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LION

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FLOW

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CHUTNEYS UPDATE: CHUTNEYS LANGLEY HAD ITS GRAND OPENING!

01

Chutneys Langley had its official Grand Opening on March 25th. Chutneys Willowbrook had \$7 burritos and bowls ALL DAY! Not to forget there was people lined up as early as 6AM on a cold rainy day to be one of the first 25 guests of the day to win FREE Burritos for an entire year.



CHUTNEYS APP RECENTLY LAUNCHED

The CHUTNEYS APP recently launched which now makes it easier for guests of Chutneys to be able to order delicious, good eats for pickup or delivery. The app is available on the Google Play Store as well as the Apple store. The app can be used at any one of our soon to be four locations. You can also sign up for the Chutneys rewards program directly through the app and become an exclusive friend to chutneys as you earn 5% back in redeemable Chutneys points on every dollar spent at any Chutneys location.

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WHY YOU SHOULD INCLUDE TURMERIC IN YOUR DIET

02

Turmeric is a yellow spice that has been used for centuries in traditional medicine in parts of Asia. Turmeric is known for its anti-inflammatory and antioxidant properties, which can provide numerous health benefits.

One of the main compounds in turmeric is curcumin, which has been shown to have anti-inflammatory properties that can help with various inflammatory conditions such as arthritis, joint pain, and skin conditions. Curcumin has also been shown to have antioxidant properties that can help protect against oxidative damage caused by free radicals, which can lead to aging and disease.

Additionally, turmeric has been shown to have potential benefits for brain health, such as improving memory and reducing the risk of Alzheimer's disease. It may also help lower the risk of heart disease and may have anti-cancer properties.

Turmeric has been used for thousands of years in Ayurvedic and Chinese medicine and is still used today in traditional medicine around the world. It is believed to have originated on the Indian sub-continent, where it has been used in cooking and medicine for over 5,000 years.

Overall, adding turmeric to your diet may provide numerous health benefits, thanks to its anti-inflammatory and antioxidant properties. Consider incorporating turmeric into your diet by using it in cooking, or by taking supplements containing curcumin.



THINGS HAPPENING AROUND THE WORLD.

03

ChatGPT an AI tool has taken people by storm who are in awe at its capabilities. However it was recently temporarily banned in Italy, the first known instance of the chatbot being blocked by a Western government. The country's data protection authority said the company unlawfully collected personal data from users.

Thoughts? This isn't a surprise. People will need to become more aware and operate accordingly.

Brazil, Russia, India, China, South Africa (BRICS) group of countries is apparently creating their own currency and the idea will be presented at the forthcoming summit in South Africa this August. The currency is to be backed not just by Gold, but also by other groups of products, including rare-earth elements of soil.

Thoughts? More evidence of the world becoming a multi-polar world and continued de-dollarization.

Andrew Tate along with his brother Tristan Tate was finally released from Romanian custody after 3 months behind bars. They have both been placed on house arrest for 30 days. It was a controversial arrest as he and his brother were held without charge, or any evidence being produced.

Thoughts? None.



ECONOMY:

THINGS HAPPENING IN THE ECONOMY

04



For decades, basically all energy from the Gulf region was sold in US Dollars. Recently China had its first ever yuan-settled liquified natural gas (LNG) trade completed through the Shanghai Petroleum and Natural Gas Exchange, with about 65,000 tonnes of LNG imported from the UAE change hands in the trade.

Thoughts? The fall of the petrodollar system? Possible. You decide what's going on.

The Federal budget announced recently includes a grocery rebate measure that is aimed at lower income Canadians who are struggling with the food inflation crisis. The overall cost of the measure is estimated to be north of \$2 billion.

Thoughts? Let's get this straight. Printing money = inflation. So solution = Print more money.

Bitcoin is still not dead.

Thoughts? Lets goo.

THINGS YOU MIGHT FIND INTERESTING:

SOME INTERESTING STORIES WE HEARD

05



Connor McDavid has been tearing apart the NHL this season as became the first player since 1996 and Mario Lemieux and Jaromir Jagr to reach 140 points in a season. He also became the first oiler since Gretzky in 1988.

Thoughts: He's from another planet, 2nd best is not even close.

Crazy story about FedEx. The business burned through cash in the first few years and even had as little as \$5k at one point. They had a \$24k fuel bill to pay, so the founder flew to Vegas, made enough on Blackjack to pay it off and stay afloat.

Thoughts: Another bit of interesting food history from the Wolf of Franchises. @franchisewolf.

LISTEN

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We have some new additions to our monthly top ten list. This month we've got Supreme Sidhu move up to the first spot with is underrated track Cali. Karan Aujla's recent tracks from the EP still dominate the top 10.

Follow the playlist to see what the team at Chutneys has been listening to over the past month. Updated monthly.

To keep up to date with what's playing at Chutneys follow our playlist on Spotify – EatChutneys Playlist

UP!

1. Cali – Supreme Sidhu
2. Ittar – Jasmine Sandlas | B Praak
3. Yeah Naah – Karan Aujla | Ikky
4. W – Chani Nattan | TVGucci | Inderpal Moga
5. 52 Bars – Karan Aujla | Ikky
6. 4 Yaar – Sohal | Joban Dhillon
7. Take It Easy – Karan Aujla | Ikky
8. Energy – Digga D
9. To Live and Die In LA - Makaveli
10. Dilawara – The PropheC | Ezu

“Learning is not mere imitation, nor is it the ability to accumulate and regurgitate fixed knowledge. Learning is a constant process of discovery – a process without end.”

Bruce Lee

“People learn as they teach.”

Seneca



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