





SAGEHILL STABLES

Horseback Riding Lessons & Birthday Parties

- · Beginners welcome!
- Equine Assisted Learning Life Skills Programs Develop skills to combat anxiety, bullying and addiction



ınøgen FREEDOM. TO BE YOU

If you think oxygen therapy means slowing down, it's time for a welcome breath of fresh air.

1-844-569-0257

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



EST # 2001 www.mulveymarket.ca

Visit us at 421 Mulvey Avenue E.

OUTSOURCE YOUR SEARCH FOR LOVE

THE OFFLINE **DATING SOLUTION**

Manitoba's only Matchmaker

CAMELOT 204-257-LOVE (5683) introductions Camelotintroductions.com



Coast to Coast Sports

A SUPER SPORTS NETWORK

Advocating for High School Athletes deprived of senior vear due to Covid

For details, visit https://coasttocoastsports.net/ FREE! New Issue Every Week!



"News To Be Enjoyed Over Coffee"

Charleswood -**Tuxedo Edition** 204-510-6397

www.coffeenewswinnipeg.com

Vol. 17 No. 4 January 24, 2022

Everybody's Talking

Underground garden: People living in London, England, during World War II were well aware of the city's need for underground bunkers where people could escape air raids. Today, one of these bunkers has found a new purpose. It has become a subterranean farm known as Growing Underground. Located 33 metres (108 feet) under Clapham High Street in the southwest part of London, the concept was the brainchild of co-founder Richard Ballard. The underground garden has no natural light, of course, so LED lights provide nourishment for the hydroponically grown plants, which include radishes, pea shoots, fennel, coriander, and more.

Hiding place: A car thief from the province of Alberta, Canada, didn't cover up his tracks very well, and that led to his capture. Police received word that a Jeep had been stolen from the town of Olds, about 89 kilometres (55 miles) north of Calgary. Someone also reported a vehicle in a ditch on a nearby rural road, which turned out to be the Jeep. Upon taking a closer look, police found a pretty clear clue about where the thief had gone: footprints in the snow. The officers followed by foot, and soon discovered, under a pile of hay in a barn, a young man whom they charged with the offense.

The black violin: Violinists all over the world appreciate the sound of a Stradivarius violin, made by Antonio Stradivari in the 17th and 18th centuries. A replica of one of these instruments, made in 1992 and named Blackbird (after the common bird), was created by Swedish sculptor Lars Widenfalk. The artist made the creation out of a piece of diabase, a dark-coloured, igneous rock. While using his chiseling tools, he had noticed the lovely sound the stone made, and decided to try making an instrument. Widenfalk used black ebony for a few pieces, such as the fingerboard and chin rest. Many musicians have played Blackbird over the years.

Keeping time: Budapest, Hungary, is home to a unique installment called the Timewheel, which was unveiled in 2004 to honour the country's entrance into the European Union. The Timewheel is an enormous hourglass in which small pieces of glass, rather than sand, trickle from the top v-shaped reservoir to the bottom one. A computerized system assists with the release of the glass, which takes an entire year to drop from top to bottom. Every year on December 31, the Timewheel must be manually rotated 180 degrees, with the help of a four-person team using steel cables. Then the glass begins keeping time for the next year.

Quoteable Quotes

"To teach is to learn twice." -Joseph Joubert "We should all be concerned about the future because we will have to spend the rest of our lives there." -Charles Franklin Kettering

What's Happening

Make a Great Save! Free Stereo E-Waste Collection Days Old or new, working or not, recycle your Stereo stuff with SAVINGAUDIORECYCLING.CA, We fix up radios, speakers, amplifiers, record cd players etc., then give it to local not-for-profit organizations! Free pu drop-off. Visit our website for details.

21st Annual Ironman Outdoor Curling Bonspiel This family FUN-raiser event in support of the Heart Stroke Foundation and HOPE worldwide Canada takes place February 4-6, 2022. To participate, register your team max of 64 by January 30, 2022 at IronmanCurling.com or call 204-831-8816 for more info.

Keys to Unlock the Treasures of Your Inner Worlds Discover how to become more aware of your inner sacred worlds to benefit in everyday living. Thurs. Jan.27 at 7PM.

