



# the around town paper online

Manitoba Advertising, Design & Marketing by Blue Raven

website: [www.blueravendesign.ca](http://www.blueravendesign.ca)  
email: [thearoundtown2020@gmail.com](mailto:thearoundtown2020@gmail.com)

Vol. 02 No.24

"Help others even if they can't help you." September 22, 2021

1. Grapes light on fire in the microwave.
2. Lobsters have clear blood.
3. Einstein's brain was stolen when he died.
4. Marie Curie's notebooks are still radioactive.
5. Chewing gum is banned in Singapore.
6. The first item sold on eBay was a broken laser pointer.
7. There was a prehistoric dragonfly whose wings spanned more than 2 feet.
8. Bubble wrap was originally invented as wallpaper.
9. Santa Claus was given an official pilot's license in 1927.
10. There are 8 million possible seven-digit phone numbers per area code.
11. Antarctica is covered in a sheet of ice that's 7,000 feet thick.
12. A lifeboat drill was canceled the morning of the Titanic tragedy.
13. There's a Starbucks cup in every shot in the movie Fight Club.
14. The Statue of Liberty wears a size 879 shoe.
15. It only takes six minutes for alcohol to affect your brain.
16. Research shows that all blue-eyed people may be related.
17. David Bowie helped topple the Berlin Wall.
18. Cherophobia is the word for the irrational fear of being happy.
19. You can hear a blue whale's heartbeat from two miles away.
20. One in three divorce filings include the word "Facebook."



## Congratulations

to Suzanne Schultz on her Spring 2021 Graduation with Distinction from U of M Civil Engineering Degree.

Enjoy your new position within the Engineering Consulting Industry. We are very proud of your successes. Love, your Family

**RV BOARDING  
KENNEL**  
(204)-739-3445

## MANITOBA AUTHOR JOHN WARMS



## MANITOBA HOUSING Caretaker Services

Manitoba Housing is compiling a list of suppliers interested in providing Caretaker Services to the location(s) listed below, **1 Contract to be awarded.**

Contract review meeting must be attended to be considered eligible and receive Request for Quote.

### CONTRACT 1 – 60 Units

- Ashern – Building (26 Units)
- Ashern – Building (12 Units)
- Moosehorn – Building (22 Units)

Housing must be made aware of interest by September 29, 2021.

For additional information please contact:

Quinn Christiansen - 204-870-1080  
B18-25 Tupper Street N, Portage la Prairie MB R1N 3K1

**DEADLINE** for advertising: every Friday BY 12:00 NOON

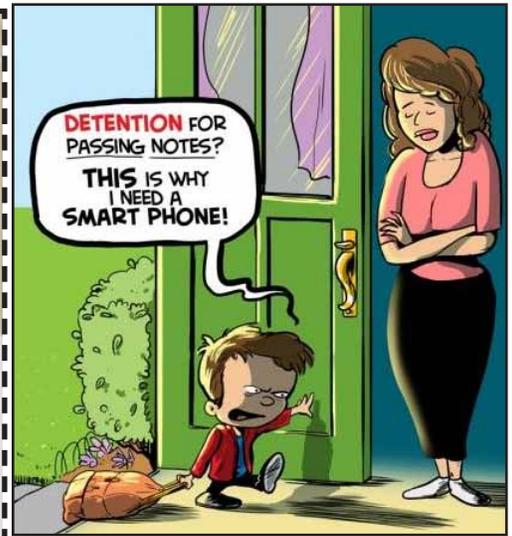
**PHOTO FIXING & COLOURING**  
**CONTACT US FOR PRICING**  
 thearoundtown2020@gmail.com



