

## Summer Employment Opportunity

Maintenance Assistants in various facilities for various locations within the IERHA:

### LOCATIONS

Arborg, Ashern, Eriksdale, Fisher Branch, Lundar, Teulon, Selkirk & Stonewall

Competition number:  
IERHA 1663/21

Please refer to complete job posting at:

<https://selfservice.ierha.ca> and search under "View All" and scroll to :

Student Maintenance Assistants.

Deadline for submissions is Thursday, June 10, 2021 at 11:59 pm.



Interlake-Eastern  
Regional Health Authority

**RV BOARDING  
KENNEL &  
PET FOOD SALES**  
204-739-3445

## Oil Your Teeth



WITH

**CHLOROX**  
Tooth Paste

CHLOROX Tooth Paste keeps tartar from forming. The secret of its wonderful cleansing power is the white mineral oil in the paste.

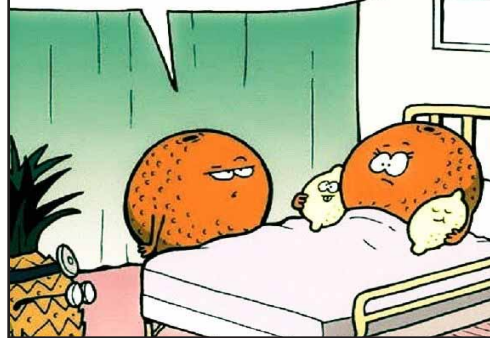
It is soluble and goes in between the teeth where ordinary paste can not.

It leaves the teeth smooth, white and shiny, and nothing is better for the gums. Millions report astonishing results.

Chlorox is the only tooth paste which permits you to "oil your teeth."

NULYNE LABORATORIES, Jackson, Michigan

CAN YOU EXPLAIN HOW LIFE GAVE US LEMONS?



Alcoholics Anonymous  
Contact #s

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

## Tender

Tenders are now being accepted for the **REMOVAL OF MANURE** From the Ashern Auction Mart

The contractor of the successful tender will be responsible for the removal of manure, hauling and piling of manure at a location of our choosing approx. 2 1/2 miles from the auction mart.

Tenders to be received by June 14, 2021 (4 p.m.)  
Removal of manure to be done by August 1, 2021.

For more info call Kirk at 204-768-0019  
Interlake Cattlemen's Coop Assoc. Ltd.

Box 599, Ashern, MB. R0C 0E0,  
Fax: 204-768-3690  
Email: [icca@mymts.net](mailto:icca@mymts.net)  
License # 1128

**COMPUTER TUTOR**  
[www.computertutorpetra.ca](http://www.computertutorpetra.ca)



**Professional Repairs  
& Remote Service**

# The AROUND TOWN PAPER Online



ADVERTISE IN MANITOBA - WEEKLY ON WEDNESDAYS

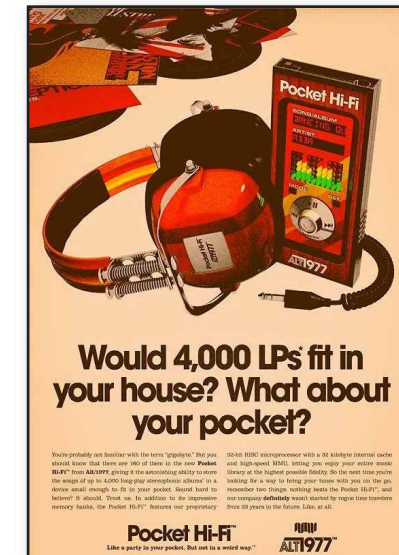
OUR EMAIL ADDRESS: [thearoundtown2020@gmail.com](mailto:thearoundtown2020@gmail.com)

Vol. 02 No. 10

Soon.

June 9, 2021

## WHICH VINTAGE AD IS REAL?



"I'm always a little disappointed when a liar's pants don't actually catch on fire." ~Unknown

## We're hiring!

**Member Services  
Representatives for our  
Eriksdale, Ashern &  
Moosehorn branches.**

Visit [noventis.ca/careers](http://noventis.ca/careers)  
to apply today.

North of Ordinary.



