

**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

**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**



**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

**YMT 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.

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

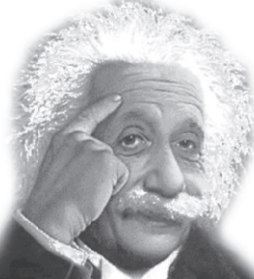
[www.strattengatesrealestate.com](http://www.strattengatesrealestate.com)



**TEST YOUR MEMORY**

After reading **Coffee News®** put it aside for a moment. Then challenge yourself or a friend to remember as many ads as you can.

**Your Score:**  
Less than 6 – Keep trying  
7-10 – Getting better  
11-15 – Excellent  
16 or more – Genius!



**Bob's TRANSMISSIONS**

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

"Building Relationships One Transmission at a Time"

700 PEMBINA HWY.  
**204.475.5590**  
www.bobstransmissions.mb.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



**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




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

**Coffee News®**

"News To Be Enjoyed Over Coffee"

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



www.coffeenewswinnipeg.com Est. 1988

Vol. 17 No. 8 February 21, 2022

**Everybody's Talking**

**Guava king:** An Indian man is being honoured for his contribution to the environment after years of working hard to develop an orchard on barren land. Satyendra Guatam Manjhi lives in Imaliyachak, a small village in the Indian state of Bihar. Accomplishing this was difficult. He began by hauling water to the land to nourish the plants, but wild animals kept destroying them. So he planted a ring of thorny bushes around the area to deter the animals. This tactic worked, and 15 years later he has an orchard of about 10,000 guava trees, as a result of his labour. Now, along with enriching the environment, he is able to make a living by selling the fruit.

**Big winner:** When Chad Breyer of Tavistock, Ontario (Canada), buys a lottery ticket, his habit is to stick it in his vehicle's cup holder. Why not? The chances are rare that he would win any big lottery prize. However, one of his recent lottery ticket purchases was a winner. The ticket sat, as usual, in the cupholder for days before Chad's wife, Christa, asked to take a look at it. If they'd known that the ticket was worth \$50 million (CDN) in prize winnings, the couple most certainly would have put it in a safe place immediately and not left it in their unlocked vehicle! But all's well that ends well. The pair plans to buy a new home for their young family.

**Colourful Dane:** Great Danes usually aren't multi-coloured, but one named Echo loves to show off his many metallic hues that include green, blue, pink, and purple. Of course, Echo is not brilliantly adorned in his natural state. His master, Sierra Schoon of Grand Junction, Colorado (U.S.), dyes him. She uses pet-safe, vegetable-based dye, and she has been doing it since Echo was a pup. The dog, a psychiatric service animal, loves the attention, and sits quietly and happily as the job gets done. When he's out in the world, Echo also attracts the attention of many passersby. Schoon believes this has helped her pet become less shy.

**Moldy bun?** Who would eat a bun that looks moldy? Probably not very many people, unless they know the bun simply looks moldy, but really isn't, and actually tastes good. That is the case with buns sold by a Chinese company called Nanjing Yican Foods. The buns are called matchsticks, and are a kind of puff pastry filled with cheese that has a green hue. When a bun is squeezed, the cheese oozes out, making the pastry seem even more unappetizing. However, those who have tried the buns give them rave reviews, with hundreds of taste testers saying they are quite a delicacy. So be careful not to judge a book by its cover, or in this case, a bun by its appearance.

**Quoteable Quotes**

"Let there be spaces in your togetherness." -Kahlil Gibran  
"Do not seek evil gains; evil gains are the equivalent of a disaster." -Hesiod

**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

**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://coffeenewswinnipeg.com/whats-happening>

**Trivia**

1. A mackinaw is a type of apple or a wool coat?
2. The choral symphony "Ode to Joy" was written by Bach, Beethoven, or Brahms?
3. According to the proverb, "You can't shake hands with..." what?
4. As a chronic carrier of disease, Mary Mallon (1869-1938) was given what nickname?
5. If kudos are sent your way, what are you receiving?

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

(Over)

**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](http://www.coffeenewswinnipeg) for details

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

**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** [animalhosopmb.com](http://animalhosopmb.com)



**Bullwhip LOGISTICS CANADA**

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

**204-202-5148**  
[bullwhiplogistics.ca/distro](http://bullwhiplogistics.ca/distro)

**Just make it easy!**



**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@ClearlyInSightIP.com | ClearlyInSightIP.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)



**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/>

**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.

**Home & Office Bottled WATER DELIVERY**

ORDER 3 BOTTLES, GET A 4TH FREE! \*FIRST ORDER ONLY

CALL 204.284.1704 Use promo code "Coffeenews"

**WaterDirect PLUS**  
More than just water!  
[waterdirectplus.com](http://waterdirectplus.com)

**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

MKT-P0253

**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

**QUIT SMOKING TODAY!!!**

95% Success Rate!

**LASER THERAPY** can also help you with:  
Drug & Alcohol Abuse ~ Stress/Depression  
Weight Management ~ And Much More...

**SMARTCHOICE LASER CENTRE**  
204-795-6300 [WWW.SMARTCHOICELASER.COM](http://WWW.SMARTCHOICELASER.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.