**Blue Raven**  
 DESIGN & PRINT

Colour added

**CLICK HERE FOR DETAILS!**



**Alcoholics Anonymous Contact #'s**

**Lundar:**

(204) 739-8093

**Eriksdale:**

(204) 739-6454

**Toll Free #:**

1-(877) 942-0126

**Central office:**

(204) 943-6051

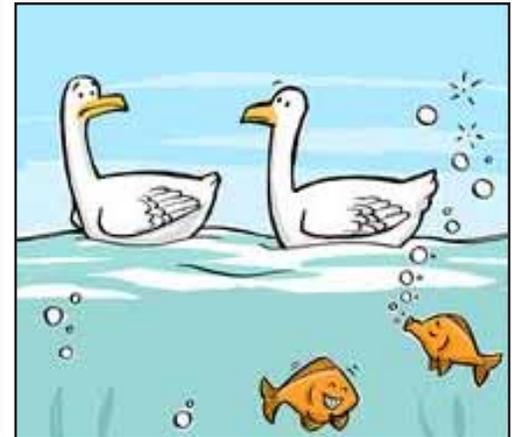


**MCDONALD'S CREATED BUBBLEGUM FLAVORED BROCCOLI IN 2014.**

The fast-food chain developed as a tastier version of the leafy green for children and it was a complete failure. McDonald's CEO Don Thompson admitted that kids were confused by the taste.

**Welcome to Steep Rock, Manitoba!**

**CLICK HERE TO VISIT OUR FACEBOOK PAGE**



**THE MANITOBA HIGHWAYS GROUP**



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**THE CANADIAN HIGHWAYS NETWORK**  
 www.canadianhighwaysnetwork.ca

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 24-7-365 days a year

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 www.computertutorpetra.ca

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**Single ad space**  
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# Daily Self Care

*Putting yourself first means that it may be necessary to say no to someone else, in order to say yes to yourself.*

We have all heard the instructions of an airline attendant reminding us to put on our own oxygen mask before we help anyone else with theirs. This advice is often cited as a metaphor for self-care because it so accurately expresses why it is important. It seems to say, ironically, that if you can't take care of yourself for yourself, do it for others. Few situations in our daily lives mimic the wake-up call of an airplane emergency, so it's easy to

keep putting self-care off -- easy, that is, until we get sick, overwhelmed, or exhausted, and suddenly don't have the energy to care for the people who count on us. That's when we realize we haven't been getting the oxygen we need to sustain ourselves. We begin to understand that taking care of ourselves is neither selfish nor indulgent; it's just plain practical.

Putting yourself first means that it may be necessary to say no to someone else in order to say yes to yourself. For many of us, there is always something we feel we could be doing for someone else, and it helps to remember the oxygen metaphor. You can even encourage yourself by saying "I am caring for myself so that I am better able to care for others" or some other mantra that will encourage you. It also helps to remember that self-care doesn't have to be composed of massively time-consuming acts. In fact, the best prescription for taking care of yourself is probably small, daily rituals; for example, taking one half-hour for yourself at the beginning and end of the day to meditate, journal, or just be. You might also transform the occasional daily shower or bath into a half-hour self-pampering session.

Whatever you decide, making some small gesture where you put yourself first every day will pay off in spades for you and the ones you love. The oxygen you need is all around you; sometimes you just need to be reminded to breathe.

Your *beliefs* don't make you a better person,  
your *behaviour* does.

"DOUBT KILLS MORE  
DREAMS THAN FAILURE  
EVER WILL."  
- KARIM SEDDIKI

## ASHERN DENTAL ♦ CENTRE

#5 Steenson Drive, Ashern

### RECEPTIONIST REQUIRED

We are looking for full time front desk receptionist. Full training will be provided.

\$22 per hour.  
Email resume to :  
[ameu2021@yahoo.ca](mailto:ameu2021@yahoo.ca)  
or drop a resume  
at our office.

