

### 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@snclinic.com www.snclinic.com An honorarium will be provided.



### Get More Traffic, Leads & Sales



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

Frontline 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

Scleroderma MANITOBA



Looking Forward with Hope

Scleroderma Manitoba Support Group

April 23, 2022 | 10:30 a.m. CDT

Register at sclerodermamanitoba.com | 204.510.2855

June is Scleroderma Awareness Month

We Care For Your Pets As If They Were Our Own

25% OFF SPAY/NEUTER

50% OFF EXAM FEE

\$250 OFF VETERINARY SERVICES SUBSIDY

\$100 OFF DENTAL CLEANING



2018 TOP CHOICE WINNER AMONG WINNIPEG ANIMAL HOSPITALS Animal Hospital of Manitoba

995 Main St., Winnipeg 204.586.3334 animalhospofmb.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

No Job Too Big Or Too Small, We Do It All Just Give Us A Call!

### ABSOLUTE TREE REMOVAL

Spring Cleanup & Fall Cleanup • Tree Trimming & Removal Stump Grinding • Decks & Fences • Landscaping Lawn Care • Snow & Ice Management

LICENSED & INSURED CALL, TEXT OR EMAIL DEREK TODAY: 204-900-9086 absolutetreeremoval@outlook.com

### BMHOP



3 FREE CROSS TRAINING CLASSES

TEXT OR CALL WITH PROMO CODE 3freeBMHOP 431 336 8081

FOR DETAILS LOG ON TO

BMHOP Fitness bmhopfitness

FREE!

New Issue Every Week!

# Coffee News

"News To Be Enjoyed Over Coffee"

Charleswood - Tuxedo Edition 204-510-6397



www.coffeenewswinnipeg.com

Vol. 17 No. 15 April 11, 2022

## Everybody's Talking

Hair colours: When people go to the hairdresser to have their hair dyed, it's often to cover up gray roots or to change from brunette to blond. However, those who let Ksenia Kisavna do the dye work might just end up with multi-coloured locks.

Sinking feeling: Farmers are facing quite a problem in the Konya Province farming area of Turkey. That problem is sinkholes. The area is known for its vast wheat fields, but because of lack of rain in recent years, the growers have been using groundwater.

Chicken and cash: Getting angry if your takeout chicken order isn't ready on time is not a good idea. A woman from Frederick, Maryland (U.S.), can attest to that. Instead of raising a ruckus with the restaurant staff, this customer decided to pass the time playing Keno, a lottery game she had never played before.

Sign war: Puns are fun, and business people in Listowel, Ontario (Canada), know how to use them to elicit laughter. They did it through a sign war, initiated by two businesses, Speedy Glass and Dairy Queen.

## Quoteable Quotes

"Being entirely honest with oneself is a good exercise." —Sigmund Freud
"Be thankful for what you have. You'll end up having more. If you concentrate on what you don't have, you will never, ever have enough." —Oprah Winfrey

## 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

Anavets Assiniboia Unit 283 3584 Portage Ave. April Bands April 1st - Geoff Rockets - April 8th Karaoke with Band, Second Time Around. April 14th, Thursday before Good Friday DMG Band, April 22 dance with Marvels - april 29th Destiny. Check out the Website for changes. Meat Draw 6-8 PM.

204 837 -6708 Getting Started in Your Family History Want to get started on your family history We can Help you tell your Story at Manitoba Genealogical Society. Our 3-evening workshop will get you going on the right path. Details at:

https:mbgenealogy.com20220217april-2022-beginning-genealogy-works Studio Art Tours! Open to public Harte Trail Studio Tour creates an opportunity to meet local artists in their creative space. We welcome you into our homes studios where we can share about our processes, inspiration, current work. Brochure guide 20 studios Hartetrailstudiotour.net

Gentle Yoga Class with Doreen Deer Lodge CC, 323 Bruce Ave Mondays to June 13th 7pm' cost \$10 registered, \$12 drop in dwuckert@shaw.ca for detailsNON profit organizations may submit events for FREE at https://coffeenewswinnipeg.com/whats-happening

## Trivia

- 1. Aspirin was first marketed in 1899, 1900, or 1934?
2. According to The Guinness Book of World Records, the tallest cow on record is 74.8 in. (190 cm)—T/F?
3. What is a deficiency in red blood cells called?
4. Which actor and filmmaker directed the film A Beautiful Mind?
5. What type of apparatus joins together a team of oxen?

