



The Around Town Paper



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Serving the communities, businesses and people in our province of Manitoba.

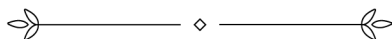
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THANK YOU for your gifts to the Coldwell Community Foundation EndowMB Giving Challenge. Your kind and caring support of your community has resulted in 53 gifts earning the maximum stretch dollars of \$4,000. Together, \$17,370 will be added to the permanently endowed funds that will forever support annual local granting. Congratulations on meeting and exceeding the challenge and helping to build a better future.



?RIDDLE TIME!
I have cities but no houses,
mountains but no trees,
and water but no fish. What am I?
Answer: a map

NAME THAT TUNE
"Every now and then I
get a little bit lonely,
and you're never
coming 'round..."



MOOSEHORN HALL FRIDAY NIGHT BINGO
NOVEMBER 28 - 7 PM
JACKPOT
\$2000 IN 56#S
MINI TOONIE \$700+



Your dream is meant for you. **It's there to call you forward and help you grow.**

So don't you dare let somebody else's opinion keep you from pursuing it.

Jo Mel



My doctor told me I'm going deaf. That news was hard to hear.

JOIN OUR Board of Directors



CALL FOR NOMINATIONS - APPLY BY JANUARY 2, 2026

Are you ready to help shape the future of Manitoba's largest credit union? We're seeking passionate, forward-thinking individuals to join our Board of Directors.

We welcome candidates from diverse backgrounds, cultures, identities, and regions to ensure our Board reflects the communities we serve. Ideal applicants bring a blend of professional expertise and lived experience, with strengths in one or more of the following areas:

- IT, and digital governance
- Environmental, Social and Governance (ESG)
- Strategic planning and executive leadership
- Human Resources leadership
- Business acumen

WHY SERVE ON OUR BOARD?

- ✓ Influence the strategic direction of a leading financial institution
- ✓ Champion initiatives that benefit members and communities across Manitoba
- ✓ Receive compensation for this paid governance role



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♈ ARIES (Mar 21 – Apr 19)

You're craving momentum this week, so say yes to the opportunity that feels slightly out of reach — it's exactly the thing that proves you're more capable than you give yourself credit for.

♉ TAURUS (Apr 20 – May 20)

A calm, steady energy surrounds you, helping you sort through something that's been mentally cluttered, and by mid-week you'll feel surprisingly proud of how grounded you stayed.

♊ GEMINI (May 21 – Jun 20)

A conversation opens a door you didn't see coming, and your curiosity leads you somewhere refreshing — follow the spark, not the fear of what comes next.

♋ CANCER (Jun 21 – Jul 22)

You're reconnecting with an old intention that still matters deeply, and once you make it a priority again, you'll feel a wave of emotional clarity.

♌ LEO (Jul 23 – Aug 22)

You may feel a spotlight moment coming, and it's deserved — step into it with confidence because people are watching, inspired by how you don't give up.

♍ VIRGO (Aug 23 – Sept 22)

A small routine shift has a huge impact this week, reminding you that you don't have to overhaul your entire life to feel better — just adjust what drains you.

♎ LIBRA (Sept 23 – Oct 22)

Something that felt "up in the air" finally begins to balance out, and you'll recognize how much stronger you've grown in the process. 🍁

♏ SCORPIO (Oct 23 – Nov 21)

You're hitting a transformative moment where honesty — with yourself and someone else — moves things forward in a meaningful way.

♐ SAGITTARIUS (Nov 22 – Dec 21)

Your adventurous spirit kicks back in, even in the small daily ways, and a mid-week surprise helps you remember how much joy exists when you follow your instincts.

♑ CAPRICORN (Dec 22 – Jan 19)

A practical choice pays off faster than you expect, and you'll feel a quiet confidence settling back into your bones.

♒ AQUARIUS (Jan 20 – Feb 18)

Your creativity is dialed up this week, making it easy to break patterns and try a fresh approach — and someone unexpected supports your idea. 💡

♓ PISCES (Feb 19 – Mar 20)

An emotional insight hits stronger than usual, guiding you to heal something you didn't realize you were still carrying.



Silliness - Children appreciate all that is silly. Their grasp of humor is instinctual, and even the smallest absurdities provoke joyous gales of earnest laughter. As we age, this innate ability to see the value of silliness can diminish. Work takes precedence over play, and we have less incentive to exercise our imaginative minds by focusing on what is humorous.

When we remember childhood, we may recall the pleasures of donning funny costumes, reciting nonsense poems, making up strange games, or playing pretend. This unabashed silliness nourished our vitality and creativity. We can take in this nourishment once again by giving ourselves permission to lighten up and be silly.

Too often we reject the wonderful silliness because we believe that it serves no purpose or is at odds with the grown-up culture of maturity. We play, but we do not lose ourselves in play. Our imaginations are never truly given free rein because we regard the products of irrational creativity as being valueless. Yet silliness itself does indeed constitute a vital part of human existence on a myriad of levels.

