



the around town paper online

Advertising, Design & Marketing by Blue Raven

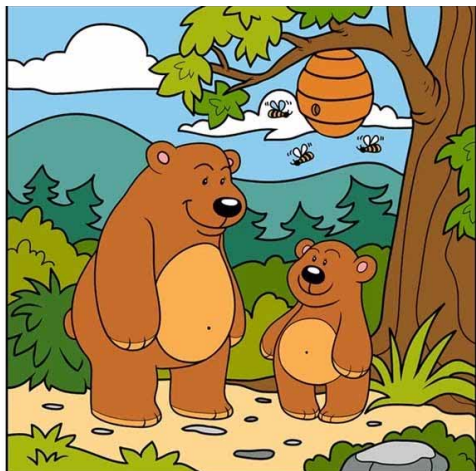
website: www.blueravendesign.ca

email: thearoundtown2020@gmail.com

Vol. 02 No.45

"Chase your stars - life is short."

February 16, 2022



FIND THE 5 DIFFERENCES



"The memories we make with our family are everything."
~Candace Cameron Bure.

JULIE'S TAX SERVICE RETURNS FOR 2021 YEAR

I will be doing taxes starting FEBRUARY 1

FEBRUARY HOURS - Tuesdays & Thursdays - 9 am - 4 pm
MARCH & APRIL - Monday, Tuesday & Thursdays - 9 am - 4 pm

Located in TBJ Mall across the hall from the L.I.F.E Office
(behind Dr. Yale Optometrist)

Due to COVID, please call ahead to make arrangements to drop off with me, or for me to pick up. (seniors in the Ashern, Moosehorn, Eriksdale areas).

You can also fax or email information as done last year.
(No discounting or cash back)

Phone: (204) 768-0017 or Fax: (204) 768-3237

Email: jvbtaxservice@gmail.com

BROOKSIDE ANGUS Bull & Select Female Sale

February 23rd
Neepawa Ag Complex
@1:00 on DLMS.

Derrick & Megan Pilatic
dpilatic@icloud.com
204.841.5466

www.brooksideangus.com

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by Computer Tutor

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✶ POP-UPS? ✶ CLEAN-UPS

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Kris Michaluk

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or 204-302-0009 leave msg

2.6" X 1" AD SPACE
\$23.80 + GST = \$25/week

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EST. 2010
THE CANADIAN HIGHWAYS NETWORK

www.canadianhighwaysnetwork.ca

Drivers updating drivers
24-7-365 days a year

DEADLINE for advertising: Fridays by 12:00 noon

EMPLOYMENT OPPORTUNITY

Lakeshore Women's Resource Centre

@ #9 Main Street in Ashern
is accepting applications for

Counsellor/ Community Resource Co-ordinator Full Time Position

Submit letter of application and resume to Hiring Committee, complete with 3 references & their contact info by email to Indental@gmail.com or by mail.

Applications accepted until a candidate has been hired. For more information, contact Hiring Committee at above email address or by phone @ (204) 768-3016.

We thank all those who apply, but only those considered for an interview will be contacted.

Sometimes a door closes not because we failed, but because something bigger than us says this no longer fits our life. So, lock the door, shed your tears, and when you're ready, turn around and look for the new door that's opened. It's a sign that you're no longer that person you were. It's time to change into who you are. It's going to be okay.

- LEE GOFF



Make your money work for you!

Open a **regular investment plan** and see how fast it grows. **Call us at 1.844.826.6500** and ask us how.

Earn 2.45% on a 3-year term.
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PHOTO FIXING & COLOURING ** CONTACT US

email: thearoundtown2020@gmail.com



CLICK HERE FOR DETAILS!

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WUZZLE PUZZLE

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21 CHEESE	22 A M E R I C A	23 lickety	24 HE AD



Alcoholics
Anonymous
Contact #'s

Lundar:

(204) 739-8093

Eriksdale:

(204) 739-6454

Toll Free #:

1-(877) 942-0126

Central office:

(204) 943-6051

"One glance at a book
and you hear the voice
of another person,
perhaps someone dead
for 1,000 years. To read
is to voyage through
time."



THE MANITOBA ASSOCIATION OF MUNICIPAL EMERGENCY
COORDINATOR'S ARE PLEASED TO ANNOUNCE THE

Municipal Emergency Coordinator Training Program

Developed by a team of experienced
emergency management practitioners
and based on international best practices,
these courses are tailored to meet specific
requirements for the role of the Municipal
Emergency Coordinator, as set out by
Provincial legislation.

