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The Ashern Auction Mart will be holding summer sales due to the extreme drought

**July 21st
 August 4th
 August 18th
 September 1st**

Please book ahead so we can better market your livestock. Cattle are received Tuesdays 7:30am - 8:00pm unless otherwise arranged.

Sales Start at 9 am Wednesdays
 Call Kirk 204-768-0019 or Buddy 204-768-0019



Vol. 02 No. 14 "Honesty is more than not lying." July 14, 2021



SUMMER CHICKEN PARMESAN RECIPE



- INGREDIENTS (serves 4)**
- 1 ounce white whole-wheat flour (1/4 cup)
 - 1 large egg, lightly beaten
 - 2/3 cup plain whole-wheat breadcrumbs
 - 4 (4-oz.) chicken breast cutlets
 - 5/8 teaspoon kosher salt, divided
 - 1/2 teaspoon freshly ground black pepper
 - 2 tablespoons olive oil, divided
 - Cooking spray
 - 3 ounces part-skim mozzarella cheese, shredded (about 3/4 cup)
 - 1 1/2 cups chopped zucchini (1 med)
 - 1 1/2 cups cherry tomatoes, halved
 - 2 garlic cloves, thinly sliced
 - 1/4 cup chopped fresh basil

DIRECTIONS:
 • Preheat broiler with oven rack in middle position. Place flour, egg, and breadcrumbs in separate shallow dishes. Sprinkle chicken with 1/2 teaspoon salt and pepper. Dredge chicken in flour; dip in egg, and dredge in breadcrumbs.

• Heat 1 1/2 teaspoons oil in a large skillet over medium-high. Add 2 cutlets; cook 1 minute on each side. Place on a baking sheet coated with cooking spray. Repeat procedure with 1 1/2 teaspoons oil and remaining cutlets.

• Top cutlets with cheese; broil 1 1/2 minutes. Heat remaining oil in skillet. Add zucchini; sauté 1 minute. Add remaining 1/8 teaspoon salt, tomatoes, and garlic; sauté 4 minutes. Serve with chicken, and top with basil.

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Physician Departure – Eriksdale Medical Clinic

Please be advised that on August 15, Dr. Sunu Thomas is concluding her practice at Eriksdale Medical Clinic. She will be available over the next few weeks if patients wish to make an appointment to see her before she leaves.

Interlake-Eastern RHA wishes Dr. Thomas all the best and thanks her for her years of service to Eriksdale and area residents.

All remaining physicians at the clinic are accepting patients.:
 Please call the Eriksdale Medical Clinic at 204-739-2672 to make an appointment with Dr. Matta Noseir or Dr. Sukhwinder Randhawa.

We look forward to announcing the arrival of new physicians to the area in the near future.



Solve this puzzle!

$\text{Strawberry} + \text{Strawberry} = 6$
 $\text{Orange} - \text{Orange} = 2$
 $\text{Apple} + \text{Apple} = 10$
 $\text{Strawberry} \times \text{Orange} \times \text{Apple} = ?$

Nightly Routine



Blue Raven DESIGN & PRINT

Colour added

CLICK HERE FOR DETAILS!

Being Hard on Ourselves

When we are hard on ourselves, we send our bodies the message that we are not good enough.



One of the key components of human consciousness that most of us need to address and change is our tendency to be hard on ourselves. We do this in ways that are both overt and subtle, and half the work sometimes is recognizing that we are doing it at all. For example, if we find it difficult to graciously accept compliments, this is probably a sign that we tend to be hard on ourselves. Other ways in which