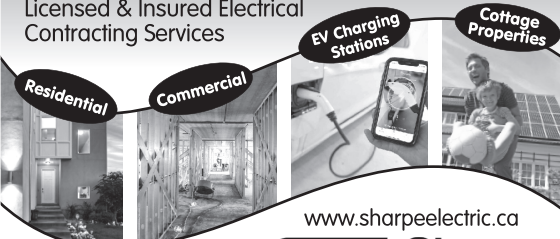
(Flip bottom of page for answers)

© Published with Permission by Winnipeg Coffee News

(Over)

### Plugged In To Your Electrical Needs

Licensed & Insured Electrical Contracting Services



Contact us today! 204.995.3842

Sharpe Electric

## 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 family's eye health is our passion!



CLEAR EYE CARE

Dr. Edward Kundzicz, Optometrist, offers variety of services, including: Comprehensive Eye Exams Diabetic Wheelchair Friendly Social Assistance

Located at 352-1120 Grant Ave. R3M 2A6

Book your eye exam today: 204.453.0474

The Wellington

\$2000 Move-in Bonus

Book your tour today 204-831-0788

## Bob's TRANSMISSIONS

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

204.475.5590

www.bobstransmissions.mb.ca

## Your Natural Green Burial Provider



Richard Rosin FUNERAL DIRECTOR LTD

Cremation & Memorial Events Education Seminars • Traditional Funeral Events

204.219.1126 | www.richardrosin.ca

## WINNIPEG BUSINESS OWNERS!

Connect with other businesses and customers

## BizExchangeMall.com

"Your Local Business Mall"



REQUEST LISTING ONLINE: USE CODE BMX 001

## Your One-Stop Pet Store!

FREE Delivery in Winnipeg. No minimum

Buy 12 & Get 1 FREE on pet food

15% OFF when you use Coupon Code: COFFEE15



Pet Toba

1540-1120 Grant Avenue, Winnipeg +1 431-800-4965 | www.pettoba.ca

Acana | Orijen | Carnivora Raw Food | K9 Choice | Perfectly Raw



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

## Recipe of the month

### Easter Bunny Treats

1/3 cup vanilla frosting      Small black nonpareils  
36 large marshmallows      White sprinkles  
36 miniature marshmallows      Pink coloured sugar  
Red and pink heart-shaped decorating sprinkles

Total Time: 15 min.    Yield: 1 dozen

- Place frosting in piping bag.
- For each bunny, cut 2 mini marshmallows in half and use frosting to attach them to a large marshmallow to form arms and legs. For the face, attach 2 mini marshmallow halves for cheeks. Use white sprinkles, black nonpareils and heart-shaped sprinkles to form whiskers, eyes and nose.
- For the ears, cut a large marshmallow in half diagonally. Dip each sticky side in coloured sugar and use frosting to attach the ears to the top of the large marshmallow.
- Use frosting to connect the 2 large marshmallows; let stand until dry.

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



# Your Weekly Horoscope

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



This may be a good week to focus on completion of activities from the last six months and preparing for the next six. Don't allow small annoyances to stop your progress. Lucky numbers: 13, 14, 18, 24, 36, 37.

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



Do you feel that your life is in a holding pattern right now? Perhaps this dissatisfaction can guide you to a path that is in alignment with who you truly are. Lucky numbers: 8, 16, 19, 30, 39, 45.

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



Gemini sometimes have difficulty settling on a goal and plans to achieve it. There may be an opportunity now for you to make a positive adjustment in your approach. Lucky numbers: 2, 4, 24, 32, 33, 36.

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



You may be having trouble resolving the trauma of a past wound. Now may be a good time to ferret out hidden information that provides a new perspective on it. Lucky numbers: 10, 16, 25, 28, 35, 45.

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



Certain planetary energies now may be acting as an opposing force to your plans. It would be helpful to make sure your actions are in line with your highest values. Lucky numbers: 6, 14, 18, 32, 37, 43.