## Kris' Custom Renos

Kris Michaluk

**ROOFING & RENO  
SPECIALIST**

Call for a Free Estimate

Phone: 204-449-2386  
or 204-302-0009 leave msg

## RM of Coldwell Public Notice

Regarding the 2021 Financial Plan **PUBLIC NOTICE** is hereby given pursuant to Subsection 162(2) of The Municipal Act that the Council of the RM of Coldwell intends to present its Financial Plan for the fiscal year of 2021 at a public hearing in the upstairs of the Lundar Arena, 85 Main St. Lundar MB on the 29th day of June, 2021 at 7:00 p.m.

Council will hear any taxpayer who wishes to make representation, ask questions or register an objection to the financial plan, as provided.

Please register your attendance with the Municipal Office prior to June 29th at 2 pm.

Copies of the Financial Plan will be at the hearing for review or Contact the office (204-762-5421) prior to.

Dated this 4th day of June, 2021  
Nicole Christensen, CMMA  
Chief Administrative Officer

Deadline for advertising: every Friday by 12:00 noon

DEADLINE for advertising: every Friday BY 12:00 NOON



*With the Spirit*

“As long as the earth endures, seedtime and harvest, cold and heat, summer and winter, day and night will never cease.”

Genesis 8:22

### HOW TO MAKE AN APPLE SMOOTHIE

**Liquid:** The liquid for this Apple Smoothie is a combination of apple juice and water. The apple juice imparts a sweet apple flavor throughout the smoothie. **Fruit:** This smoothie contains a combination of apples, frozen pineapple and frozen banana. You can use sweet or tart apples. I’ve made it both ways and they’re equally delicious.

**Greens:** My favorite leafy green to add to smoothies is fresh baby spinach. The flavor is mild and does not come through at all. Spinach adds a beautiful shade of green and an extra boost of nutrients to this smoothie. You can also swap the spinach for another leafy green of your choice (like kale), just be aware that some greens have a strong flavor. To make this smoothie, layer the ingredients in your blender, liquids first, then solids and process until smooth. If it appears too thick, add a splash of water or apple juice and blend it again.

#### DO YOU HAVE TO PEEL APPLES FOR A SMOOTHIE?

As long as you’re using a high powered blender, you do not need to peel your apples first. Simply core and cut the apple into large chunks and your blender will do the rest of the work. If you do not have a high powered blender, you can peel your apples before adding them to the blender.

#### CAN YOU FREEZE APPLES?

Yes! If you want to plan ahead, you can store cored and roughly chopped apples in the freezer. Pop them into the blender straight from the freezer. You most likely will not need to add ice if your apples are frozen, as the smoothie should be plenty thick.



#### INGREDIENTS

- 1/2 cup apple juice
- 1 cup water
- 1 heaping cup fresh baby spinach
- 1 cup chopped apple (sweet or tart) about 1 medium-sized apple
- 1 cup frozen pineapple
- 1 small frozen banana
- Handful of ice optional
- Chia seeds to garnish, optional

#### INSTRUCTIONS

Place the ingredients in a blender, liquid first, then solids. Process until smooth and combined. Sprinkle with chia seeds, if desired. Enjoy immediately.

### HOW MANY SUMMER RELATED WORDS CAN YOU FIND?



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

**We Pay Cash**

FOR

**DEAD FLIES**

**5 CENTS PER PINT**

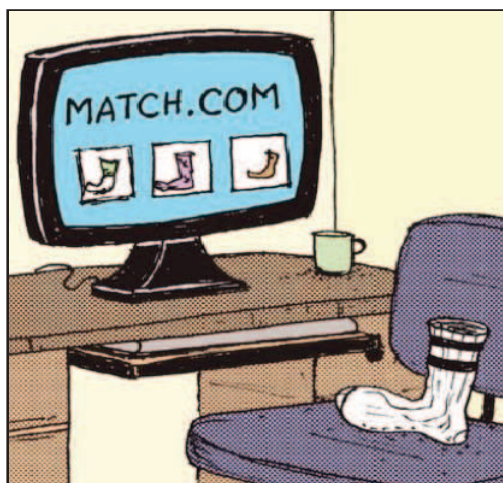
Join the crusade against the deadly house fly. Everybody

**“SWAT THE FLY”**

Eight Pieces of “POISON FLY PAPER,” in packages, for FIVE CENTS.

Begin now and sell your DEAD FLIES AT FIVE CENTS A PINT at

**Coles Pharmacy**



**MANITOBA**

**EMERGENCY**

*Reports & Notifications*

Deadline for advertising: every Friday by 12:00 noon

Soon.