

The

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# Around Town Paper



STORIES • PEOPLE • COMMUNITY • ENTERTAINMENT

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July 1, 2026



Canada Day is a chance to celebrate the country we call home—our breathtaking landscapes, vibrant communities, and, most importantly, the people who make Canada what it is. From coast to coast to coast, Canadians come together to enjoy family, friends, community events, and the freedoms we share.

As we celebrate, it's also a time to reflect on our shared history and look toward a future built on kindness, respect, and reconciliation. Whether you're enjoying fireworks, a backyard barbecue, a road trip, or simply spending time with loved ones, we wish you a safe, happy, and memorable Canada Day.

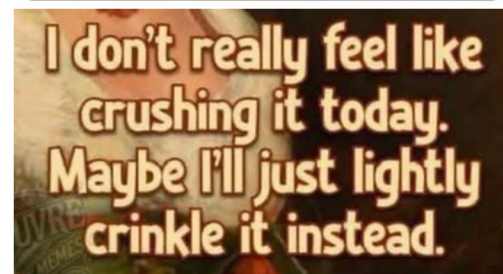
From our family at The Around Town Paper, Happy Canada Day!



There is only a small window in life when everyone you love is here at the same time.

One day, you'll realize these ordinary moments were never ordinary at all.

They were the rarest kind of magic.



**MOOSEHORN HALL**

**BINGO**

**THURSDAY, JULY 2**

**AT 7 PM**

Jackpot is **\$2000** in 57#'s = or less!

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# PROUDLY METIS PROUDLY MANITOBBAN



## ♈ Aries | Mar 21 – Apr 19

Slow down before you charge ahead. Not everything needs your immediate reaction.

## ♉ Taurus | Apr 20 – May 20

A small change at home could lift your whole mood. Make your space feel good again.

## ♊ Gemini | May 21 – Jun 20

Your words have extra power this week. Use them to clear the air, not stir the pot.

## ♋ Cancer | Jun 21 – Jul 22

You may feel pulled in several directions. Choose peace where you can.

## ♌ Leo | Jul 23 – Aug 22

Let yourself enjoy the attention, but don't forget to listen too.

## ♍ Virgo | Aug 23 – Sept 22

A plan may need adjusting. That doesn't mean it failed – it means you're paying attention.

## ♎ Libra | Sept 23 – Oct 22

Balance comes back when you stop saying yes to things you don't actually want.

## ♏ Scorpio | Oct 23 – Nov 21

Trust your gut, especially if someone's words don't match their actions.

## ♐ Sagittarius | Nov 22 – Dec 21

A little adventure will do you good, even if it's just taking the long way home.

## ♑ Capricorn | Dec 22 – Jan 19

You've been carrying a lot. This week, let something be easier than expected.

## ♒ Aquarius | Jan 20 – Feb 18

A fresh idea could lead somewhere useful. Write it down before it wanders off.

## ♓ Pisces | Feb 19 – Mar 20

Your heart may be softer than usual. Protect your peace and choose gentle company.

# FIND THE DIFFERENCES

Can you find 10 differences between the two pictures?



**Speaking Your Truth** - Within each of us, there are numerous voices often that compete for our attention. It can be difficult to decide which one to listen to, particularly when their messages are all quite different, sometimes conflicting and even alluring. One voice, however, is the speaker of truth. Among all your inner voices, your true inner voice is the one which encourages you, gives you hope, and pushes you to trust and believe

in yourself. Conflict within oneself is often caused by dueling voices inside of each one of us. As we move through life, we get mixed messages from the various aspects of ourselves. Some of our voices, such as the naysayer or saboteur, can speak so loudly that they drown out the voice of truth.

Listening to your true inner voice – often the voice of understanding, support, and self-assurance – can help lessen and even resolve internal conflict.

If you're looking toward the future but your faith in your ability to succeed is wavering, you will benefit from finding and listening to your true inner voice. You can connect with it by remaining relaxed and alert, while listening carefully. If you have trouble distinguishing your true voice from the others, meditation may be helpful.

You may hear many voices as you meditate, but the one you should pay attention to is the one that speaks to you with love, understanding, and compassion. It will bolster your spirits and urge you to go after your dreams. And it will never cause confusion, remind you of past mistakes, or cause you to doubt yourself.

The more you listen to and believe in what your true inner voice is telling you about your value and your potential, the stronger that voice will become. And the more you disregard the voices that can interfere with your resolve to succeed, the quieter those voices will become.