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



Risk taking can be scary for many Virgos. There may be a potential for an unusual but positive change, if you are willing to reach for it. Think carefully, then act. Lucky numbers: 3, 19, 26, 27, 29, 36.

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



This week your mind and emotions could be in sync. Perhaps use this opportunity to evaluate and wrap up your current endeavours and then plan your next steps. Lucky numbers: 11, 16, 18, 30, 36, 42.

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



During the middle of the week, an old emotional issue may resurface. This may be an opportunity to seek the underlying cause, but you may want to wait to take action. Lucky numbers: 4, 10, 20, 25, 38, 42.

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



Are you passionate about manifesting a particular cause? There may be an opportunity now for you to lead progress toward this endeavour. Join your efforts with others in this common cause. Lucky numbers: 7, 8, 17, 18, 34, 42.

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



Is your work providing meaning in your life? If not, perhaps you should look for hidden opportunities. These may help you shift into a more positive situation. Lucky numbers: 1, 12, 16, 22, 29, 31.

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



You may find that responsibility is weighing heavily on your shoulders right now. While this is difficult, stay the course if you feel it can help you reach your long-term goals. Lucky numbers: 9, 17, 19, 23, 30, 46.

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



Pisces sometimes have difficulties in turning lofty goals and plans into concrete results. However, the next month may bring an energy that lets you focus on getting tasks accomplished. Lucky numbers: 5, 14, 15, 31, 32, 33.

Lucky numbers this week: This week's odds favour Aries winners with the luckiest number being 24.

## Did You Know...

**Trick or treat:** Dressing in costume and going door-to-door soliciting treats has been a part of various rituals since the Middle Ages. But the phrase "trick or treat" is thought to have been first used in the town of Blackie, Alberta (Canada), in 1927.

**Invented name:** Awkwafina is an American rapper and actress who has starred in such movies as *Ocean's 8* and *Crazy Rich Asians*. Born Nora Lum, she made up the stage name "Awkwafina" when she was a teenager.

**Green soap:** The term "green soap" refers to an environmentally friendly soap made from vegetable oil rather than animal fat. Other plant-sourced oils can also be used, such as coconut or olive oil. Green soap is often used by tattoo artists to soften the skin.

**New pasta:** Many pasta shapes are available, from spaghetti to macaroni to rigatoni. A new one on the market is cascatelli. Its name comes from the Italian word for waterfall; curved half-tubes with ruffles help hold sauce and provide texture. It was invented by Dan Pashman of New York City.

**Chocolate alternative:** Fans of having a little chocolate with their fruit might want to try eating black sapote, also known as the chocolate pudding fruit. Common in Central and South America, when ripe its flesh has a texture. Some think the taste is similar to chocolate pudding.

## On the Lighter Side

Knock! Knock! Who's there? Toby. Toby who? Toby, or not Toby, that is the question.

When should you bring your father to class? When you have a pop quiz!

Nurse: "Doctor, there is an invisible man in the waiting room."  
Doctor: "Tell him I can't see him."

Why did the turtle cross the road? To get to the Shell station.

Wrinkled clothing certainly is a pressing issue. It's necessary to iron out a solution.

### Answers

4. Ron Howard 5. Yolk  
**Trivia answers:** Answers: 1. 1899 2. True 3. Anemia

For available franchise opportunities - visit [coffeenewscanada.com](http://coffeenewscanada.com)  
© Published with Permission by Winnipeg Coffee News

**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

## 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



"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)

## 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

\*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.

## Get Coffee News® Online!

Delivered to your inbox weekly



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

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!

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

## 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!

## 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!

204.505.1840 • [interfusionmedia.ca](http://interfusionmedia.ca)

\*Conditions apply. Inquire for details. InterFusion MEDIA

**Blair Sonnichsen** REALTOR®  
**Tyson Sonnichsen** REALTOR®

40 Years Experience



WINNIPEG HOMES.COM

204-989-5000  
An Experience Worth Repeating

"Buyer Agency" "Vendor Agency" "Real Estate Services"

ROYAL LEPAGE  
Dynamic Real Estate

## 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



## 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



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)