

## Get More Traffic, Leads & Sales



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


**Frontline** web consulting  
780.760.6922  
frontlineconsulting.ca

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

# Coffee News®

"News To Be Enjoyed Over Coffee"

**St. Vital Edition**  
**204-510-6397**



www.coffeenewsinnipeg.com Est. 1988

## This Space for Rent

# 204-510-6397

**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.

## QUIT SMOKING TODAY!!!

**95% Success Rate!**

### LASER THERAPY

can also help you with:

Ask about our **Affordable Packages!**

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

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

## Your Natural Green Burial Provider



Winnipeg's Friendliest Undertaker™

**Richard Rosin**  
FUNERAL DIRECTOR LTD

Cremation & Memorial Events  
Education Seminars • Traditional Funeral Events

204.219.1126 | www.richardrosin.ca

## OUTSOURCE YOUR SEARCH FOR LOVE

THE OFFLINE DATING SOLUTION

Manitoba's only Matchmaker  
Turning singles into couples for 28 years

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




**Bullwhip LOGISTICS**

- Local Delivery Promo: **\$5 Fridays**
- Scalable Shipping Support for Small Business
- Warehousing & Distribution
- DIY <-> Fully Managed

**204-202-5148**  
bullwhiplogistics.ca/distro

**Just make it easy!**

## 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

**GUARANTEED RESULTS!**

INSTALLATION | RENOVATION | SERVICE

**PLUMBING AIR CONDITIONING FURNACES**



## BROOKMAN BOILERS & PIPING

RESIDENTIAL COMMERCIAL & INDUSTRIAL

Call 204.697.9781 or visit [brookmanboilers.com](http://brookmanboilers.com)

Vol. 17 No. 7 February 14, 2022

## Everybody's Talking

**Hard to eat:** Sushi can be a colourful and mouth-watering menu item, but anyone who comes across sushi made by a Japanese man named Hama had better watch out. His sushi is made out of stone! Hama got his training at the Joshibi University of Art and Design in Kanagawa, Japan, and his art has attracted quite a bit of interest. The path he took to making these pieces was accidental. He noticed that a piece of red granite resembled a chunk of tuna. After that, he started searching for stones that he could combine in artful ways to appear like various bites of sushi. He uses fine tools and buffing material to create the pieces.

**Dog's life:** A German countess named Karlotta Leibenstein once had a pet German Shepherd named Gunther III. When the countess passed away in 1991, she left her vast wealth to her beloved pet. Fast forward a few decades, and one of Gunther III's descendants is now the recipient of the deceased countess's growing portfolio. The canine Gunther is CEO of the Gunther Corporation, whose (human) staff manage the fortune, which is worth over \$1 million (USD) today! Gunther lives in a mansion in Miami, Florida (U.S.), and is well cared for by a maid and butler. It's a dog's life for this canine!

**Swan song:** When Recep Mirzan rescued an injured swan in a field back in 1984, the Turkish man had no idea he'd made a lifelong friend. Mirzan did not want to leave the swan to fend for herself, so he took her home, deciding he would tend to the swan's broken wing. Almost 40 years later, the female bird, which he named Garip, is still living on Mirzan's farm in the Karaagac region of the country. She has her own coop for her nightly sleep, and during the day she follows her rescuer around as he does his chores. Garip has lived a very long time for a swan, probably because she is living in a protected environment rather than in the wild.

**Sleeping beauty?** People stream lots of things on the internet these days, such as movies, biographies, games, education sessions, and meetings, to name only a few. But streaming yourself sleeping? Seems a little odd to imagine that anyone would be interested. But Wang Yiming, a former member of a Taiwanese Chinese-Malaysian pop group, did just that, and she got a lot of hits. She often streams herself playing video games and participating in online chats, and she has a following. So her fans may not have found it unusual to tune in and see her sleeping. Perhaps they thought she'd wake up and talk to them. Her prank ended up attracting thousands of viewers and generating \$3,000 USD in donations.

## Quoteable Quotes

"Learning without thought is labour lost; thought without learning is perilous."  
-Confucius

"The responsibility of the great states is to serve and not to dominate the world."  
-Harry S. Truman

## What's Happening

**Giving - The Secret to Receiving: An Eckankar Sound and Light Service** Join us online to discover the sacred reverence found in the two essential aspects of the Divine. Feb.27 at 10AM. For Zoom link visit <https://www.meetup.com/The-Winnipeg-Spiritual-Experiences-Group> or email [beckmanitoba@gmail.com](mailto:beckmanitoba@gmail.com) or call 1-800-225-8819