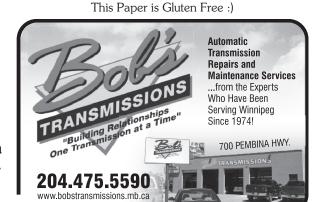
For Zoom link and registration see https://www.meetup.comThe-Winnipeg-Spiritual-Experiences-Group or email beckmanitoba@ gmail.com.21st Annual Ironman Outdoor Curling Bonspiel **Feb 4-6** This family FUN-raiser event in support of the Heart Stroke Foundation and HOPE worldwide Canada takes place February 4-6, 2022. register your team max of 64 by January 30, 2022 at IronmanCurling.com or call 204-831-8816 for more info.

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

Trivia

- 1. In the human body, what gland controls body temperature?
- 2. What is myopia?
- 3. Who wrote The Comedy of Errors and The Tempest?
- 4. Edam cheese has its origins in what country?
- 5. The average eagle's nest is 4-5 ft. in diameter and how many feet

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



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

WE'RE HIRING!

Salford Group Inc., a global leader in manufacturing of farming equipment, is currently looking for employees to work at our Elie, MB location.

Welders · Metal Fabricators Assemblers • Warehouse **General Labour** Day Shift and Evening Shift available

Interested? Send your résumé to mbjobs@salfordgroup.com or drop off at 70 Main St. East Elie MB or call 204.353.2789 ext. 3246



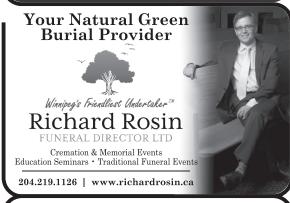




- Website Development
- Google Ads
- Facebook Advertising · Social Media Management
- SEO & Content Marketing

Reporting & Analytics

780.760.6922 Frontline| frontlineconsulting.ca







Participants are Needed for a Wellness Study

Adults 18+

Contact us to determine if you are eligible to participate:

Phone: 431-478-0983 Email: info@sniclinic.com

An honorarium will be provided.





40 Years Experience



204-989-5000 An Experience Worth Repeating

uyer Agency" "Vendor Agency "Real Estate Services"

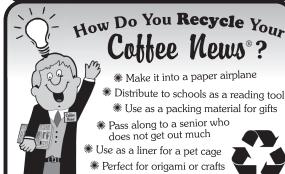
ROYAL LEPAGE



Ask about our Affordable Packages!

can also help you with: Drug & Alcohol Abuse ~ Stress/Depression

Weight Management ~ And Much More... SMARTCHOICE LASER CENTRE 204-795-6300 WWW.SMARTCHOICELASER.COM



***** Use as a placemat GET LEADS + RUN YOUR BUSINESS ALL ON ONE APPL



GetAssist www.getassist.com

Let's remember and appreciate our favourite companies we rely on! Whether you're shopping locally or requesting a local service through the GetAssist app, we've got your back!



App Store

204.410.0461 Winnipeg GetAssist Network Centre - 3-236 Osborne St.

Support Canada and Canadian workers! Check our superior

BSTsecurity quality **BST Surveillance products**

When Quality and Reliability Are Required



204-414-2590

Camera@ClearlyInSightIP.com | ClearlyInSightIP.com

GRAND ALASKAN CRUISE & TOUR





888-618-1836 promo code N7017

* Prices are per person based on double occupancy plus \$299 in taxes & fees. Single supplement and seasonal surcharges may apply. Add-on airfare available. Onboard Credit requires purchase of Ocean View or Balcony Cabin. Offers apply to new bookings only, made by 3/31/22. Other terms & conditions may apply. Ask your Travel Consultant for details.

WINNIPEG BUSINESS OWNERS! Connect with other businesses and customers



Your Weekly Horoscope

(March 21 - April 20)



Perhaps you have been in a period of doubt and uncertainty, rooted in past negative experiences. This week may provide positive energy so that

you can progress in your present efforts. Lucky numbers: 1, 5, 12, 14, 21, 30.

TAURUS (April 21 - May 21)



You may gain insight about your life lessons and how to address them. These lessons may involve a change in your beliefs or actions regarding nur-

turing and/or parenthood. Lucky numbers: 6, 9, 16, 33, 38, 39.

GEMINI (May 22 - June 21)



This week you may likely feel grounded, stable, and optimistic. There is the potential to use good judgment in building a solid foundation for future progress toward your life goals. Lucky numbers: 3, 18, 27, 37, 42, 48.