# Your Weekly Horoscope

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

You may receive information this week that can help you resolve an old issue. You may be tempted to make an impulsive change but perhaps should carefully consider and plan. Lucky numbers: 8, 9, 16, 25, 38, 43.

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

Taurus is known for being skeptical of anything that is not firmly grounded in reality. This week you may be surprised by your experience of something outside of the mundane. Lucky numbers: 6, 18, 22, 23, 42, 48.

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

This could be a period of confident action toward achieving your goals. You may have to contend with others who question or challenge, in an attempt to stymie your efforts. Lucky numbers: 11, 12, 21, 27, 33, 38.

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

This week you may feel calm, with your emotions and ego well balanced. There is an opportunity for you to move through any chronic obstacles more easily right now. Lucky numbers: 4, 6, 7, 17, 18, 20.

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

You are entering a period where you may feel unsettled about who you are or what you want. Consider an adjustment in how you view yourself and your goals. Lucky numbers: 10, 15, 16, 19, 27, 32.

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

This may be a good time to evaluate and wrap up your previous efforts, whether successful or not. This could free you to plan new endeavours for the next six months. Lucky numbers: 13, 20, 21, 36, 38, 45.

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

There is a potential to achieve your goals. Your hard work may be rewarded in this endeavour, but you should also seek information from others who can help you. Lucky numbers: 7, 22, 26, 27, 29, 44.

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

Scorpios are good at reading the unspoken clues of others. The potential exists for these clues to allow you to see how the view of others affects how you view yourself. Lucky numbers: 12, 22, 29, 30, 35, 37.

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

You may find yourself focusing on your purpose in life and your legacy. Give yourself time to process how you feel about these matters before you make a plan of action. Lucky numbers: 14, 21, 29, 31, 40, 47.

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

At the end of the week, your feelings may be focused on a relationship, especially with a woman. Perhaps examining these emotions more deeply can help you improve that relationship. Lucky numbers: 1, 13, 14, 25, 40, 42.

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

If you pay attention now, you might find a balance between conflicting needs to maintain the status quo or to initiate change. This may allow you to make steady progress. Lucky numbers: 5, 15, 17, 23, 27, 29.

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

Pisces can readily access information from the invisible realm. Right now this information may focus on whether what you think you want is in alignment with your spiritual values. Lucky numbers: 2, 9, 16, 17, 33, 41.

Lucky numbers this week: This week's odds favour Gemini winners with the luckiest number being 11.

## Did You Know...

**Storm names:** Cyclones, hurricanes, and typhoons are all the same thing. The difference is where they happen: hurricanes in the North Atlantic and Northeast Pacific, cyclones in the South Pacific and Indian Ocean, and typhoons over the Northwest Pacific Ocean.

**Sweet to eat:** A fruit that grows on trees in the tropics of the West Indies and South America is called the sweetsop. It has custard-like pulp that can be eaten as is, or made into juice or ice cream.

**Early days:** As a little girl, Australian actress Nicole Kidman was very shy and self-conscious about her height. She was 5'10" (1.8 metres) tall at age 13. She also stuttered, but slowly trained herself to overcome it.

**Unusual snow:** Everyone knows to avoid snow that is an odd colour. This includes "watermelon snow," which has been around for hundreds of years. It is caused by a species of green algae that makes the snow look and smell somewhat fruity.

**Vegetarians:** Giraffes enjoy eating flowers, fruit, herbs, leaves, and shoots, but they don't eat very much grass. They have long necks to forage up high, as well as long, agile tongues that they can easily move around to grab the good bits!

## On the Lighter Side

What do you call a skunk who carves figures out of wood? A whittle stinker.

Knock! Knock! Who's there? Atlas. Atlas who? Atlas! You're home!

Why was the inchworm angry? His teacher was trying to convert him to the metric system.

Some famous persons were born on holidays.

Chris: "I'm going to give you a piece of my mind."  
Pat: "Are you sure you can spare it?"

## Answers

**Trivia answers:** 1. Wool coat 2. Beethoven 3. A clenched fist 4. Typhoid Mary 5. Praise

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

© Published with Permission by Winnipeg Coffee News

**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.

**Glen Eden Funeral Home & Cemetery**  
[glenedenmemorial.ca](http://glenedenmemorial.ca)  
204-809-8524

**Chapel Lawn Funeral Home & Cemetery**  
[chapellawn.ca](http://chapellawn.ca)  
204-809-8517

**Glen Lawn Funeral Home & Cemetery**  
[glenlawn.ca](http://glenlawn.ca)  
204-809-8534

**Arbor Memorial**  
Arbor Memorial Inc.

**Support Coffee News!**

The paper you have grown to love can't do it without readers like you...

- Visit our advertisers
- Browse our website
- Like us on Facebook

**Coffee News**  
"News to Enjoy Over Coffee"

**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

**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!

**Recipe of the month**

**Valentine's Pop Hearts**

1 refrigerated, ready-to-unroll piecrust | 1 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>

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

\* Conditions apply. Inquire for details.