



30th Anniversary of National Indigenous Peoples Day.



Every year on June 21, Canadians celebrate National Indigenous Peoples Day, a time to recognize and honour the rich cultures, traditions, languages, and contributions of First Nations, Inuit, and Métis peoples. The date was chosen because it coincides with the summer solstice, a day that has held cultural and spiritual significance for many Indigenous communities for generations.

Across Canada, communities mark the occasion with ceremonies, music, dancing, storytelling, educational events, and cultural gatherings.

It is an opportunity for Indigenous and non-Indigenous people alike to come together, learn from one another, and celebrate the diverse histories and traditions that help shape our country.

National Indigenous Peoples Day is also a reminder of the importance of truth, reconciliation, respect, and understanding. By listening, learning, and recognizing Indigenous voices, we can all help build stronger communities and a brighter future for everyone.



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The heart never knows the colour of the skin.

— Chief Dan George

SUMMER SCHEDULE:

6:00 AM - 6:00 PM | 6:00 PM - 6:00 AM

What did the triangle say to the circle?

You're pointless.

WE'RE HIRING!

Lakeshore Handivan Association Inc.

FULL-TIME HANDIVAN COORDINATOR

ASHERN, MB

Help coordinate transportation services for residents of the RM's of West Interlake & Grahamdale.

WHAT WE'RE LOOKING FOR	PREFERRED	APPLY BY
<ul style="list-style-type: none"> Strong organizational skills Computer skills (Word, Excel & Email) Excellent people skills Ability to work independently 	<ul style="list-style-type: none"> Class 5 Driver's Licence Access to a personal vehicle <p>WORK LOCATION LIFE Office #4-61 Main Street, Ashern</p>	<p>JUNE 22, 2026</p> <p>SALARY Negotiable</p> <p>FOR MORE INFORMATION CALL Keith Lundale (Chair) 204-739-3365</p> <p>EMAIL lshandivan23@gmail.com</p>

Make a difference in your community. Join our team today!

Remember When FOXTAILS WERE EVERYWHERE?

As kids, we played with them all the time. Times have changed.

Foxtails may look harmless, but these sharp seed heads are now considered **DANGEROUS**, especially to pets.

DANGEROUS FOR PETS
Foxtails can burrow into ears, eyes, noses, paws and even lungs—causing pain, infection and sometimes serious medical emergencies.

HARD TO SEE
Their small size and unique barbed shape make foxtails easy to miss—but hard to remove.

COMMON IN SUMMER
Foxtails grow along roadsides, trails, fields and ditches across Canada.

KEEP PETS SAFE

- Avoid tall grass areas
- Keep pets leashed
- Check paws, ears and fur after walks
- See a vet if you suspect a foxtail injury



♈ ARIES (March 21 - April 19) Your energy is high this week, but not everything needs your attention.

Focus on what matters most and leave a little room to breathe.

♉ TAURUS (April 20 - May 20) Someone may test your patience. Choose your battles wisely and remember that peace is sometimes the better victory.

♊ GEMINI (May 21 - June 20) Your curiosity leads you somewhere interesting. Follow it, but try not to get completely lost down the rabbit hole.

♋ CANCER (June 21 - July 22) Old memories may surface this week. Appreciate them, learn from them, then keep moving forward.

♌ LEO (July 23 - Aug 22) You naturally attract attention this week. Use your confidence to encourage others and don't be afraid to accept support yourself.

♍ VIRGO (Aug 23 - Sept 22) Details matter, but perfection isn't required.

Progress will get you further than overthinking every little thing.

♎ LIBRA (Sept 23 - Oct 22) Balance is the key this week. Make time for yourself before your schedule starts making decisions for you.

♏ SCORPIO (Oct 23 - Nov 21) Someone may underestimate you. Let your actions speak louder than any explanation ever could.

♐ SAGITTARIUS (Nov 22 - Dec 21) A little adventure could do you good. Stay open to unexpected opportunities and spontaneous moments.

♑ CAPRICORN (Dec 22 - Jan 19) You've been carrying a lot. Remember that asking for help doesn't make you weak—it makes you human.

♒ AQUARIUS (Jan 20 - Feb 18) Your mind is buzzing with ideas. Take a moment to sort the brilliant ones from the questionable ones.

♓ PISCES (Feb 19 - March 20) Trust your instincts this week. Your inner voice knows more than you're giving it credit for.



