

HILLIS INSURANCE AGENCIES LTD.
 Serving Manitobans since 1964
 Homeowners - Tenants - Commercial
 1821 Main Street, Winnipeg, MB R2V 2A2
 Phone 338-7919 Fax 338-7630
autopac
 A Manitoba Public Insurance product

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

ABSOLUTE TREE REMOVAL

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

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

Thinking About Montessori Programming?

Have you heard of Reggio Emilia for your preschooler or toddler?

New Reggio Emilia preschool is taking applications for immediate and 2022 start dates!

BRIGHT TIKES PRESCHOOL AND DAY CARE INC.
 204.410.1031 | 10-3014 Henderson Hwy
www.brighttikes.com

MENTION THIS AD FOR UP TO \$100 OFF FOR THE FIRST MONTH!

MANITOBA'S LARGEST YEAR-ROUND INDOOR MARKET!

MULVEY FLEA MARKET
 EST. 2001
www.mulveymarket.ca

ODDLES OF ODDITIES
 ROWS OF RARITIES
 CORNUCOPIA OF COLLECTIBLES
 EVERYTHING NEW AND USED
 LOTS TO SEE AND DO
 CANTEN

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

Visit us at 421 Mulvey Avenue E, Winnipeg

Plugged In To Your Electrical Needs

Licensed & Insured Electrical Contracting Services

Residential Commercial EV Charging Stations Cottage Properties

Sharpe Electric
 www.sharpeelectric.ca
 Contact us today!
204.995.3842

Scleroderma Manitoba Support Group

Looking Forward with Hope

April 23, 2022 | 10:30 a.m. CDT
 Register at sclerodermamanitoba.com | 204.510.2855

June is Scleroderma Awareness Month

FREE! New Issue Every Week!
Coffee News
 "News To Be Enjoyed Over Coffee"
 Garden City 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. Kisavna works at Cosmos Hair Lab in Moscow, Russia. She uses a rainbow of colours in streaks, stripes, and layers to turn her clients' hair into brilliant headpieces. She taught herself how to achieve the effects she wanted by first working on the hair of friends and family members, who were willing guinea pigs.

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. Thus, underground water caves are collapsing. Some of these sinkholes are quite large, deep, and dangerous, while others are shallow. Experts haven't been able to come up with a solution, so farmers have been advised to mark them with fencing so a tractor won't fall in. Experts and farmers alike are keeping a close watch on the situation.

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. Turns out she'd picked the right numbers to win an \$80,000 (USD) jackpot. She chose her numbers by using personal favourites, such as family members' birth dates. She arrived home not only with chicken wings, but with a side of extra cash! She said she wouldn't spend the money carelessly and instead would pay off some bills.

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. The former started it all by posting on its outdoor sign: "Hey DQ wanna have a sign war?" Dairy Queen responded with: "You bet your glass we do." From there, many businesses got into the game. A church responded to Dairy Queen with: "Hey DQ, our Sundays are the best," while a funeral home warned: "Sign war with us? Grave mistake!" It was all in good fun!

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 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.

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.com/2022/02/17/april-2022-beginning-genealogy-works
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 details
7th Annual St. Eugene Garage Sale Fundraiser This event will be held in the parish hall at 1009 St. Mary's Road from 3 PM-7PM on the Friday May 13th and from 9AM-2PM on the Saturday May 14th. All proceeds go towards church programs and activities. Masks are mandatory. Wheelchair accessible.

NON 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

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

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.

sn CLINICAL RESEARCH | SciMar | WELLNESS TRANSFORMATION NETWORK

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

KOB'S AUTO LTD.
 WINNIPEG FINANCE CENTER
 WWW.WINNIPEGCARS.COM

999 GUARANTEED APPROVAL

- BAD CREDIT? NO PROBLEM WE ARE THE BANK
- GUARANTEED APPROVAL
- AS LOW AS 9.99 DOWN DEPOSIT
- 0%/12 MONTHS O.A.C.
- IN HOUSE FINANCING
- WIDE VARIETY

1156 MAIN STREET 204-582-2800

ScooterCity
 Vespa Winnipeg • Gjo Winnipeg
 WWW.WINNIPEGSOOTERCITY.COM

NO LICENSE? NO PROBLEM!
 GOT A DJJ.L? NO PROBLEM!

SOCC SCOOTERS ONLY CLASS 5 DRIVERS LICENSE LOW INSURANCE RATE

1156 MAIN STREET 204-582-2800

TAX RETURNS
 FOR INDIVIDUALS, SOLE PROPRIETORS, AND PARTNERSHIPS
 Also offering bookkeeping services for small to medium size businesses

THREE EAGLE
 BOOKKEEPING & TAX SERVICES LTD.
204.963.2012
 contactus@3agle.ca
 www.threeeagle.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

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

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)



Geminis 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

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

For available franchise opportunities - visit 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

* 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.

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"

FOR SALE!

Business Opportunity!

Coffee News®

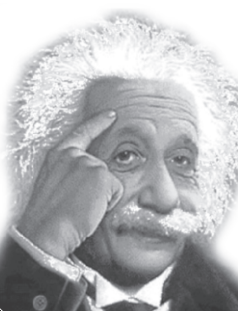
Top Rated International Franchise FOR SALE!



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!

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!

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.

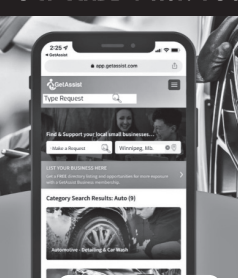


Contact one of our experts today!

* Conditions apply. Inquire for details. InterFusion MEDIA

204.505.1840 • interfusionmedia.ca

GET LEADS + RUN YOUR BUSINESS ALL ON ONE APP!



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.

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

Get Coffee News® Online!

Delivered to your inbox weekly



Please visit www.coffeenewswinnipeg for details

This Paper is Gluten Free :)

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

Just hatching a new business?

CHECK OUT Coffee News® ADVERTISING!

- People need to know about you!
- Reach thousands of local readers every single week
- Exclusive, affordable advertising

It's a crackin' good deal!

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

WINNIPEG BUSINESS OWNERS!

Connect with other businesses and customers

BizExchangeMall.com

"Your Local Business Mall"

REQUEST LISTING ONLINE: USE CODE BMX 001

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

Recipe of the month

Easter Bunny Treats

1/3 cup vanilla frosting
36 large marshmallows
36 miniature marshmallows
Red and pink heart-shaped decorating sprinkles

Small black nonpareils
White sprinkles
Pink coloured sugar

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>

"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