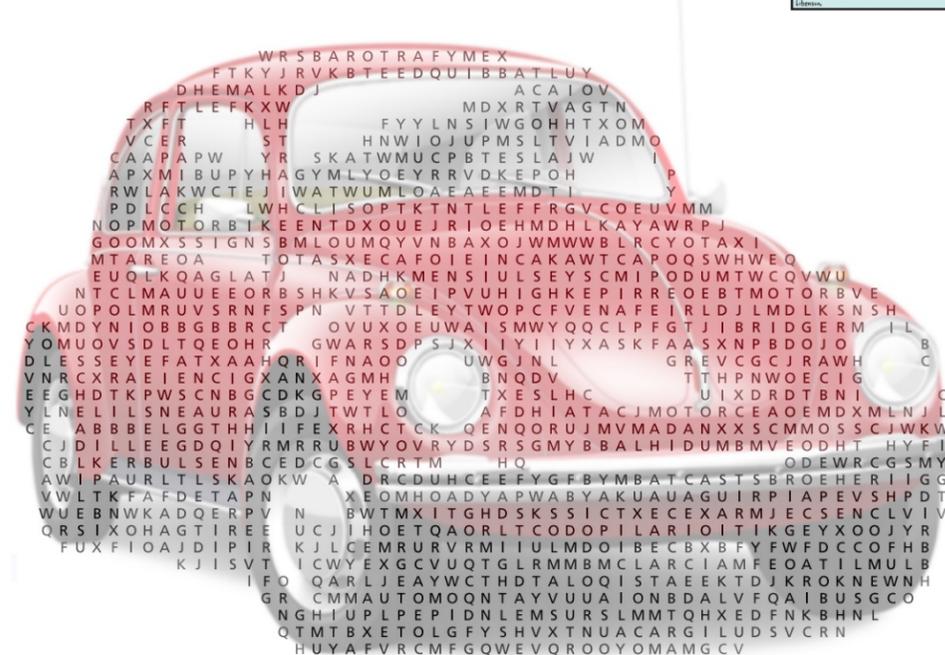
we express this tendency include never feeling satisfied with a job well done, always wanting to be and do better, and getting mad at ourselves for getting sick. Getting mad at ourselves at all indicates that we need to rescue ourselves from our learned ability to be unkind to ourselves.

In essence, when we are hard on ourselves, we send our bodies the message that we are not good enough. Whenever we do this, we do damage that will need to be addressed later, and we sap our systems of much-needed energy. Being hard on ourselves is a waste of precious time and energy that we could use in positive ways. To begin to understand how this works, we can think about times when someone made us feel that we weren't good enough. Even just thinking about it will create an effect in our bodies that doesn't feel good. We may be used to the feeling, but when we really tune into it, we instinctively know that it is not good for us on any level.

Like any bad habit, being hard on ourselves can be a challenging one to release, but the more we feel the burden it places on us, the more motivated we will be to change. At first, just noticing when we are doing it and how it makes us feel is enough. As our awareness increases, our innate impulse toward health and well-being will be activated, moving us out of danger and into a more positive and more natural relationship with ourselves.

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Answer!
 🍓 + 🍓 = 6
 🍊 - 🍊 = 2
 🍓 + 🍊 = 10
 🍓 x 🍊 x 🍓 = 64



- | | |
|-------------|-------------|
| accelerate | motorcycle |
| auto | odometer |
| automobile | scooter |
| bicycle | seatbelt |
| bike | sedan |
| brake | signs |
| bridge | speeding |
| bus | speedometer |
| camper | suv |
| car | taxi |
| cargo | taxicab |
| carpooling | tire |
| convertible | toll |
| gasoline | traffic |
| headlight | trailer |
| highway | train |
| limousine | truck |
| merge | van |
| motor | wheel |
| motorbike | windshield |



Alcoholics Anonymous Contact #'s

Lundar:
 (204) 739-8093
Eriksdale:
 (204) 739-6454
Toll Free #:
 1-(877) 942-0126
Central office:
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Physician Departure – Ashern Medical Clinic

Please be advised that on August 20, Dr. Armin Sabri is concluding his practice at Ashern Medical Clinic. He will be available over the next few weeks if patients wish to make an appointment with him before he leaves.

Interlake-Eastern RHA wishes Dr. Sabri all the best and thanks him for his years of service to Ashern and area residents.

All remaining physicians at the clinic are accepting patients:
 Dr. Christopher Okpaleke 204-768-3821
 Dr. Mina Gendi 204-768-3404
 Dr. Samina Nishat 204-768-2881

We look forward to announcing the arrival new physicians to the area in the near future.

Interlake-Eastern Regional Health Authority



Deadline for advertising: every Friday by 12:00 noon

"Honesty is more than not lying."