

MERRY MONTH OF MAY

Word Search

DIRECTIONS:
Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.



- BASEBALL
- BLOSSOM
- BUMBLEBEE
- BUTTERFLY
- CINCO DE MAYO
- FLOWERS



- GARDEN
- GEMINI
- GREEN
- LADYBUG
- LAWNMOWER
- MAYPOLE
- MEMORIAL DAY
- MOM

- MOTHER'S DAY
- PIÑATA
- PLANT
- SEEDS
- SPRING
- SUNSHINE
- TAURUS
- TEACHER



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CONGRATULATIONS TO MANITOBA AUTHOR JOHN WARMS!

Dr. Gordon Goldsborough of the Manitoba Historical Society has officially announced the nominees for the 2026 Margaret McWilliams Awards - and among the ten nominated books is *The Girl Who Met Sasquatch* by Manitoba author John Warms.

The Margaret McWilliams Awards are among Manitoba's most respected literary and historical honours, recognizing books that make significant contributions to the understanding and appreciation of Manitoba history, culture and heritage. The awards are named after Margaret McWilliams, a noted Canadian historian, author and women's rights advocate who played a major role in preserving Manitoba's historical legacy.

This nomination marks another major achievement in John Warms' writing career - and it's especially meaningful because this is not his first connection to the prestigious award. In 2001, John Warms WON the Margaret McWilliams Award for his powerful and acclaimed book *Over the Prison Wall*.

To now return decades later as a nominee once again is an incredible accomplishment and a testament to his continued storytelling talent and dedication to Manitoba history and folklore. Congratulations, John!

Get your copy of *The Girl Who Met Sasquatch* on Amazon:
<https://www.amazon.ca/Girl-Who-Met-Sasquatch/dp/BOFFHPIV7G>

8 MOOSEHORN HALL BINGO!
★ FRIDAY NIGHTS AT 7 PM ★
THIS WEEK MAY 15
JACKPOT \$1800 IN 52 #'S
MINI TOONIE \$2500+ Mini Toonie

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I would tell you a construction joke... but I'm still working on it.

THE 6 STAGES OF MONDAY MORNING

REMEMBER: MONDAYS DON'T LAST FOREVER. COFFEE DOES. ♥

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♈ ARIES (March 21 – April 19) You are one minor inconvenience away from dramatically moving to a cabin in the woods. Maybe wait until after the weekend before making decisions.

♉ TAURUS (April 20 – May 20) You're craving comfort, snacks and absolutely no drama. The universe saw that and scheduled nonsense into your week.

♊ GEMINI (May 21 – June 20) Your mouth may move faster than your brain this week. Double-check texts before sending and maybe don't start every sentence with "No offense, but..."

♋ CANCER (June 21 – July 22) You're feeling nostalgic lately. Old songs, old memories and old people suddenly reappearing online may leave you emotional. Protect your peace.

♌ LEO (July 23 – Aug. 22) Main character energy is STRONG this week. The spotlight finds you whether you want it or not. Try to use your powers for good instead of chaos.

♍ VIRGO (Aug. 23 – Sept. 22) You are noticing every mistake, typo and bad decision around you. Unfortunately, not everyone appreciates your "helpful observations." Weird.

♎ LIBRA (Sept. 23 – Oct. 22) You're trying to keep everyone happy and it's exhausting. Remember: "No" is a complete sentence and disappearing for a nap is self-care.

♏ SCORPIO (Oct. 23 – Nov. 21) Someone is testing your patience this week. Stay calm. Prison orange is not your colour.

♐ SAGITTARIUS (Nov. 22 – Dec. 21) Adventure is calling but so is your couch, your snacks and three unfinished projects. Balance is good.

♑ CAPRICORN (Dec. 22 – Jan. 19) You've been carrying too much responsibility lately. Delegating would help, but apparently everyone around you has forgotten how to function.

♒ AQUARIUS (Jan. 20 – Feb. 18) Your weird little ideas may actually work this week. Lean into your creativity.

♓ PISCES (Feb. 19 – March 20) If something feels off, trust yourself. Also trust yourself enough to stop rereading old messages from 2019.



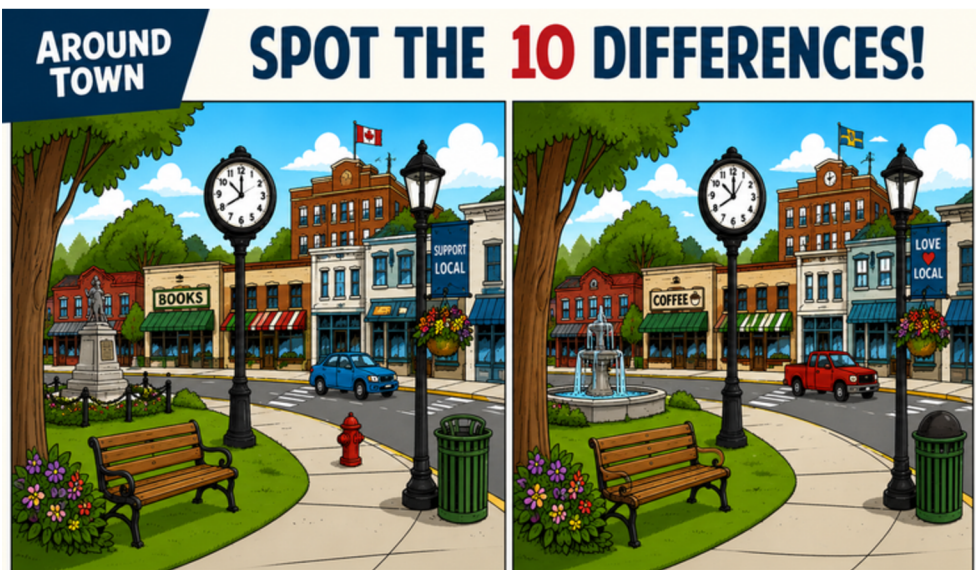
Empowered Choices - Since our lives are constantly in motion energetically, change is a constant element of our existence. As dynamic as that energy is, it is not random or haphazard in nature - the shifts in energy that are constantly taking place are the result of our choices. The formulation of intention, a change in perspective, or the creation of a goal can transform our lives in the blink of an eye. We think positive thoughts and the world becomes a brighter place. We decide who we want to be and become that person. With each passing moment, we are given innumerable opportunities to create change using nothing more than our awareness.