CANCER

(June 22 - July 22)



You may be experiencing a transformation that shakes up your beliefs about what is important. If so, you can find clues about your next steps by

examining what you value passionately. Lucky numbers: 5, 13, 14, 21, 30, 35. **LEO**

(July 23 - Aug. 23)



At the start of the week, you may experience communication difficulties that tempt you to engage aggressively with others. To avoid problems or

restrictions, wait a week before you act. Lucky numbers: 8, 13, 18, 37, 42, 45.

VIRGO

(Aug. 24 - Sept. 23)



There is the potential to achieve much toward your goals now. You are likely feeling confident and energetic, but just be careful not to push your-

self past your limits. Lucky numbers: 2,

(Sept. 24 - Oct. 23)



Your feelings and emotions may provide the drive you need now to achieve your heart's desire. Just don't let the residue of an old wound get in the way. Lucky numbers: 17, 21, 35,

37. 41. 43. **SCORPIO** (Oct. 24 - Nov. 22)



At this time, there is an opportunity for a balance between your mind and your emotions. This could allow a positive change in your physical and mental

health. Lucky numbers: 4, 12, 25, 28,

SAGITTARIUS (Nov. 23 - Dec. 21)



You may have recently experienced greater energy and unusual vitality. If so, that period has peaked. Honour the quiet of Winter,

and Spring can bring a return to greater vitality. Lucky numbers: 11, 21, 27, 32, 36, 45.

CAPRICORN (Dec. 22 - Jan. 20)

One or more relationships may be at a stalemate. If so, the near future can bring a breakthrough for any female partner. However, communication diffi-

culties may continue for a while longer Lucky numbers: 13, 28, 31, 33, 40, 47. **AQUARIUS**

(Jan. 21 - Feb. 19)



You are likely entering a period of sudden and unexpected change. While it may be disconcerting, this change could provide

an opportunity for you to find out who you truly are. Lucky numbers: 14, 21, 38, 41, 42, 47.

PISCES

(Feb. 20 - March 20)



At the beginning of the week, your thoughts and emotions are likely to be out of balance. It is important to make an adjustment in your view of a

stressful situation. Lucky numbers: 7, 9, 26, 31, 34, 44.

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

Did You Know..

Smelly fish: Visitors to Sweden can buy a can of *surströmming*, which is sea herring caught in the Baltic Sea. While Swedes say it tastes better than it smells, its odor is so pungent that people often eat it outside.

Visitor from afar: On August 6, 2012, the planet Mars received a visitor from Earth: a robotic vehicle called Curiosity. Sent to gather information about Mars, Curiosity was launched from Cape Canaveral, Florida (U.S.), on November 26, 2011. Film buffs: The official name of the Cannes Film Festival is

Festival de Cannes. It originated in 1946 as an alternative to the Venice Film Festival, which had promoted fascism and the Nazi agenda.

Rock on: Canadian rock and folk musician Neil Young grew up in the western Canadian city of Winnipeg. In his early years, he played with the bands Buffalo Springfield and Crosby, Stills, Nash & Young.

Women's issues: Godey's Lady's Book was an American magazine published between 1830 and 1898. Started by Louis A. Godey, the successful magazine benefitted and

On the Lighter Side

Flora: "How did you manage to graduate from Clown College?" Dora: "The professors always laughed at my exam answers."

Knock! Knock! Who's there? Thumping. Thumping who? Thumping green and thlimy is crawling up your leg.

What did the alien put on his toast? Mars-malade.

What's black and white with splashes of red? Two skunks having a tomato fight.

Last night I saw a movie with a happy ending. Everybody was glad it was over!

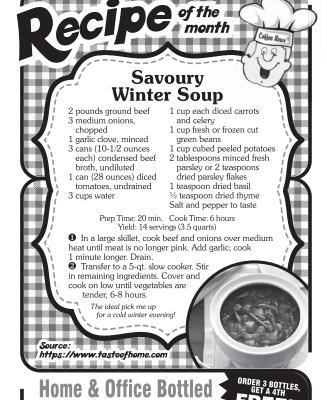
Auswers

3. William Shakespeare 4. The Netherlands 5. 2-4 ft. Trivia answers: 1. Hypothalamus 2. Nearsightedness

For available franchise opportunities - visit coffeenewscanada.com

© Published with Permission by Winnipeg Coffee News







CALL 204.284.1704 Use promo code "Coffeenews"



services Supportive counselling, advocacy and links to community resources

Familiarizing newcomers to Canadian life and culture Information on

Immigrant immigration forms Centre 100 Adelaide St., Winnipeg

204.943.9158

icmanitoba.com



Please visit www.coffeenewswinnipeg for details

Paid for by Advertising