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# LION

March/2023

# FIOW

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INDIAN GRILL

CHUTNEYS UPDATE:

## CHUTNEYS LANGLEY NOW OPEN

# 01

Chutneys Langley NOW OPEN! Chutneys Indian Grill is now open at Willowbrook Park located at 6233-200 Street. We are excited to finally open our third location and bring our unique Indian food experience to the people of Langley and surrounding areas. Open seven days a week from 1030AM to 10PM come by and say hello or order online. Visit [www.eatchutneys.com](http://www.eatchutneys.com) for more information.



## FRANCHISE WITH US!

Chutneys Indian Grill is positioned to be the leading Canadian based Indian QSR franchise. Chutneys is growing and is looking for franchise partners to continue our growth. The Indian QSR/fast casual space is untapped and has great growth prospects. If you are interested, please get in touch with us at [franchise@eatchutneys.com](mailto:franchise@eatchutneys.com).

#DIFFERENTLYINDIAN

## CREATINE IS MORE THAN JUST A “MUSCLE BUILDER” IT CAN BUILD YOUR BRAIN

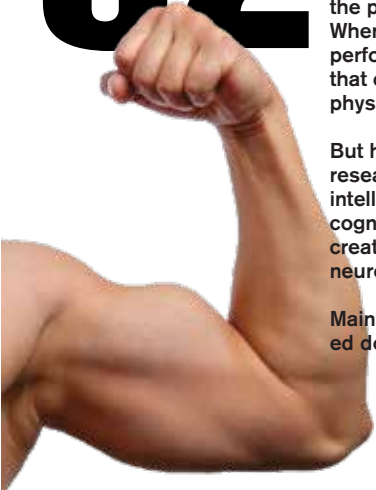
# 02

Creatine is naturally produced by your liver and found in the body, primarily in muscle cells. It is one of the most researched and utilized supplements. Creatine serves as a source of energy for high intensity workouts and helps promote muscle growth as well as improve exercise performance.

Creatine works by increasing the production of ATP (adenosine triphosphate), which is the primary energy source for muscle contractions during high intensity workouts. When the amount of available ATP increases, creatine can help improve athletic performance and increase muscle strength and power output. Numerous studies show that creatine combined with weight training increases body mass, fat-free mass, and physical performance.

But here’s what you might not have known. Creatine is not just for muscles. In fact, research shows that creatine can increase brain function – both working memory and intelligence. Creatine supports ATP production, providing neuroprotection, improving cognitive performance and regulating mood. These effects are thought to be due to creatine’s ability to increase energy availability and enhance the function of the neurotrans-mitter systems in the brain.

Main sources of dietary creatine are beef, lamb, pork, and some fish. The recommended dosage is 5g of creatine monohydrate per day.



## THINGS HAPPENING AROUND THE WORLD.

# 03

Saudi Arabia is creating a 400 meter-high, wide, and long indoor super-city called The Mukaab in the centre of Riyadh. Large enough to hold 20 Empire State Buildings set to open by 2030. It will be the world’s first immersive, experiential destination. You can experience a climate-controlled environment where incredible holographics transport you to Mars one day, and a magical world the next day.

**Thoughts?** Its mind blowing. It’s literally out of this world. Let’s see if they pull this off.

It’s been an entire year since the war in Ukraine began with the Russian invasion. There has been over 300,000 military and civilian deaths on both sides, according to some estimates. Russia controls roughly 40,600 square miles of Ukrainian land. Ukraine’s GDP has diminished by 35%. Russia’s economy contracted by just 2.1%.

**Thoughts?** Pray for peace.

As the artificial intelligence (AI) battle heats up, Google’s chatbot Bard made its debut. During it’s first ever demo it made a factual error. The error caused Alphabet stock to drop as Alphabet lost \$100 billion of market cap

**Thoughts?** This must hurt. Must be one of the costliest product demos ever.



## THINGS HAPPENING IN THE ECONOMY

# 04

The city of Vancouver is going to propose a 9.7% hike in the average property tax paid by residents and businesses in 2023. The city of Surrey has announced that it is proposing a 17.5% property tax for 2023 which is believed to be the biggest property tax hike in the city’s history.

**Thoughts?** Well, that’s not good. We can assume residents won’t be pleased with that news

Bank of Canada Governor Tiff Macklem said that the economy remains overheated, and the jobs market is too tight. Canada added a massive 150,000 jobs in January, ten times expectations. “The tightness in the labour market needs to ease, wage growth needs to moderate and service price inflation needs to cool” or more interest hikes will be needed, he added.

**Thoughts?** Tiff Macklem and the Bank of Canada have should be held accountable for current conditions.

**Bitcoin is still not dead.**

**Thoughts?** Continue to love it.



## SOME INTERESTING STORIES WE HEARD

# 05

Lebron James broke the all-time NBA scoring record by scoring a turnaround jumper in the third quarter against the Oklahoma City Thunder on February 7th. He surpassed six-time NBA MVP Kareem Abdul-Jabbar who had held the record for 39 years and had amassed a total of 38,387 points during his career.

**Thoughts:** Does that make Lebron the GOAT? We’ll let the people decide.

The McDonald’s Filet-O-Fish was created to maintain foot traffic during Lent. It was invented by Lou Groen, a former homeless teenager who became a McDonald’s franchisee in Cincinnati in the 60’s. He convinced Ray Kroc to try it, today they sell 300 million sandwiches a year.

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



# LISTEN

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

Our playlist includes music from around the world. There's something for everyone!

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

# UP!

1. 52 Bars – Karan Aujla | Ikky
2. W – Chani Nattan | Inderpal Moga | TVGucci
3. Take it Easy – Karan Aujla | Ikky
4. Let Go – Central Cee
5. White Brown Black – Karan Aujla | Avvy Sra | Jaani
6. Calm Down – Rema
7. Gaddi – Gur Sidhu | Gurlez Akhtar | Kaptaan
8. Her – Shubh
9. Players – Badshah | Karan Aujla | Devika Badyal
10. Sip (Alcohol) – Joeboy

“Silence is essential. We need silence, just as much as we need air, just as much as plants need light. If our minds are crowded with words and thoughts, there is no space for us.”

Thich Nhat Hanh

“You live most of your life inside your head. Make sure it's a nice place to be.”

Unknown



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