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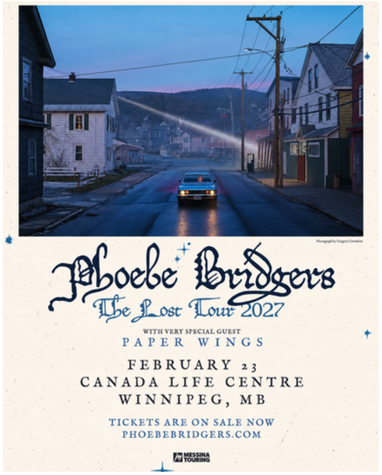
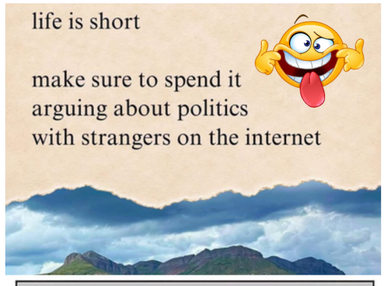
WINTER IS LATE TO THE PARTY!

Here we are, nearing the end of November, and Manitoba's winter seems to be taking its sweet time arriving! With unusually mild conditions and a noticeable lack of snow in many areas, it's beginning to feel like Mother Nature has forgotten what month it is. While some are enjoying the break from shovelling, icy roads, and bitter temperatures, others are wondering when the inevitable winter wallop will arrive. Of course, anyone who's lived in Manitoba long enough knows better than to get too comfortable. Winter always shows up eventually, and sometimes it makes quite an entrance!

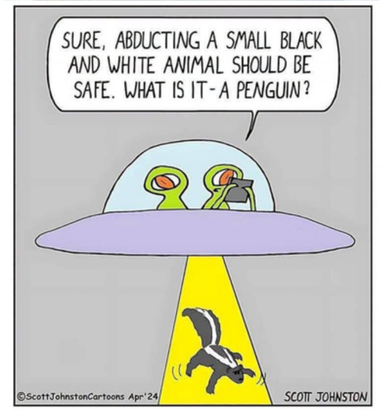
















♈ **ARIES (Mar 21 – Apr 19)**
Your determination is paying off! Don't let a minor setback distract you from the bigger picture. Good things are coming.

♉ **TAURUS (Apr 20 – May 20)**
A little peace and quiet is exactly what you need. Slow down, recharge, and enjoy the simple pleasures this week.

♊ **GEMINI (May 21 – Jun 20)**
An unexpected conversation could lead to something exciting. Keep an open mind and don't be afraid to try something new!

♋ **CANCER (Jun 21 – Jul 22)**
Someone close to you could use a little extra attention. Your kindness will mean more than you realize.

♌ **LEO (Jul 23 – Aug 22)**
You're feeling confident, and it shows! Put that positive energy toward something you've been putting off.

♍ **VIRGO (Aug 23 – Sep 22)**
Not everything needs to be perfect. Give yourself permission to relax and let a few things fall into place naturally.

♎ **LIBRA (Sep 23 – Oct 22)**
A decision you've been avoiding may finally become clear. Trust your instincts and do what's best for you.

♏ **SCORPIO (Oct 23 – Nov 21)**
A pleasant surprise could brighten your week. Stay open to unexpected opportunities and enjoy the little victories.

♐ **SAGITTARIUS (Nov 22 – Dec 21)**
Adventure is calling, even if it's just a change in routine. Break out of your comfort zone and have a little fun!

♑ **CAPRICORN (Dec 22 – Jan 19)**
Your hard work hasn't gone unnoticed. Take a moment to appreciate how far you've come instead of worrying about what's next.

♒ **AQUARIUS (Jan 20 – Feb 18)**
A fresh perspective could solve an old problem. Listen to someone else's ideas before making your next move.

♓ **PISCES (Feb 19 – Mar 20)**
Your intuition is especially strong this week. Follow your heart, but remember to make a little time for yourself, too.



Be Your Fabulous Self at Any Age - As we age, it can be easy to be tough on ourselves. You might notice changes in your appearance and feel frustrated by how much more difficult it is to lose stubborn weight. Maybe you look back at old photographs and remember a time when you felt a little more vibrant, capable, or confident. But the truth is, there are so many wonderful things to love about who you're becoming as you grow older.