**(204) 768-2730**

BELIEVE  
DREAMS  
GLITTER  
LOVE  
MAGIC  
RAINBOW  
UNICORN  
WAND  
STAR  
HEART



R	A	H	E	A	R	T	L
A	D	R	E	A	M	S	O
I	T	D	S	M	K	J	V
N	B	E	L	I	E	V	E
B	U	L	S	H	G	Q	N
O	R	E	M	F	Y	W	S
W	E	W	A	N	D	C	T
I	O	L	G	Z	X	V	A
P	G	L	I	T	T	E	R
U	N	I	C	O	R	N	B

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# the WONDERS of CANADA

Snail Mail Letter Subscription



## ✉ THE WONDERS OF CANADA LETTER SUBSCRIPTION ✉

Receive a letter from us via snail mail each month. Every one includes an additional surprise! We create beautiful and informative four page letters showing off and exploring the great country of Canada. Each letter contains a new and different Canadian wonderment - it might be a geographical place, an animal, a person or even a piece of art.

Each letter is a MYSTERY until it arrives! A great learning tool or gift to send loved ones near or far. Explore Canada through these adventurous letters - one wonder at a time.

## ✉ YOUR LETTER CONTAINS ✉

- fun, informational letter about Canada! People, places, animals, art...
- FOUR beautiful colour pages explaining this month's wonder.
- a surprise souvenir for that month - it will arrive with your letter!
- online secret-code access for extra info, online games and videos!

**"THANK YOU, WONDERS OF CANADA!  
Our family has such a great time reading our letters  
- we can't wait for the next one to get here!"**

