



**Alcoholics Anonymous
Contact #'s**

Lundar:
(204) 739-8093
Eriksdale:
(204) 739-6454
Toll Free #:
1-(877) 942-0126
Central office:
(204) 943-6051

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Advertising, Design & Marketing by Blue Raven
website: www.blueravendesign.ca
email: thearoundtown2020@gmail.com

Vol. 02 No. 17

"Enjoy something about each day."

August 4, 2021

RIDDLE ME THIS.....

1. There's a one-story house in which everything is yellow. Yellow walls, yellow doors, yellow furniture. What color are the stairs?
2. What can you break, even if you never pick it up or touch it?
3. What goes up but never comes down?
4. A man who was outside in the rain without an umbrella or hat didn't get a single hair on his head wet. Why?
5. What gets wet while drying?
6. What can you keep after giving to someone?
7. You see a boat filled with people, yet there isn't a single person on board. How is that possible?
8. You walk into a room that contains a match, a kerosene lamp, a candle and a fireplace. What would you light first?



MANITOBA AUTHOR JOHN WARMS

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Brain Teasers

1. STOOD MISS	2. PAwalkRK	3. MILLION
4. gnikooJ	5. arrest you're	6. S T A N D
7. WALKING ICE	8. STAND ICU	9. — — — — —

INVITATION TO TENDER

Noventis Credit Union Limited
Ashern Janitorial Contract
Aug 15/21 - Aug 14/24
(36 month term)

You are invited to tender for the above-mentioned Janitorial Contract.

Forward to:

Jody Collins; AVP, Operations
Email: jcollins@noventis.ca
Subject line: Ashern Janitorial Contract

Deadline: Aug 6, 2021 by 4:00 PM

Any questions regarding this tender may be referred to:

Adrienne Halkowich, Manager, Branch Experience.
Email: ahalkowich@noventis.ca
Phone: 204.302.1289



Welcome to Steep Rock, Manitoba!

CLICK HERE TO VISIT OUR FACEBOOK PAGE

1. There aren't any—it's a one-story house
2. A promise
3. Your age
4. He was bald
5. A towel
6. Your word
7. All the people on the boat are married
8. The match

Blue Raven DESIGN & PRINT

CLICK HERE FOR DETAILS!

DEADLINE for advertising: every Friday BY 12:00 NOON

Deadline for advertising: every Friday by 12:00 noon

Releasing Guilt



Dwelling in guilt is like living your life with an anchor tied to your ankles, dragging you down. Learning to accept the things that we perceive as wrong can be a difficult task for many of us. Often we have been brought up to accept that it is normal to feel guilty about our actions and that by doing so we will make everything seem alright within ourselves.

Even though we might feel that we have a reason to make up for the choices we have made, it is much more important for us to learn how to deal with them in a healthy and positive way, such as through forgiveness and understanding.

When we can look back at our past and really assess what has happened, we begin to realize that there are many dimensions to our actions. While feeling guilty might assuage our feelings at first, it is really only a short-term solution. It is all too ironic that being hard on ourselves is the easy way out. If we truly are able to gaze upon our lives through the lens of compassion, however, we will be able to see that there is much more to what we do and have done than we realize.

Perhaps we were simply trying to protect ourselves or others and did the best we could at the time, or maybe we thought we had no other recourse and chose a solution in the heat of the moment. Once we can understand that dwelling in our negative feelings will only make us feel worse, we will come to recognize that it is really only through forgiving ourselves that we can transform our feelings and truly heal any resentment we have about our past.

Giving ourselves permission to feel at peace with our past actions is one of the most positive steps we can take toward living a life free from regrets, disappointments, and guilt. The more we are able to remind ourselves that the true path to a peaceful mind and heart is through acceptance of every part of our lives and actions, the more harmony and inner joy we will experience in all aspects of our lives.

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INVITATION TO TENDER

**Noventis Credit Union Limited
Eriksdale Janitorial Contract
Aug 15/21 - Aug 14/24
(36 month term)**

You are invited to tender for the above-mentioned Janitorial Contract.

Forward to:

Jody Collins; AVP, Operations

Email: jcollins@noventis.ca

Subject line: Eriksdale Janitorial Contract

Deadline: Aug 6, 2021 by 4:00 PM

Any questions regarding this tender may be referred to:

Adrienne Halkowich, Manager, Branch Experience.

Email: ahalkowich@noventis.ca

Phone: 204.302.1289



E	H	E	A	T	S	H	E	E	T	E	M	I	T
G	O	S	G	Y	O	U	B	L	L	U	P	T	T
N	N	T	O	E	L	T	E	O	A	I	M	O	U
I	L	E	G	T	A	Y	K	E	N	B	R	P	N
M	A	E	G	O	P	O	O	P	E	R	L	E	D
M	I	M	L	W	O	U	R	A	L	E	T	N	U
I	C	M	E	E	O	B	T	D	I	A	N	T	L
W	I	I	S	L	L	S	S	D	N	S	G	U	A
S	F	W	I	O	U	T	K	L	E	T	T	R	T
F	F	S	C	T	N	A	C	E	S	R	D	N	I
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- BLOCKS
- BACKSTROKE
- OFFICIAL
- SWIMMING
- UNDERWATER
- BREASTROKE
- UNDULATION
- GOGGLES
- START
- LANE LINES
- PADDLES
- HEAT SHEET
- POOL
- OPEN TURN
- PULL BUOY
- SWIM MEET
- TOWEL
- TIME
- FLY
- CAP



- Brain Teasers - Answers
- 1. misunderstood
- 2. walk in the park
- 3. one in a million
- 4. looking back
- 5. you're under arrest
- 6. stand by me
- 7. walking on thin ice
- 8. I see you understand
- 9. belong



**Rural Municipality of Grahamdale
REQUEST FOR FOUR PROPOSALS
Contract October 1, 2021 – September 30, 2023**

SNOW CLEARING

The R.M. of Grahamdale is requesting four separate proposals for Snow Clearing:

1. Snow Clearing in the hamlet of Moosehorn;
2. Snow Clearing in the hamlet of Steep Rock;
3. Snow Clearing in the hamlets of Hilbre & Grahamdale;
4. Snow Clearing in the hamlets of St. Martin & Gypsumville;

Sealed Request for Proposals respectively marked:

- “SNOW CLEARING CONTRACT–MOOSEHORN” or
- “SNOW CLEARING CONTRACT–STEEP ROCK” or
- “SNOW CLEARING CONTRACT – HILBRE & GRAHAMDALE”
- “SNOW CLEARING CONTRACT–ST. MARTIN & GYPSUMVILLE”

will be received until 12:00 p.m. on Tuesday, August 24, 2021 at the R.M. of Grahamdale Municipal Office.

The work involves clearing snow and hauling it away, as required, in the hamlets of Moosehorn, Grahamdale, Steep Rock, Hilbre, St. Martin and Gypsumville.

- The term of each agreement shall be from October 1, 2021 – September 30, 2023.
- Contractor must be registered with and be in good standing with the Workers Compensation Board and provide proof of Liability Insurance – minimum of Two Million Dollars coverage.
- Contractors to be COR or SECOR certified, if applicable.
- Contractors will assume the responsibility of Workplace Health and Safety regulations. The lowest rate will not necessarily be accepted for either proposal. Proposals will NOT be opened or acknowledged publicly. Specifications and Proposal Forms are available at: RM of Grahamdale Municipal Office, 23 Government Road, PO Box 160, Moosehorn, MB R0C 2E0 – (204) 768-2858.

Dated this 3rd day of August, 2021.
Shelly Schwitek, CMMA, Chief Administrative Officer