



APRIL WORD SEARCH



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

Birds

Sheep

April Fools

Bunnies

Easter

Spring

Sunny

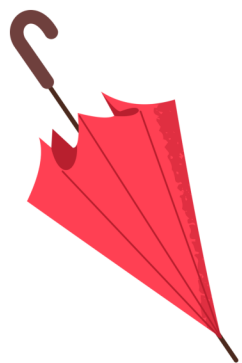
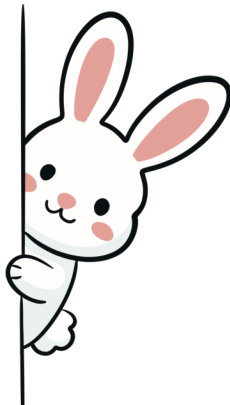
Earth Day

Rain

Tricks

Butterflies

Flowers



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Scott Oake Retiring from Hockey Night in Canada



Scott Oake steps away from Hockey Night in Canada after more than five decades in broadcasting. He has announced his retirement.

For so many Canadians, Scott is a familiar and trusted voice, someone who doesn't just report on the game but helps us feel it. He brought warmth, insight and humanity to moments that will live on for generations.

But the impact he and his family have made extends far beyond hockey. After losing their son Bruce, Scott and his late wife Anne chose to turn heartbreak into something that could help others. From that loss came the Bruce Oake Recovery Centre, a place that has given hope, healing and a second chance to so many people struggling with addiction. That work is still growing.

Through the Bruce and Anne Oake Memorial Foundation, the next step is now underway: the Anne Oake Family Recovery Centre, an innovative new treatment space where mothers can get the help they need without being separated from their children. That matters deeply, because recovery should never come at the cost of family.

As Scott closes this chapter, one beautiful way to recognize everything he has meant to so many is to support a cause that reflects compassion, resilience and lasting change. A donation made in his honour helps continue that life-changing work.

Donate: <https://www.bruceandanneoakefdn.com/donate/>



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FOLKS BORN IN THE LATE '90S OR EARLY 2000S ARE "GENERATION" THIS LETTER

ROCK & ROLL HALL OF FAME

Class of 2026

- Phil Collins
- Billy Idol
- Iron Maiden
- Joy Division/New Order
- Oasis
- Sade
- Luther Vandross
- Wu-Tang Clan

YAWNING IS NOT THE OFFICIAL SIGNAL TO GO TO SLEEP. DROPPING YOUR PHONE ON YOUR FACE IS.



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ARIES (Mar 21 – Apr 19)

Momentum is building, Aries. Trust your instincts and take the lead where it feels right—others are watching and ready to follow.

TAURUS (Apr 20 – May 20)

Slow and steady wins again this week. Focus on what brings you peace and don't rush decisions that deserve your full attention.

GEMINI (May 21 – Jun 20)

Your words carry weight right now. Speak clearly, listen fully, and don't underestimate how much your voice matters.

CANCER (Jun 21 – Jul 22)

Emotions may run a little high—lean into what feels safe and grounding. Home and close connections bring comfort.

LEO (Jul 23 – Aug 22)

You're in your element, Leo. Confidence is your superpower this week—use it wisely and don't dim your shine for anyone.

VIRGO (Aug 23 – SEPT 22)

Details matter, but don't overthink everything. Progress comes from action, not perfection.

LIBRA (SEPT 23 – Oct 22)

Balance is key. Take time for yourself while still showing up for others—it's not either/or, it's both.

SCORPIO (Oct 23 – Nov 21)

Something beneath the surface is ready to come forward. Trust your gut and don't ignore what you already know.

SAGITTARIUS (Nov 22 – Dec 21)

Adventure is calling—even in small ways. Say yes to something new and shake up your routine.

CAPRICORN (Dec 22 – Jan 19)

Stay focused on your goals. Hard work is paying off, even if results feel just out of reach right now.

AQUARIUS (Jan 20 – Feb 18)

Fresh ideas are flowing—write them down. This could be the start of something bigger than you expect.

PISCES (Feb 19 – Mar 20)

Take a breath and recharge. Your energy is precious this week—protect it and spend it where it truly matters.