We are all Connected - There are times when we may feel disconnected from the world. It can seem like our actions are of no major consequence, and we may feel like we exist in a vacuum. Yet the truth is that our simplest thought or action – the decisions we make each day and how we see and relate to the world – can be incredibly significant and have a profound impact on the lives of those around us, as well as the world at large. The

Earth and everything on it is bound by an invisible connection – people, animals, plants, the air, the water, the soil. Insignificant actions on your part, whether positive or negative, can have an impact on people and the environment even if they seem separate from you.

Staying conscious of the connection between all things can help you think of your choices and your life in terms of the broader effect you may be creating.

Think of buying a wooden stool. The wood was once part of a tree, which was part of a forest. A person was paid to fell the tree, another to cut the wood, and yet another to build the stool. Their income may have had a positive effect on their families, just as the loss of the tree may have had a negative impact on the forest or the animals that made that tree their home. An encouraging word to a young child about their special talent can influence them to develop their gift so that one day their inventions can change the lives of millions. A poem written to express oneself can make a stranger reading it thousands of miles away feel less alone.

Staying conscious of your connection to all things can help you think of your choices in terms of their impact. We are powerful enough that what we do and say can reverberate through the lives of people we may never meet. Understanding that you are intimately connected with all things and understanding your power to affect our world can be the first step on the road to living more consciously.



Unscramble the list below. Write the words in the blanks provided on the right. Two blanks indicate the answer contains 2 words.

Word Scramble

unje	_____	acpm	_____
mrmesu	_____	lunsegsass	_____
uns	_____	brcebeua	_____
baceh	_____	oolp	_____
inotacav	_____	llofpfpis	_____-_____
wmsi	_____	ierieflsf	_____
ere caicm	_____-_____	oselicpp	_____
nsushnei	_____	ahckmom	_____
dasstcnlae	_____	maeonlde	_____
iicpn	_____	adgnre	_____

✂️

Recipe for a Delightful June Evening

Ingredients	Directions
A warm sunset	1. Step outside.
Fresh berries	2. Leave your worries indoors.
The smell of cut grass	3. Watch the sky change colours.
A lawn chair	4. Share a story.
Evening birdsong	5. Stay until the stars (or mosquitoes) appear.
A few laughs	6. End the day thankful for something small.
Good company	
A cold drink	
A little gratitude	

Serves: Anyone lucky enough to enjoy a June evening in Canada.



Dear Ruby,
 My spouse and I both work full-time jobs, and every year we end up arguing about who is taking time off to handle family responsibilities. Neither of us feels like we're getting enough vacation, and it seems like every holiday turns into a negotiation. How do couples figure this stuff out without fighting all the time? *Signed, Vacation Frustration in Virden*

Dear Vacation Frustration,
 The problem isn't that you and your spouse disagree. The problem is that you're having the same conversation over and over again.

Many couples treat holidays and vacation time like a series of emergencies instead of a yearly planning exercise. Here's the secret: stop negotiating one holiday at a time.

Instead, sit down once a year and look at the entire calendar. Write down:

- School holidays
- Family events
- Planned trips
- Important work periods
- Special occasions

Then divide responsibilities before they become problems. One spouse might handle spring break while the other takes more responsibility during Christmas. One may have greater flexibility at work. One may have more vacation days available. Every family is different.

The goal isn't a perfect 50/50 split. The goal is a fair partnership.

And here's one final thought: Years from now, neither of you will remember who used three extra vacation days in July.

What you'll remember are the family memories those days helped create. ❤️ Ruby 💋

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NO MORE HOCKEY NIGHT IN CANADA ON CBC!
The end of an era.

THIS WEEK'S MOOSEHORN BINGO HALL
 JACKPOT \$2000 IN 55#'s
 THURSDAY AT 7 PM

What has more lives than a cat?
 A frog, because it croaks every day.

MULTI-FAMILY GARAGE SALE!

SATURDAY, JUNE 20 & SUNDAY, JUNE 21
9:00 AM – 5:00 PM
13th - 1st Avenue North ASHERN

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★ Great Deals! Something for Everyone! ★



SUMMER

WORD SEARCH

WORD LIST

AUGUST
BASEBALL
BEACH
CAMP
FISHING
FLIP FLOPS
HOT
ICE CREAM
JULY
JUNE
LEMONADE
OCEAN
PICNIC
POOL
SAND
SHORTS
SPRINKLER
SUMMER
SUNGLASSES
SUNSCREEN
SUNSHINE
SWIM SUIT
SWIMMING
TOWEL
UMBRELLA
VACATION
WATERMELON

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