**Transcona Collegiate Murdoch MacKay Collegiate 50th Reunion 2022** TCI MMCI Grads from 1971 to 1974 are invited to join the class of '72 as they celebrate their 50th graduation anniversary. May 14, 2022

Contact : [2022TCI.MMCI.REUNION@GMAIL.COM](mailto:2022TCI.MMCI.REUNION@GMAIL.COM) for information and registration. **Spiritual Wisdom on Inner Guidance A FREE 3-part online Eckankar Event** Discover techniques that help enhance your awareness and receive spiritual guidance. Thurs. Feb.10, 17, and 24 at 7PM. For registration and Zoom link visit: <https://www.meetup.com/The-Winnipeg-Spiritual-Experiences-Group> or email [beckmanitoba@gmail.com](mailto:beckmanitoba@gmail.com)

**Karaoke with a Live Band Anavets Assiniboia Unit 283** 3584 Portage Ave. 204 837-6708 March 19th at 5:00 pm

following the Saturday Meat Draw. Our doors are still open and all Health Rules are in place for your safety. Bingo and Meat Draws are going on as per usual. Bring a friend! **NON profit organizations may submit events for FREE** at <https://coffeenewsinnipeg.com/whats-happening>

## Trivia

1. What are Malbec and Shiraz?
2. How many days hath September, April, June, and November?
3. When was the Panama Canal completed?
4. Do male mosquitoes bite humans? Y/N
5. What is mycology?

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

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

## 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.

**SALFORD**

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

Interested? Send your resumé to [mbjobs@salfordgroup.com](mailto:mbjobs@salfordgroup.com)  
or drop off at 70 Main St. East Elie MB or call 204.353.2789 ext. 3246

## 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](http://www.bobstransmissions.mb.ca)

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](http://animalhospofmb.com)

HELPING NEWCOMERS SUCCEED THROUGH PERSONALIZED SETTLEMENT PLANS AND COMMUNITY PARTNERSHIPS

## Settlement Services

Services are FREE and include:

- Assessment and identification of clients' settlement needs
- Referrals to support services
- Supportive counselling, advocacy and links to community resources
- Familiarizing newcomers to Canadian life and culture
- Information on immigration forms

**Immigrant Centre**  
100 Adelaide St., Winnipeg  
204.943.9158  
[icmanitoba.com](http://icmanitoba.com)

This organization is funded by the Government of Canada. Cette organisation est financée par le gouvernement du Canada.

## 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**

**BBB**

Paid for by Advertising

Please support our Advertisers,



**GET LEADS + RUN YOUR BUSINESS ALL ON ONE APP!**

**GetAssist**  
CONNECT WITH PURPOSE  
[www.getassist.com](http://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!

Download on the App Store  
GET IT ON Google Play

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

**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**

**Valentine's Pop Hearts**

1 refrigerated, ready-to-unroll piecrust | 1 large egg  
4 large egg | 4 tbsp. raspberry jam

Prep Time: 10 min. Cook Time: 13 minutes Yield: 4

- Preheat the oven to 425 degrees F. Line a jelly-roll pan with parchment paper.
- Unroll the piecrust and cut into 8 rectangles or hearts. Use a small heart-shaped cookie cutter to stamp out smaller hearts from half the hearts (these will be your peekaboo top crusts); brush edges with egg.
- Spread 1 heaping teaspoon raspberry jam in the centre of the 4 solid hearts. Put the peekaboo crusts on top; seal the edges by crimping them with a fork (lightly floured, if needed). Transfer to prepared jelly-roll pan.
- Bake 10 to 13 minutes or until golden. Transfer to wire racks to cool.

Forego the store bought chocolates and impress your Valentine with these treats!

Source: <https://www.womansday.com>

**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/>

**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

**FOR SALE!**

**Business Opportunity!**

**Coffee News**  
Top Rated International Franchise FOR SALE!

Publish Coffee News in your area not currently owned by a local publisher. For more information about available franchises for sale, please call your local publisher at the number listed at the top front page of Coffee News.

First come - First serve!

This is a chance of a lifetime to work from home... ACT NOW!

# Your Weekly Horoscope

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

Are you someone who is willing to be a warrior on behalf of a particular cause or issue? If so, the opportunity to do so may exist for the near future. Lucky numbers: 18, 19, 21, 33, 34, 38.

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

A sudden and/or unexpected opportunity may become available to you this week. Weigh the pros and cons of the offer carefully before deciding whether and how to proceed. Lucky numbers: 15, 16, 18, 19, 30, 42.

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

You may be experiencing opposition from an authority figure, possibly male, regarding your profession or public image. Think through the underlying cause of the friction in order to find a solution. Lucky numbers: 2, 3, 7, 9, 15, 28.