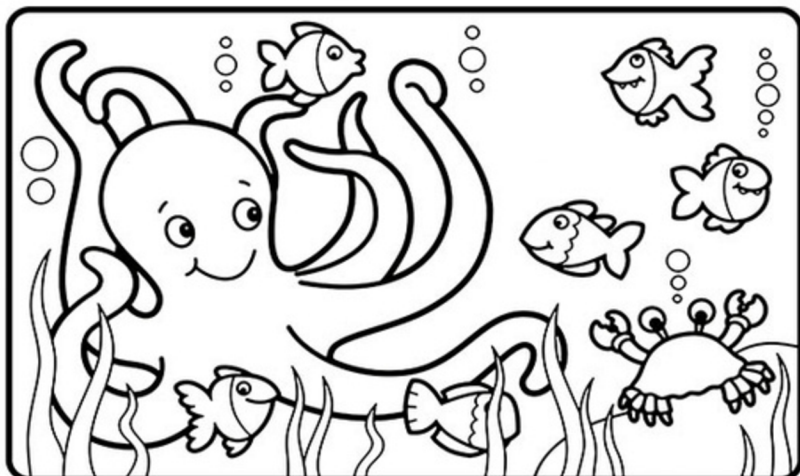
Power in Perspective - As human beings, we cannot help but be subject to our preferences. However, we do have control over the manner in which these manifest themselves in our lives. Every value we hold dear is an expression of either support or opposition, and it is our perspective that determines whether we are for something or against it. For example, we can direct our energy and intentions into activities that promote peace rather than use our resources to speak out in opposition to war. On the surface, these appear to be two interchangeable methods of expressing one virtue. Yet being for something is a vastly more potent means of inspiring change because it carries with it the power of constructive intent.

When you support a cause, whether your support is active or passive, you contribute to the optimism that fuels all affirmative change. Optimistic thoughts energize people, giving them hope and inspiring them to work diligently on behalf of what they believe in. Being for something creates a positive shift in the universe, which means that neither you nor those who share your vision will have any trouble believing that transformation on a grand scale is indeed possible.

To be against something is typically easy, as you need only to speak out in opposition to it. Standing up for something is often more challenging because you may be introducing an idea to people that may scare them on a soul level.

Throughout your life, you have likely been told that the actions of one person will seldom have a measurable impact on the world. Yet your willingness to stand up for what you believe in instead of decrying what you oppose can turn the tides of fate. The thoughts you project when you choose to adopt a positive perspective will provide you with a means to actively promote your values and eventually, foster lasting change.

Spot the 10 Differences



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Open-toad sandals

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Yesterday, and days before Sun is cold and rain is hard

Name that Tune

Apparently it's considered rude to tap someone on the forehead and say Skip Intro when they start talking too much.

Delicious Beef & Veggie Stir-Fry

Ingredients:

- 1 lb beef sirloin (thinly sliced)
- 2 tbsp olive oil (or sesame oil)
- 3 cloves garlic (minced)
- 1 tbsp fresh ginger (grated)
- 2 tbsp soy sauce
- 1 tbsp honey
- 1 tbsp rice vinegar
- 1 cup snap peas
- 1 red bell pepper (sliced)
- 1 cup broccoli florets
- 2 green onions (chopped)
- Salt & pepper to taste



Directions:

1. Heat oil in a large pan or wok over medium-high heat.
2. Add beef, season lightly with salt and pepper, and cook 2-3 minutes until browned. Remove and set aside.
3. In the same pan, add garlic and ginger. Sauté for 30 seconds.
4. Toss in snap peas, broccoli and pepper. Cook 3 minutes until crisp-tender.
5. Return beef to the pan. Add soy sauce, honey, and vinegar. Stir well.
6. Cook another 2-3 minutes until everything is coated and heated through.
7. Top with green onions and serve hot.

Serve with: rice, noodles, or even on its own for a lighter spring meal.



Dear Ruby,
Is it just me or has "fun" become something I have to schedule like a dentist appt? I

used to be spontaneous, and now I need a nap just thinking about doing something after 7 p.m.
—Tired but Trying

Dear Trying, Welcome to the club where "fun" now requires a plan, snacks and a solid exit strategy.

Nothing is wrong with you. Life gets busy, responsibilities pile up, and suddenly fun starts feeling like something extra instead of something essential. But here's the truth: fun doesn't have to mean big nights out, packed schedules or exhausting yourself trying to "make memories." Fun can be small. Easy. Low effort.

A walk with music in your ears. A coffee you didn't rush through. Laughing way too hard at something silly.

We've been sold this idea that fun has to be loud and eventful, but real fun? It's the stuff that makes you feel like yourself again — even for a few minutes.

So no, you don't need to become your old spontaneous self overnight. Just start by giving yourself permission to enjoy something simple... without turning it into another task on your list.

If that "fun" happens by 9 p.m. with comfy clothes and snacks? That still counts.—Ruby

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