\$200

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MAMEC MEMBERS**



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MODULE ONE BY
**MAR 16TH
2022**

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Lashing Out

Dealing with feelings honestly, as they arise, will avoid a build-up and control a lashing out down the road.

Intense emotions demand intense modes of expression. While there are many outlets for the feelings typically deemed positive, however, there are far fewer methods for constructively coping with anger, frustration, fear, sadness, or stress. Consequently, such feelings can cause us to believe that we are no longer in control of our emotional state. Backed into a mental corner, we may lash out at the first individual we encounter. Most of us will quickly discover that our misdirected outpouring of fury has not relieved the pressure of our pain. Powerful emotions are like the lava in a volcano poised to erupt -- held in check with nothing but an eroding layer of calm. Within us lies the power to direct the flood of feeling that surges forth by channeling it into productive, artistic, or laborious pursuits.

Retaking control of our emotions at their height can be difficult because our already negative feelings can convince us that others are deserving of our wrath. But if we consciously look for healthier ways of expressing what we feel, we can both safely dispel our pain and use the energy of that pain to add value to our lives. Anger and sadness, for example, can become the inspiration that induces us to dedicate ourselves to bringing about the change we wish to see in the world. If we act rather than react, we can become effective agents of positive transformation. When we channel our frustration or feelings of stress into outside-the-box thinking and proactive exploits, we are more apt to discover solutions to the issues that initially left us stymied. And if we view fear as a signal that we need to reexamine our circumstances rather than a cue to flee, we may gain new and unexpected insight into our lives.

Channeling your emotions into constructive action can also prevent you from engaging in cyclical rumination in which you repeatedly relive the situation, event, or expectation that originally sparked your feelings in your mind's eye. Since you are focused on a goal, even if your ambition is merely to better understand yourself, your pain is no longer being fed by your intellectual and emotional energy and quickly ebbs away. You not only avoid lashing out at others, but you also actively take part in your own healing process while honestly acknowledging and honoring your feelings.

To keep a warm heart in the winter is the biggest victory.

~Marty Rubin

"We can afford to get married soon.
I'm almost halfway done with my
student loan payments!"



RM of Grahamdale

Employment Opportunity – Term Position

Applications are being accepted for the position of Administrative Assistant for the Rural Municipality of Grahamdale for a 5 Month Term Position beginning in April, 2022 and ending in August, 2022.

The Administrative Assistant is responsible for providing secretarial, clerical and administrative support to the CAO, Assistant CAO and Council in order to ensure that municipal services are provided in an effective and efficient manner.

Interested applicants are invited to submit a resume by 4:30 p.m. Wednesday, March 3, 2022.

Please visit our website www.grahamdale.ca for more information including primary responsibilities, work hours, etc.

Shelly Schwitek, CMMA - Chief Administrative Officer
R.M. of Grahamdale
PO Box 160, 23 Government Rd.
Moosehorn MB R0C 2E0
rm606@grahamdale.ca (204) 768-2858



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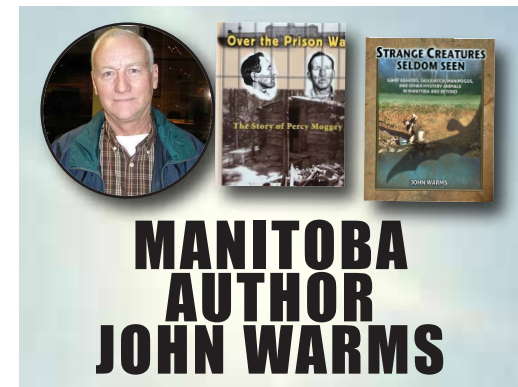
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CLICK THE SQUARES BELOW!**

Each one leads to its
respective Facebook
page or group.

**Find us on
Facebook**



Want to see your business or
organization below and grow
your Facebook following?
Email us to book your space:
thearoundtown2020@gmail.com



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Road Trip

Word Search Challenge



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

BILLBOARD

BUMPER STICKER

BUS DRIVER

DOUBLE LINES

EXIT

GAS STATION

HIGHWAY

LICENSE PLATE

MINIVAN

MOTORCYCLE

OFF RAMP

OVERPASS

PASSING LANE

PICKUP TRUCK

REST AREA

SEDAN

SPEED LIMIT

TOLL BOOTH

TRAFFIC CIRCLE

TRAFFIC LIGHT

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