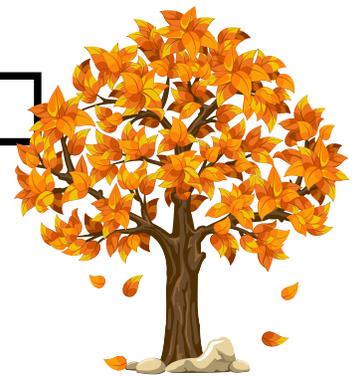
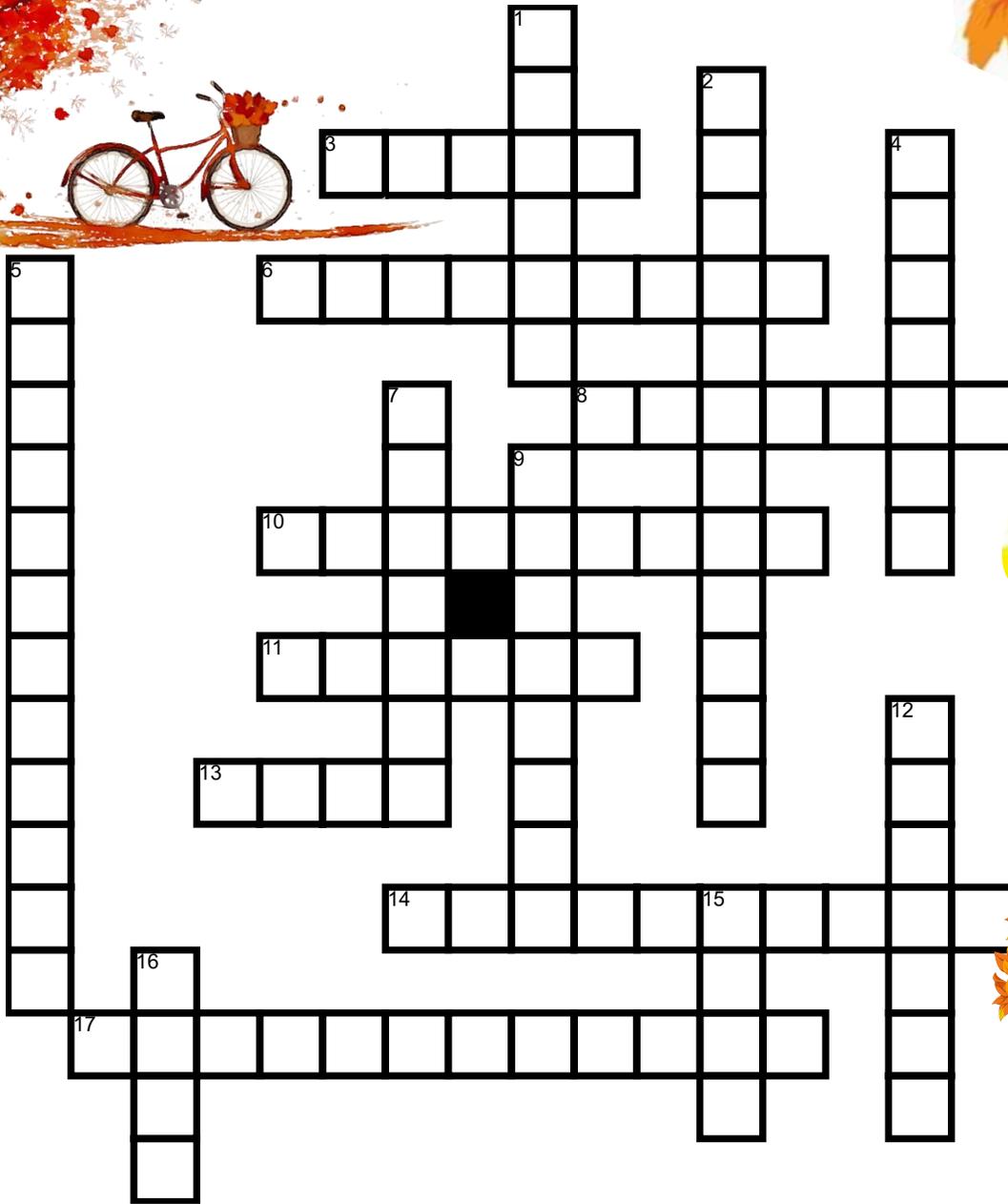
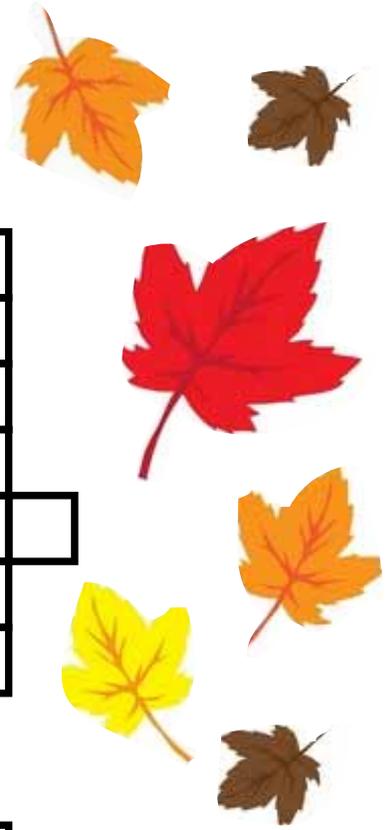
**"My mom tells us that she waits for her letter each month.  
She LOVES surprises and mail so it is the perfect combination.  
She is so excited when she explains what each one is about.  
Your letters are so welcome as she is alone without many visitors."**

**"Our kids love getting the mail since we got them a Wonders of Canada subscription.  
Amazing gift, fun to read and affordable."**

✉ [www.canadianhighwaysnetwork.ca/subscribe](http://www.canadianhighwaysnetwork.ca/subscribe) ✉

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**Across**

- 3. Fruit of the oak tree
- 6. Scares birds from cornfields
- 8. Month preceding November
- 10. Holiday on October 31
- 11. They change colors in the fall
- 13. Used to gather leaves

- 14. Horn of plenty
- 17. Carved Pumpkin

**Down**

- 1. Traditional Thanksgiving bird
- 2. Mexican Holiday on the first of November
- 4. To gather; to reap
- 5. Holiday for giving thanks
- 7. Leaves on tree

- 9. Month of preceding December

- 12. In astronomy, the first day of autumn is called the autumnal

- 15. Grows on tall stalks
- 16. Another name for Autumn