Saying no to the voices that are judgmental and make you feel ashamed will help you stop being critical of your failures and afraid of success. By finding and strengthening your true inner voice, you will be able to ignore internal conflict and pick out the one that speaks the truth.

## 🇨🇦 Canada Day Berry Shortcake Trifle

A perfect July 1st dessert that's easy to make, feeds a crowd, and celebrates Canada!



### Ingredients

- 1 store-bought angel food cake (or pound cake), cut into cubes
- 2 cups fresh strawberries, sliced
- 2 cups fresh raspberries
- 2 cups whipped cream (or whipped topping)
- 1 package (102 g) instant vanilla pudding
- 2 cups cold milk
- 1 tsp vanilla extract
- Fresh blueberries (optional)
- Fresh mint leaves for garnish (optional)



### Directions

- Prepare the vanilla pudding according to the package directions using the cold milk. Stir in the vanilla and chill for 5 minutes.
- In a large glass trifle bowl (or individual dessert cups), layer: Cake cubes, Vanilla pudding, Whipped cream, Strawberries and raspberries.
- Repeat the layers until the bowl is full.
- Finish with a generous layer of whipped cream.
- Decorate the top with strawberries arranged like a maple leaf, scatter raspberries around the edges, and add a few blueberries.
- Refrigerate for at least one hour before serving.



### Dear Ruby,



I'm a middle-aged Métis man, and every year when Canada Day comes around, I feel torn. I love this country and the fact that most Canadians still try to help one another. But I also know our history.

I understand why some Indigenous people don't feel like celebrating July 1. For many, Canada wasn't built with them—it was built around them. Residential schools, broken treaties, the loss of language and culture, those aren't ancient history. I don't want to ignore that.

At the same time, I don't want to spend Canada Day feeling ashamed of being Canadian either. Can I be proud of this country while also acknowledging the pain it has caused?

How do I celebrate Canada Day respectfully? — *Proud, but Torn*

Dear Proud, I think you've asked a question many Canadians, Indigenous and non-Indigenous alike quietly wrestle with every July. Being proud doesn't require pretending its history is flawless. And acknowledging painful history doesn't require rejecting everything good about the place you call home. Both can exist at the same time.

For many Indigenous people, July 1 can bring mixed emotions because Canada's history includes policies that caused profound harm. Those experiences are real, and they continue to shape families and communities today. As a Métis man, your identity doesn't require you to choose between your heritage and your home. They are both part of your story.

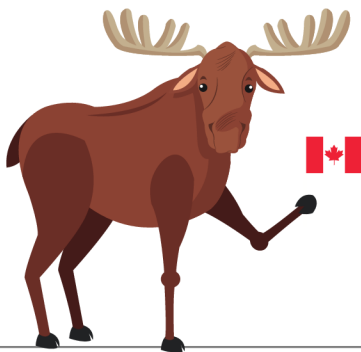
This Canada Day, fly the flag if it feels right. Reflect on our history if it feels necessary. Celebrate the people you love. Honour those who came before us. Love your country enough to hope it keeps becoming a better one. That's not a contradiction. That's patriotism with open eyes. — *Ruby* ❤️

# CANADA DAY WORD SCRAMBLE!

UNSCRAMBLE THE WORDS BELOW THAT CELEBRATE CANADA!

1. DAANCA _____	9. POYRS _____
2. PAEML _____	10. AKEL _____
3. AFLG _____	11. KCYOEH _____
4. IREFWKROS _____	12. ERVRI _____
5. ERDAEBV _____	13. TEALFISV _____
6. OTNTOOR _____	14. REPAIR _____
7. AOWTAT _____	15. UOTPINE _____
8. NIUTPOE _____	

Happy CANADA DAY! TRUE NORTH STRONG AND FREE!



- |                  |                         |                    |             |
|------------------|-------------------------|--------------------|-------------|
| Alberta          | Kelowna                 | Ontario            | StJohns     |
| Banff            | London                  | Ottawa             | Sydney      |
| British Columbia | Manitoba                | Peterborough       | Toronto     |
| Calgary          | Moncton                 | PrinceAlbert       | Vancouver   |
| Charlottetown    | Montreal                | PrinceEdwardIsland | Victoria    |
| Churchill        | NewBrunswick            | Quebec             | Whitehorse  |
| Edmonton         | NewfoundlandAndLabrador | QuebecCity         | Windsor     |
| Fredericton      | NorthwestTerritories    | Regina             | Winnipeg    |
| Halifax          | NovaScotia              | Saskatchewan       | Yellowknife |
| Iqaluit          | Nunavut                 | Saskatoon          | Yukon       |