Our first taste of ethereal bliss is often a consequence of our willingness to dabble in what we deem outrageous, nonsensical, or absurd. We delight in ridiculousness not only because laughter is intrinsically pleasurable but also because it serves as a reminder that existence itself is fun. Skipping, doodling, and singing funny songs are no less entertaining than they were when we were children. We need not lose all interest in these cheerful and amusing activities, but to make them a part of our lives, we must be ready to sacrifice a little dignity and a lot of fear.

It is precisely because so much of life is inescapably serious that silliness should be regarded as a priority. Through the magic of imagination, you can be or become anything — a photographer, a professional athlete, a dancer, a pilot. Whether you take hundreds of silly pictures, revel in the adulation of your fans as you make the winning catch, boogie down rock-star style in front of your bedroom mirror, or turn your desk into a cockpit, the ensuing hilarity will help you see that lighthearted fun and adulthood are not at all incompatible.

sudoku puzzle - level - easy

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

SILLINESS IS...

I was wondering, why does a frisbee appear larger the closer it gets?



Then it hit me.

creamy maple dijon chicken bake

Serves 4 | Perfect for chilly late-November evenings

Ingredients

- 4 chicken thighs
- 1 tbsp olive oil
- Salt & pepper
- 1 small onion, sliced
- 3 cloves garlic, minced
- 1 cup sliced mushrooms
- 1 cup baby carrots
- 1 cup potatoes, cubed small
- 1 tbsp Dijon mustard
- 1 tbsp grainy mustard (optional)
- 2 tbsp maple syrup
- 1 cup chicken broth
- ½ cup heavy cream
- 1 tsp thyme
- 1 tsp paprika
- Optional: a splash of white wine
- Fresh parsley for garnish



Instructions

- Preheat oven to 400°F. In a skillet, heat the olive oil and brown the chicken on both sides. Season generously with salt and pepper.
- Remove chicken and set aside.
- In the same pan, sauté onion, garlic, mushrooms, and carrots
- Add potatoes, thyme, and paprika. Stir.
- Whisk together Dijon, grainy mustard, maple syrup, broth, and cream. Pour into the pan and bring to a light simmer.
- Transfer everything to a baking dish and nestle the chicken on top.
- Bake uncovered for 30–35 minutes until chicken is fully cooked and potatoes are tender.
- Spoon the creamy maple sauce over everything and garnish with parsley.

Dear Ruby, I've been feeling weirdly guilty lately for distancing myself from people who drain my energy. It's not that they're bad people, they're just a lot. Constant complaining, constant chaos, constant 'guess what happened now.' I used to try to help, but lately I feel like I'm drowning in other people's emotional laundry. Am I a terrible friend if I just stop being available all the time? — *Lost in Lockport*

Dear Lost, Let me be clear: you are not a laundromat for other people's messes. There is nothing noble about sacrificing your mental health so someone else can avoid taking responsibility for theirs. Here's the truth most people don't want to admit: Some friendships are based on habit, not health. Some people don't want advice, they want an audience. And some folks will happily drain you dry if it means they never have to refill themselves. Pulling back doesn't make you heartless. It makes you healthy. A real friend notices when you're quiet. A draining friend only notices when you're unavailable. You don't owe everyone unlimited access to you. Lock the door and don't feel guilty for protecting your own oxygen mask.

Have you got something to ask Ruby?

Email: writerubyrealtalk@gmail.com

****All names changed for posting in The Around Town Paper****

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



Even the Grinch had a dog. So if you don't like dogs you might want to do some soul searching.

Boundary Violations Look Like

Physical

- Inappropriate or unwanted touch
- Being denied your physical needs
- Borrowing possessions without asking
- Using money to manipulate & control
- Invasion of personal space & privacy
- Making unreasonable demands on someone's time
- Showing up late or canceling last minute

Mental

- Communicating disrespectfully
- Belittling, ridiculing, or dismissing someone's thoughts or ideas
- Thinking you know what someone thinks or believes without asking
- Letting others direct your life, define you, or describe your reality
- Agreeing with others to "keep the peace"
- Ignoring someone's requests
- Giving unsolicited advice or suggestions

Emotional

- Dismissing, invalidating, or criticizing feelings
- Emotionally dumping without permission
- Asking inappropriate questions
- Assuming we know how others feel
- Shaming, guilt, or blaming
- Making demands

Spiritual

- Ignoring your intuition or gut feelings
- Doing what someone else thinks is "right" / Not trusting your own spirituality & ethics
- Going against personal values to please others
- Pressuring others to believe or act a certain way
- Sending unsolicited spiritual materials

CANDY STORE

Word Search

DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

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

CARAMEL

JELLY BEAN

NOUGAT

CHOCOLATE

LEMON DROP

PRALINE

COTTON CANDY

LICORICE

TAFFY

GUM DROP

LOLLIPOP

TOFFEE

HALVAH

MARZIPAN

TRUFFLE