



# The **Around Town Paper**



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## Canadian Trivia

- Which Canadian dish is made of fries, cheese and gravy?
- Which meat pie is made with minced meat and potatoes?
- Dessert invented by female factory workers during Great Depression in Quebec?
- What type of seafood can you find in a roll in Nova Scotia?
- What pie has a berry filling and is usually served with vanilla ice cream?
- Which Canadian pastry tart has a filling of butter, sugar, syrup and egg?
- Which bar dessert was named after a city in British Columbia?

As I was going under for my eye surgery, I heard my doctor say, "It's just a simple eye surgery. Don't worry. You got this, Jeff."

I just barely managed to say, "I'm David, not Jeff."

He said, "I know. I'm Jeff."

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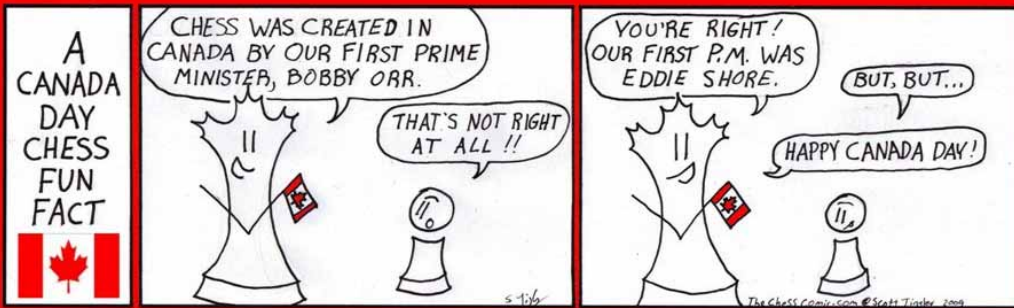
## HAPPY CANADA DAY

July 1, 2023



**Derek Johnson**  
MLA for Interlake-Gimli

[InterlakeGimliMLA@gmail.com](mailto:InterlakeGimliMLA@gmail.com)  
204.641.8525 (Gimli) 204.376.3401 (Arborg)



Your character always speaks for itself. So if it's only one person accusing you of being someone you're not out of the many who truly know you, they are merely projecting who they are. Don't take it to heart. Just keep being you and walk on. It isn't worth being the collateral damage in someone else's war they continuously fight with themselves.

-Kayil York

## Manitoba Author **John Warms**



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**BAMBOOZABLES ANSWERS** 1. Flip Flops 2. Chicken Dinner 3. Blue in the Face 4. The Last Straw 5. The First Noel 6. Cabin by the Lake

**Food Quiz Answers-** Poutine - Tourtière - Pouding chômeur - Lobster - Saskatoon Berry Pie - Butter tart-Nanaimo bar



**Dumbing Yourself Down** - When we dumb ourselves down, we sell ourselves short and lose an opportunity to shed light where it is needed.

The ability to go into any social situation and sense the level of consciousness in it is a gift. It enables us to move considerably through the world. However, there is a difference between shifting our energy to accommodate people and dumbing ourselves down to a regrettable degree. Sometimes, when we get into a particular social situation, we may feel pressure to play it small in order to fit in. Perhaps everyone is drinking or smoking excessively, engaging in gossipy small talk, or complaining bitterly about politics. It is one thing to notice this and modify our expectations and another thing entirely to join in.

When we notice where people are coming from and acknowledge, to ourselves, that their energy is not in alignment with ours, we have choices about how to proceed. One viable option is to quietly endure the situation, keeping to ourselves until it is time to leave. In this way, we take care of our own consciousness and protect our growth process. Another option is to interact in a way that honors and pays respect to the people in the group, while gently attempting to shift the level of consciousness with our input. In order to do this, we must maintain our own vibration, which means that joining in by dumbing down is not an option.

When we choose to dumb ourselves down to fit in, we not only sell ourselves short but we also lose a possible opportunity to influence the situation for the good. Our desire to join in may come from our natural yearning to feel connected to the people around us. There is no shame in this, but being able to stand on our own, separate from the crowd, is a powerful milestone on any spiritual path. It can be difficult in the moment, but when we arrive on the other side, our integrity intact, we may find ourselves feeling positively smart.

**Alcoholics Anonymous Meetings in Manitoba**

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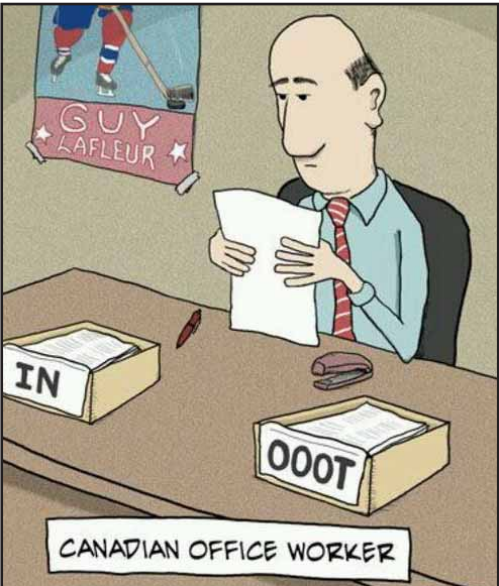
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 MEGTVDOIWIUFDYWGFAATPFSSLMPEQN  
 AEENGLULVNDPZZJIZVUUBICQQWPJHY  
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Me asking everyone how they like their burger before I cook them all exactly the same



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For more information, please contact: Mr. Mark Parkes  
 Director of Operations & Infrastructure  
 PO Box 100, Eriksdale, MB, ROC OWO  
 Phone: (204) 739-2101 Fax: (204) 739-2145  
 Email: [parkesm@lakeshoresd.mb.ca](mailto:parkesm@lakeshoresd.mb.ca)

Lakeshore welcomes applications from people with disabilities. Accommodations may be available upon request. We thank all who applied for their interest, but only those selected for an interview will be contacted. Preference will be given to qualified drivers who are close to the route. Lakeshore School Division may contact former employers. Successful candidates must complete a Criminal Record/Vulnerable Sector and Child Abuse Registry check prior to commencing employment.

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