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Advertising, Design & Marketing in Manitoba by Blue Raven

Email: thearoundtown2020@gmail.com

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- Q. Why do people wear shamrocks on St. Patrick's Day? A. Real rocks are too heavy!
- Q. Why can't you iron a four-leaf clover? A. Because you shouldn't press your luck!
- Q. What do you call a fake stone in Ireland?
- A. A sham-rock!
- Q. What type of bow cannot be tied? A. A rain-bow!
- Q. Where can you always find gold? A. In the dictionary!
- Q. What do you get when you cross poison ivy with a four-leaf clover? A. A rash of good luck.
- Q. What do you get when you do the Irish jig at McDonalds?
- A. A Shamrock Shake
- Q. Why can't you borrow money from a leprechaun? A. Because they're always a little short.

Q: What is out on the lawn all summer and is Irish? A: Paddy O'Furniture

May you be blessed with a pot of gold that offers you happiness, prosperity and luck!

FRIDAY BINGO - March 17 MOOSEHORN HALL - 7 PM

JACKPOT \$2000 in 52#'s **Loonie Pot:** \$850+















Alcoholics Anonymous in Manitoba

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You know what's beautiful? Read the first word again.

You Are Beautiful

Many of us do not take the time to notice and acknowledge how beautiful we are as humans.

Many of us do not take the time to notice and acknowledge how beautiful we are as humans. We may be great lovers of beauty, seeing it in the people, places, and things around us, while completely missing it in ourselves. Some of us feel that it is vain to consider our appearance too much, or we may find that when we look at ourselves, all we see are imperfections.

Often we come to the mirror with expectations and preconceived notions about beauty that blind us from seeing ourselves clearly. As a result, we miss the beauty that is closest to us, the beauty we are. Sometimes we see our beauty in a shallow way, noticing how well we are conforming to social norms, but failing to see the deeper beauty that shines out from within and that will continue to shine regardless of how we measure up to society's ideal.

If we can cut through all these obstacles and simply appreciate how beautiful we are, we free up so much energy. We also become less dependent upon the opinions and feedback of others since we become our own greatest admirers.

Many of us know that after a great yoga practice or a long, deep meditation, we are more able to see how beautiful we are. This is because we have released some of our baggage, thus unburdening ourselves and summoning forth the spirit that dwells within us. It is the heady combination of the divine spirit and the human body that conveys beauty more accurately than anything else.

To keep ourselves in touch with our own beauty, we can surround ourselves with images that reflect our beauty back to us—photos of a

relative or child who has our eyes, images of teachers who embody spirit, or self-portraits that capture our essence in a way that allows us to see ourselves anew. The best way to keep ourselves in touch with our own beauty is to keep looking deeply into our own souls and opening our eyes to the human being we see in the mirror every day.

HAPPY ST PATRICK'S DAY

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CHARM CLOVER GOLD GREEN HAT HIDE IRISH LEPRECHAUN LUCKY MAGIC MARCH PINCH RAINBOW SHAMROCK TRAP attitudes are contagious. make yours worth catching

THE SOMEWHAT SAD REASON, AND ONE OF
THE THINGS YOU NEVER KNEW ABOUT
LEPRECHAUNS, IS THERE SIMPLY ARE NO
FEMALE LEPRECHAUNS, ACCORDING TO
ANCIENT BOOKS LIKE FAIRY LEGENDS AND
TRADITIONS FROM THE SOUTH OF TRELAND
BY THOMAS CROFTON CROKER (PUBLISHED
IN 1825), THERE IS NO EVIDENCE OF A
FEMALE COUNTERPART,





A few St. Patick's Day facts...