In the span of a single second, our lives can change immeasurably because energy moves at a pace more rapid than anything we can consciously fathom. At first, we may not be sensitive to the vibrational shifts taking place; our choices are ultimately at the heart of these transformations. We can typically recognize the consequences of key decisions because we anticipated the resultant energetic shifts. But many, if not most, of the choices we make each day are a product of instantaneous reactions, and these still have a significant impact on the energy of our existence.

It is for this reason that we should learn to wield what control we can over these shifts. If we bear in mind that all we think and all we do will shape the existence we know, we can deliberately direct the energetic motion of our lives.

Each day, you make an infinite array of decisions that cause energy shifts in the world around you. In many cases, these transitions are almost imperceptible, while in others, the change that takes place is palpable not only to you but also to those in your sphere of influence. Your awareness of the immediate energetic consequences of your thoughts and actions can guide you as you endeavor to make the most of the autonomy that defines you as an individual.

The myriad choices you make from moment to moment, however inconsequential they may seem, represent your personal power, which sanctions you to transform the energetic tide of your existence with nothing more than your will.



NETFLIX REVIEW: MR. ROBOT
Mr. Robot is one of the smartest and darkest shows Netflix has to offer. Starring Rami Malek, the series follows a troubled hacker pulled into a dangerous cyber-revolution against massive corporations. It's intense, stylish, creepy and full of twists that constantly make you question what's real. Not a casual background-watch kind of show, you actually need to pay attention.

5/5 Popcorn Buckets - Dark. Brilliant. Completely addictive.



ONE-PAN Honey Garlic CHICKEN & VEGGIES
EASY • QUICK • DELICIOUS

PREP TIME: 10 MIN | COOK TIME: 25 MIN | SERVES: 4

INGREDIENTS

- 4 boneless, skinless chicken breasts, cut into bite-sized pieces
- 2 tbsp olive oil
- 3 cups broccoli florets
- 1 red bell pepper, chopped
- 1 cup sliced carrots

Honey Garlic Sauce:

- 1/4 cup honey
- 1/4 cup soy sauce
- 3 cloves garlic, minced
- 1 tbsp apple cider vinegar
- 1 tbsp cornstarch
- 2 tbsp water

DIRECTIONS

- Preheat oven to 400°F (200°C). Line a large baking sheet with parchment paper.
- In a large bowl, toss chicken with olive oil, salt and pepper. Spread on one side of the baking sheet.
- On the other side, add broccoli, red pepper and carrots. Drizzle with a little olive oil, salt and pepper.
- In a small bowl, whisk together all Honey Garlic Sauce ingredients until smooth.
- Bake for 20-25 minutes, until chicken is cooked through and veggies are tender. Drizzle sauce over everything and toss to coat. Bake 2-3 minutes more to thicken. *Serve and enjoy!*

TIPS: Add snap peas or zucchini! Serve over rice or quinoa. *Simple. Healthy. Homemade.*



Dear Ruby, I used to LOVE summer in Manitoba. The lake, camping, bonfires, warm nights and long drives. But the last few years have changed things for me. Every spring now, I feel anxious waiting for wildfire season to begin. The smoke, the evacuations, the orange skies and worrying about communities losing everything has taken some of the joy out of summer for me. I feel guilty even saying that because I know others have it far worse. How do we enjoy summer while also carrying that fear in the back of our minds?
- Watching the Forecast

Dear Watching, You are not alone. Fire season has changed the feeling of the season for many people, especially those who have experienced evacuations, smoke-filled weeks or watched heartbreaking footage from communities across the province.

The truth is, our brains remember fear. Once something frightening becomes part of our "normal," it's hard to fully relax the same way we once did. That doesn't make you dramatic. It makes you human.

But here's what I hope you remember: fear cannot be the only thing that gets to live in summer.

Summer is still kids laughing in sprinklers. It's dragonflies buzzing over ditches. It's sunsets at the lake, mosquito swatting contests and someone burning hot dogs at a campsite while insisting they're "perfectly fine." It's community. It's resilience. It's Manitobans checking on each other when things get hard. Be informed. Be prepared. Respect the reality of fire season. But don't punish yourself for still finding beauty and joy in the middle of it all. Hope and worry can exist together.
~Ruby



MANITOBA HIGHWAYS GROUP
A safe, moderated online group. NO SPAM, NO DRAMA. RULES ENFORCED.

REAL TIME REPORTS. LOCAL UPDATES. WHEN IT MATTERS MOST.

STAY INFORMED. STAY SAFE.

- SEVERE WEATHER
- FLOODING & ROAD CONDITIONS
- FIRES & EMERGENCIES
- TRAFFIC ALERTS & ROAD CLOSURES
- WINTER CONDITIONS

A SAFE, RESPECTFUL COMMUNITY WORKING TOGETHER FOR SAFER HIGHWAYS.