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

Cancer is ruled by the Moon, which is strongly connected to the collective unconscious. You are in a period where hidden information may now be revealed for integration into your psyche. Lucky numbers: 3, 5, 10, 17, 31, 35.

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

You may be focused on a particular project and have put lots of energy and hard work into it. Be sure to complete it, before moving on to something new. Lucky numbers: 5, 9, 10, 17, 41, 43.

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

Virgos can often be very grounded in everyday reality. This week, though, you may have the opportunity to reach for information from the ethereal plane without losing your sense of balance. Lucky numbers: 1, 11, 30, 31, 37, 45.

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

As the week unfolds, you may find that your mood lightens. A balance might be struck between what your heart wants and what your head thinks you should want. Lucky numbers: 8, 10, 15, 28, 34, 45.

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

Are you going back over an old issue regarding your sense of purpose? Scorpios are good at digging up buried truths. Now may be time to find the root cause. Lucky numbers: 12, 13, 18, 19, 26, 48.

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

At this time, it may be easier to address the impact of any old wounds that are holding you back. In doing so, you may find a new image of yourself. Lucky numbers: 1, 3, 9, 12, 22, 48.

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

Just in time for Valentine's Day, your attention may be focused on relationships. Are your values and needs in alignment regarding what you want in a partner and relationship? Lucky numbers: 14, 15, 28, 31, 37, 47.

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

This may be a very active period for you, including a lot of calls, emails, and text messages. Luckily, your thought processes are also likely to be quick and clear. Lucky numbers: 4, 7, 16, 19, 27, 48.

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

Each year, the Sun returns to the same point as when you were born, allowing a potential reset of your life path. The next month is your opportunity to do so. Lucky numbers: 21, 23, 24, 33, 34, 41.

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

## Did You Know...

**Turkish dish:** A popular meatball dish in Turkey is called kofta, or köfte. The meat can be spicy, and the main ingredient is ground beef or lamb. Kofta comes in different shapes, including long and skinny, walnut-shaped, balls, or patties. Sold as a street food, it can be eaten at home, too.

**Red beauties:** Northern cardinals are found in various parts of North and Central America. They stick together as pairs and do not migrate. The male is crimson all over, while the female has a bit of crimson among mostly grayish-brown feathers.

**Famous wrestler:** Abraham Lincoln is most famous for being the 16th president of the United States, but he also had another claim to fame. Before he entered the political ring, he was an accomplished wrestler.

**Breath holder:** If a crocodile goes underwater, a couple of hours could pass before the animal surfaces again. That is because a crocodile's blood has an efficient method of conserving oxygen.

**Name change:** In 1919, United States President Woodrow Wilson signed an act to name an area of land in the state of Utah the Zion National Park. Previously, it had been known as Mukuntuweap National Monument.

## On the Lighter Side

Those who have the most birthdays live the longest.

First Mouse: "I finally have that scientist trained!"  
Second Mouse: "How so?"  
First Mouse: "Every time I run through the maze and ring the bell, he gives me something to eat."

Did you hear about the woman who got hurt while taking a milk bath? The cow fell on her.

When does a sandwich have a sarcastic sense of humour? When it's made of wry bread.

Knock! Knock! Who's there? Toad. Toad who? Toad you I knew some good knock-knock jokes.

## Answers

Trivia answers: 1. Types of wine 2. 30 3. 1914 4. No 5. Science of fungi

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

© Published with Permission by Winnipeg Coffee News

**GRAND ALASKAN CRUISE & TOUR**

12 days, departs May - Sep 2022

FROM \$1,949  
\$1,699 USD

FREE ONBOARD CREDIT

**1-888-618-1836**  
promo code N7017

**VMT vacations**

\* 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.

**PRE-WINTER Walker Sales Event!**

✓ Assorted Models and Sizes  
✓ Starting at \$50

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

COME EARLY FOR BEST SELECTION!

**inogen 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

**Get Coffee News® Online!**  
Delivered to your inbox weekly

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

"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)

**Feel and look your best!**

**FAT REDUCTION TREATMENTS**  
The Curve  
Spot Reduction (stomach, thighs, etc.)  
Universal Contour Wrap  
Full Body Detox  
Guaranteed 6" loss

**CORRECTIVE SKIN CARE SERVICES**  
Microneedling  
Improve skin appearance, wrinkles, sun damage, scars, stretch marks  
Dermaplaning  
Dead skin removal, pore cleaning, cell regeneration

BOOK YOUR FREE CONSULTATION NOW!

**Zealous Medi Spa**

204.415.3159 | 390K Provencher Blvd.  
[www.zealousmedispa.com](http://www.zealousmedispa.com)

**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](http://interfusionmedia.ca)