Perhaps you've cultivated a deeper understanding of who you are. You know what matters to you, what brings you joy, and which things simply aren't worth worrying about anymore. It's a time when you can embrace your wisdom — and unlock a treasure chest of life lessons that have made you the strong and resilient person you are now.

With this much freedom, you can try new things and find fulfilling ways to nourish your health and happiness. And one of the best ways to do this is through self-care.

In fact, research suggests that even two and a half hours of moderate physical activity per week can help you improve your balance, reduce the risk of falls and injuries, maintain muscle strength, and even lower the chance of illnesses like dementia and heart disease.

So find exercises you enjoy — and let this unique time in your life be one of wonder, self-discovery, and empowerment.

SUDOKU

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	9	8					6	
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7				2				6
	6					2	8	
			4	1	9			5
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🎄 Melt-in-Your-Mouth Whipped Shortbread Cookies

These are an old-fashioned Christmas favourite, and the best part? You only need a handful of ingredients! Makes 36–40 cookies



Ingredients
1 cup butter, softened (not melted)
½ cup icing sugar
1½ cups all-purpose flour
½ cup cornstarch
1 teaspoon vanilla extract
Maraschino cherries, cut into small pieces, or festive sprinkles

Instructions
1. Preheat oven to 325°F (163°C). Line two baking sheets with parchment paper.

2. Whip the butter and icing sugar together with an electric mixer for 4–5 minutes, until very light and fluffy.
3. Add the vanilla and beat until combined.

4. In a separate bowl, whisk together the flour and cornstarch. Gradually add to the butter mixture, mixing until combined. Beat for another 2 minutes until the dough is fluffy.

5. Drop small spoonfuls of dough onto the prepared baking sheets, leaving about 2 inches between cookies. Gently flatten each with a fork.

6. Press a small piece of maraschino cherry into the centre of each cookie, or decorate with festive sprinkles.

7. Bake for 12–15 minutes, until the bottoms are just beginning to turn golden. The tops should remain pale.

8. Allow the cookies to cool on the baking sheets for 5 minutes before transferring carefully to a wire rack.

Baking Tip! ❤️ The secret to truly melt-in-your-mouth shortbread is whipping that butter until it's almost cloud-like! Whatever you do, don't overbake them. Shortbread should be pale, tender, and buttery — not browned and crunchy. Make-ahead bonus: These cookies freeze beautifully for up to three months in an airtight container.

5	3	4	6	7	8	9	1	2
6	7	2	1	9	5	3	4	8
1	9	8	3	4	2	5	6	7
8	5	9	7	6	1	4	2	3
4	2	6	8	5	3	7	9	1
7	1	3	9	2	4	8	5	6
9	6	1	5	3	7	2	8	4
2	8	7	4	1	9	6	3	5
3	4	5	2	8	6	1	7	9





Christmas Doesn't Have to Cost a Fortune

I think a lot of people are feeling it this year.

Christmas is coming, the stores are full and everywhere I look it feels like I am being reminded to buy more, spend more, do more, and somehow create this perfect magical holiday no matter what it costs.

But the truth is, a lot of us simply cannot afford everything and I think we need to stop feeling guilty about that.

Groceries cost more. Gas costs more. Bills cost more. Life costs more. By the time I take care of the regular, everyday things that actually matter, there is not always a whole lot left for the extras. That does not mean I do not care. That does not mean I am not trying. And it certainly does not mean I love anyone less.

Christmas is not supposed to be a competition or a test of who spent the most money.

I do not believe the people who truly love me are measuring my heart by the price tag on a gift.

Sometimes the best gifts are the simplest ones anyway. A homemade treat. A thoughtful card. A visit. A phone call. A shared meal. A laugh around the kitchen table. Time together. Those are the things people remember. Those are the things that stay with us long after the wrapping paper is gone.
I think a lot of people need permission this season to let go of the guilt.

If I cannot afford a mountain of presents, then I cannot. If I have to scale it back, then I will. If things look a little simpler this year, that does not make it less meaningful.

In fact, maybe it makes me pay more attention to what really matters.

I do not want anyone lying awake at night worrying that they are failing Christmas because money is tight. If I am showing love, if I am doing my best, if I am making the people around me feel cared for, then I am already giving something valuable. So this holiday season, I think I am going to give myself a little grace. Maybe that is something we all need.

Until next time, Love, Ruby ❤️