the **Coffee News®** Advantage!

Recipe of the month

Chocolate Covered Strawberry Christmas Trees

12 ounces dark green candy melts
 1 pound of strawberries, stems removed
 24 Oreo cookies
 white icing
 sprinkles
 candy stars

Icing:
 2 1/2 cups powdered sugar
 3 tablespoons heavy cream
 Add water by the teaspoon and whisk until the desired consistency is reached. You want it to be thick like toothpaste.

Prep Time: 15 min. Cook Time: 10 min. Yield: 24

- Set a heat proof bowl over a small pot of simmering water on the stovetop (double boiler). Slowly melt the candy melts in the bowl, stirring occasionally. Do not allow moisture to come in contact with the candy.
- Spoon or pipe a small amount of icing onto the top of each Oreo. This will adhere the strawberry to the cookie base.
- Once candy melts are fully melted, turn the heat to low while you dip the strawberries using a toothpick inserted into the cut end.
- Shake off excess candy coating gently. Using a second toothpick inserted into the pointed end of the dipped strawberry, carefully place the strawberry on top of the icing on the Oreo.
- Decorate with sprinkles and a candy star while the candy coating is still wet. It will usually dry in about 10 minutes.

Source: <https://lovelylittlekitchen.com>

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!

Your Weekly Horoscope

ARIES (March 21 - April 20)
 You may have a strong drive to take a big risk to go after what you desire. It may be better to develop a strategy rather than making an impulsive move. Lucky numbers: 3, 29, 30, 43, 45, 46.

LIBRA (Sept. 24 - Oct. 23)
 You may be experiencing a calm, smooth environment right now. If so, you may want to take this opportunity to expand outside of your comfort zone to do something different. Lucky numbers: 3, 6, 7, 19, 22, 27.

TAURUS (April 21 - May 21)
 You may feel stymied in your efforts right now. Have a discussion with those you trust on where an adjustment in your plans could give you a better result. Lucky numbers: 8, 10, 15, 22, 25, 27.

SCORPIO (Oct. 24 - Nov. 22)
 Your plans may not be manifesting as you hoped. If so, be careful of getting angry, which may only make matters worse. Better to wait and reassess the situation. Lucky numbers: 2, 14, 18, 19, 35, 42.

GEMINI (May 22 - June 21)
 Your usual ability to readily pick up information from your environment may be on the friz right now. If so, you will need discernment in your judgment of upcoming situations. Lucky numbers: 4, 9, 23, 24, 37, 45.

SAGITTARIUS (Nov. 23 - Dec. 21)
 This time holds a potential for achieving your deeply felt hopes and wishes. To do so, let go of any old karmic patterns and beliefs that are holding you back. Lucky numbers: 4, 7, 18, 23, 31, 43.

CANCER (June 22 - July 22)
 You may be currently focused on how best to keep the home fires burning smoothly. Think through where your viewpoint may need to be changed to achieve this outcome. Lucky numbers: 1, 2, 6, 10, 40, 45.

CAPRICORN (Dec. 22 - Jan. 20)
 A focus on your relationships may be ongoing. If so, be aware of your emotions and feelings. How are they influencing your interactions with others? What changes need to be made? Lucky numbers: 1, 10, 14, 35, 36, 46.

LEO (July 23 - Aug. 23)
 You may easily communicate your ideas to others. However, don't self-identify so strongly with those ideas that you end up arguing with others. Listen to their viewpoints as well. Lucky numbers: 16, 18, 21, 23, 25, 35.

AQUARIUS (Jan. 21 - Feb. 19)
 Your focus may be on how to improve the lives of others. If so, you may need to wait a bit before the conflicting elements of your plan come together. Lucky numbers: 2, 6, 11, 14, 18, 48.

VIRGO (Aug. 24 - Sept. 23)
 You may be uncertain about what you want in a situation. If so, decide what next step is best in alignment with your heart's desire, and the uncertainty should recede. Lucky numbers: 6, 17, 20, 23, 38, 46.

PISCES (Feb. 20 - March 20)
 Your energy level may be low, leaving you feeling tired. If so, think of where you can reduce your commitments so that you can lower stress and get more rest. Lucky numbers: 3, 5, 7, 25, 36, 48.

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

Did You Know...

Rock star: British rock star Rod Stewart was born in London, England, in 1945. He was involved in several bands during his youth, including the Jeff Beck Group and The Faces, before becoming a solo artist with such singles as "Maggie May" and "Tonight's the Night."

Ouchy elbow: Tennis elbow, or lateral epicondylitis, means the forearm muscles are being overused, causing damage and pain in the tendons. The condition is caused by repetitive motions, such as painting, repeatedly using a tool and, yes, playing tennis.

Lovely linen: Many people may wonder where the linen fabric in their sheets, suits, and napkins originates. This fabric comes from the flax plant. Its fibres are woven to make a durable, moisture-resistant material.

Migrating mammals: Another name for the wildebeest is the gnu. These hooved mammals live in the open plains of Africa, such as the Serengeti. They eat grasses and seasonally migrate to find food.

Tough game: While most people are familiar with 5-pin and 10-pin bowling, there is also a game called candlepin bowling. The pins in this game are tall and slender and are frustratingly hard to knock over with the small bowling balls used in the game.

On the Lighter Side

What do you get if you cross an octopus with a piece of furniture? An arm, arm, arm, arm, arm, arm, arm, armchair.

Why did Dracula run out of the garden? He saw sunflowers coming up.

Instructor: What is the most common reason for dry skin? Medical student: Towels.

Knock! Knock! Who's there? Hiatus. Hiatus who? Hiatus lunch and now the school bully is after me.

Where did the smart cat go to school? Purr-due.

Answers

Trivia answers: 1. Baseball star 2. True 3. 1897 4. SOS 5. Red and yellow

For available franchise opportunities - visit coffeenewscanada.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

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
 chapelawn.ca
 204-809-8517

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

Arbor Memorial
 Arbor Memorial Inc.

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

Home & Office Bottled **WATER DELIVERY**

ORDER 3 BOTTLES, GET A 4TH FREE!*

* FIRST ORDER ONLY

CALL 204.284.1704 Use promo code "Coffeenews"

WaterDirectPLUS
 More than just water!
waterdirectplus.com

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

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