



SUMMERTIME



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 S W K P H T E V R O L L E R C O A S T E R K M R

Rollercoaster
 Theme parks
 Sunglasses
 Fireflies
 Fireworks
 Flipflops
 Popsicles
 Snowcones

Sprinkler
 Sunscreen
 Carnival
 Cookouts
 Icecream
 Swimming
 Vacation
 Beaches

Camping
 Fishing
 Parades
 Parties
 Picnics
 Sandals
 August
 Family
 Movies

Shorts
 Splash
 Bikes
 Lakes
 July
 June
 Pool
 Fun



Why More Manitobans Are Growing Their Own Food Again

From Winnipeg to small rural communities, more Manitobans are planting vegetables, herbs, and fruit than they have in years.

Rising grocery prices are one of the biggest reasons. A packet of carrot seeds costs only a few dollars and can produce a season's worth of fresh vegetables. Tomatoes, cucumbers, lettuce, peas, and beans remain popular choices for new gardeners hoping to stretch their food budget while enjoying produce picked at its peak freshness.

For many Manitobans, gardening is also about self-sufficiency. The lessons learned by previous generations—canning, preserving, and growing food at home—are being rediscovered by younger families. Social media groups dedicated to gardening are thriving, with members sharing tips, photos, and advice on everything from battling weeds to growing giant pumpkins.

The benefits go beyond the harvest. Gardening encourages physical activity, reduces stress, and provides a rewarding hobby that can be enjoyed by people of all ages. Many parents are introducing children to gardening for the first time, teaching them where food comes from and helping them develop an appreciation for nature.

Whether it's a few pots of herbs on a balcony or a large backyard garden, Manitobans are proving that growing food at home is more than just a trend—it's a practical, rewarding way to put fresh food on the table while reconnecting with skills that have served generations before us.

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 12:00 PM: SHORTS, SUNSCREEN, ICE CREAM. LAKE LIFE.
 4:00 PM: NOTHING SAYS SUMMER LIKE GOOD NEW FRIENDS.
 7:00 PM: HOLD ON TO YOUR HAT... AND YOUR LEAN FURNITURE.
 10:00 PM: SUDDENLY IT'S COLDER WEATHER. MAYBE EVEN BLANKET WEATHER.
 THE MORAL: IF YOU DON'T LIKE THE WEATHER IN MANITOBA, WAIT 15 MINUTES. AND ALWAYS KEEP BLUE SPRAY, SUNSCREEN, A HOODIE AND A SENSE OF HUMOUR HANDY!

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NAME THAT TUNE

The smoke is in your eyes, you want to cry, but you don't know why

Answer: New Kid in Town - Eagles



♈ ARIES (March 21 – April 19) This week rewards patience over speed. A conversation you've been avoiding may turn out better than expected.

♉ TAURUS (April 20 – May 20) Organizing, budgeting, or tackling a long-overdue project, you'll feel satisfaction from crossing things off your list.

♊ GEMINI (May 21 – June 20) Pay attention to casual conversations and random ideas. Someone may offer advice that proves surprisingly valuable.

♋ CANCER (June 21 – July 22) You may find yourself reminiscing about the past while also planning for the future. Don't underestimate how much your kindness means to others.

♌ LEO (July 23 – August 22) Whether at work, in your community, or around the kitchen table, your confidence helps inspire others. Just remember to leave room for different viewpoints.

♍ VIRGO (Aug 23 – Sept 22) A small issue caught early could save you a larger headache later. Trust your instincts and double-check the fine print.

♎ LIBRA (Sept 23 – Oct 22) If you've been giving too much of your time to everyone else, it's okay to save some energy for yourself.

♏ SCORPIO (Oct 23 – Nov 21) Stay focused and resist the urge to share every plan before it's ready. Your patience will pay off.

♐ SAGITTARIUS (Nov 22 – Dec 21) This week, trying something new—even something small—could refresh your outlook. Say yes to opportunities that make you smile.

♑ CAPRICORN (Dec 22 – Jan 19) You've earned a moment to appreciate how far you've come. A financial matter may show positive movement.

♒ AQUARIUS (Jan 20 – Feb 18) Your unique perspective helps solve a problem others can't quite figure out. Don't be afraid to speak up.

♓ PISCES (Feb 19 – March 20) If something feels right, it probably is. Creative pursuits, meaningful conversations, and quiet moments of reflection bring unexpected clarity.



Feeling Stuck - When we feel stuck in our lives, it's important to take stock of what is going on and find out if there is something we are doing or not doing that is keeping us stuck. Sometimes the situation is out of our control, and we need to look within to find the patience to wait until things move forward again. Many times, though, we can find the source of our stagnation in our hearts and minds. We may be clinging to old ideas about reality and need to make adjustments that will bring us back in tune with life, so we can flow again. Or we may find that fear of change is what's keeping us stuck, and we can resolve to look for ways to face that fear.

If introspection does not provide the answers we need, it can be helpful to ask those around you if they notice anything obvious that you might not be able to see. Ask someone you can trust, so they will be kind and sensitive, as well as honest. Try to let go of your resistance and listen with an open mind, and remember that you are always the final judge of what you need.

In all this, be kind to yourself and know that we all get stuck sometimes. Think of it as a part of your process, a necessary step on your journey, rather than as a problem that shouldn't be happening. This can help keep your frustration at bay and give you the space you need to take a deep breath and really figure out what's going on.



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Netflix Review: ALL THE EMPTY ROOMS

All the Empty Rooms is a powerful and heartbreaking short documentary that focuses on the bedrooms left behind after children were lost to school shootings. Instead of statistics or politics, the film tells its story through treasured possessions, family memories, and rooms frozen in time.

At just 34 minutes long, it delivers an emotional impact that many feature-length films never achieve. The documentary is respectful, deeply human, and impossible to forget.

Be prepared, this is not an easy watch. But it is an important one. Long after it ends, you'll still be thinking about the children, their families, and the empty rooms they left behind.

Verdict: A beautifully made and profoundly moving documentary that reminds us every child is far more than a headline.

🍿🍿🍿🍿🍿🍿🍿🍿 10/10 Popcorn Buckets.



Dear Ruby, I'm a farmer in my early 50s and lately I feel overwhelmed. Between weather, equipment costs, bills, markets, and family expectations, it seems like everyone depends on me. I lie awake at night worrying about things I can't control. Around here, you're expected to be tough and keep going, but the stress is wearing me down.

I love farming, but some days I feel buried by the responsibility.
— *Buried in Responsibilities*

Dear Buried, You know what stood out to me? In your letter, you talked about your family, your farm, your employees, and your responsibilities—but not once did you talk about yourself.

Farmers carry enormous pressure, often in silence. Being overwhelmed doesn't mean you're weak. It means you've been carrying too much for too long.

Even the best soil needs rest. So do the people working it.

You don't have to solve every problem today, and you don't have to carry every burden alone. Talk to someone you trust. A friend, spouse, fellow farmer, or professional. You might be surprised how many others understand exactly what you're feeling.

The farm needs you. But it needs you healthy.

Take a breath. Take a break when you can. The work will still be there tomorrow. ~Ruby