- St. Patrick's Day is an annual feast day celebrating the patron saint the day is named after.
- St. Patrick's Day is the national holiday of Ireland and is usually celebrated on March 17.
- St. Patrick's Day has become a popular holiday in the United States. People wear green and eat corned beef and cabbage.
- It is believed St. Patrick, a Roman-Britain-born Christian missionary, was born in the late fourth century and is credited with bringing Christianity to the Irish people.
- It is also believed St. Patrick drove all the snakes out of Ireland. However, post-glacial Ireland never actually had snakes. Many believe that the term "snakes" referred to the serpent symbolism of the Druids of that time and place. Today, there are no snakes to be found!
- Most people, whether they are Irish or not, wear green on this day. One of the Irish traditions is to pinch anyone who is not wearing green on St. Patrick's Day.
- Irish immigrants began observing the holiday in Boston in 1737 and the first St. Patrick's Day parade was held in New York City in 1766.
- Corned beef and cabbage are traditional foods eaten on this holiday.
- St. Patrick's Day has become a holiday all around the world and for one day out of the year



March Happenings at Narrows Sunset Lodge



Friday, Mar 10 - Welcoming "The Uncles"

Trio Karaoke Team playing 9- Close

Saturday, Mar 11 - Wild Illusion Band

5 piece band from Ebb and Flow - evening

Friday, Mar 17 - Happy St. Patty's Day

Karaoke & St. Patrick Day Drink & Appetizer Specials

Friday, Mar 24 - Karaoke 9 - close

Saturday, Mar 25

DB +The Deadbeats

8pm - 1am (Winnipeg band)

Food available

Fridays 4-7, Saturdays all day - 7pm



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NAT'S BOOTS



CANADIAN MADE 5 STARS!

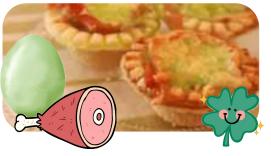
Interlake Rep (204) 768-0543



Green Eggs and Ham

Ingredients:

12 tart shells - frozen or homemade 4 free-run eggs sea salt and black pepper to taste 2 tablespoons milk or cream about 100g of thinly sliced ham, Irish bacon, regular bacon or proscuitto a few drops of green food colouring



Preparation time: Cooking time: 25 minutes Yield: 12

Directions:

Pre-heat oven to 375 degrees F (190 degrees C).

Place frozen tart shells on cookie sheet or homemade pastry into muffin tins and set aside.

In a medium bowl, whisk the eggs, salt and pepper, food colouring and milk until completely blended and a shade of green the kids will get a kick out of.

When adding the ham or bacon you have a choice: either line the tart shell with the meat or chop and add a pinch of it to the bottom of the tart shell.

Portion the ham or bacon between the tart shells, then, using a ladle or jug, portion the egg mixture between the tart shells and finally top with a pinch of cheese. Try to leave some of the green egg mixture showing!

Bake for about 20 to 25 minutes or until the egg feels a bit spongy to the touch and the cheese is melted.

Serve for breakfast, brunch or a snack. Delicious!



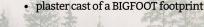
May the sun shine, all day long, everything go right, and nothing wrong. May those you love bring love back to you. and may all the wishes you wish come true!





JOHN WARMS, MANITOBA AUTHOR & THE STRANGE CREATURES SELDOM SEEN' TOUR REPLICAS & DISPLAYS ON SITE!

- GIANT BEAVER SKULL
- **PLATYPUS**
- **GIANT FROG**
- long and short-necked PLESIOSAUR CROCODILE EGG and HATCHLING
- plaster cast of 'unidentifiable' footprint
- plaster cast of a BIGFOOT footprint



Tues, March 21 - Minnedosa Regional Library Wed March 22 - Minnedosa Regional Library (all day)

Thurs, March 23rd - Dauphin Library Fri, March 24th - Dauphin Library

Sat, March 25th - Dauphin Mall



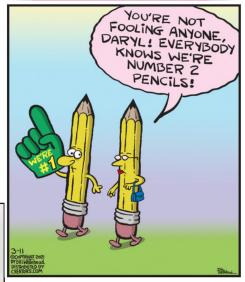
• BIGFOOT (full-sized cutout)

GIANT BIRD TRACKS

UNDERWATER MOOSE ANTLERS



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