

# Happy Mothers Day



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Y	R	B	V	D	E	A	N	K	G	I	F	T	S	R	K	P	E	W	B	Q



### APPRECIATION

- BEAUTIFUL
- BREAKFAST
- CANDY
- CHARMING
- COMFORT
- DEVOTED
- FLOWERS
- FORGIVING
- GIFTS

### GUIDANCE

- HUGS
- JEWELRY
- JOY
- KISSES
- LAUGHTER
- LOVE
- MATERNAL

### MOM

- MOTHER
- NURTURE
- PERFUME
- PROTECTIVE
- SHARE
- TELEPHONE
- TENDER

### THE BEST

- WARM
- WISE

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



### Mother's Day: 10 things we would REALLY Like - written by 'A MOM'

- To Sleep In:** Ah, this goes without saying. A few more zzzzs before we have to get up would be oh so nice. If there's ONE day a year we think we deserve a little extra time in the land of the snoozin', surely it's Mother's Day.
- Breakfast in bed** - If you manage to get that extra snooze time, how nice would this little bonus be? No need to get fancy either - simple toast, jam and tea would be absolute bliss!
- Netflix Alone Time to Catch Up** - most of us would LOVE an hour or 2 on the sofa catching up on that new Netflix series without feet up, or reading a book without pictures. We do love the picture books though.....
- Something Homemade** - whether it's a card, a collage, a painted stick with a face on it or our child's little handprint in a frame, we are suckers for something that's taken just that bit of effort to make. We might even cry a bit. And put said homemade masterpiece in pride of place on a shelf in the lounge – and beam at it with pleasure for ages.
- A Break from the Norm** - what makes a day like this special is that there's the chance it could be different from all the other days. The routine is broken – whether it's because we get a little gift, taken out for dinner, some hand-picked flowers or just the chance to put our feet up. And that's the kind of thing that makes a day special. *Moms appreciate it all.*

*In Loving Memory*  
**Mum**  
On Mother's Day  
*The day you left and gained your wings  
my heart just broke in two  
I wish you could have stayed with me  
But Heaven needed you*

*You left me with the memories  
And I love you dearly still  
No matter how much time goes by  
You know I always will*

*You were a very special person  
With kindness in your heart  
And the love we had together  
Grows stronger now we're apart*

*I know I cannot bring you back  
Although I wish it everyday  
But a piece of me went with you  
The day you went away*

### MOTHER'S DAY AT THE NARROWS

Saturday, May 11th ~ 4 pm - 8 pm  
Menu Selection of Your Choice - \$22.95

**ROAST BEEF DINNER**  
with Yorkshire pudding, mashed potatoes and vegetable.

**CHICKEN FETTUCINI ALFREDO**  
served with garlic toast.

**SEAFOOD LASAGNA**  
served in a delicious rosé sauce with garlic toast.

~ Meals served with tossed or Caesar salad, soup and dessert.  
~ Reservations appreciated: 204-768-2749

### NAME THAT TUNE!

**Mama,  
I found someone  
Like you said  
would come along  
He's a sight,  
so unlike  
Any man I've known**

### help wanted

Looking for help on a drilling rig and other well related jobs.

- Must be able to help with;
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Only those who qualify will be contacted.

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**THIS WEEK'S HOROSCOPES**

**Aries (March 21 - April 19)**  
This week, your assertiveness is on full display with Mars in your sign, driving you to pursue goals with renewed vigor. Use the energy of the New Moon in Taurus to reassess your financial strategies and initiate plans that enhance your material security.

**Taurus (April 20 - May 20)**  
The New Moon in your sign marks a significant personal reset. Reflect on your personal desires and the changes you wish to manifest in your life. With Venus also in Taurus, your charm is enhanced, making it an excellent time to improve relationships or attract new love.

**Gemini (May 21 - June 20)**  
With the New Moon occurring in your twelfth house, it's a time for introspection and spiritual renewal. Quiet your mind and listen to your inner voice for guidance.

**Cancer (June 21 - July 22)**  
This is a time to think about your hopes and dreams and how your community can support your aspirations. It's also a perfect period to contribute to collaborative projects where your empathy and nurturing skills can shine.

**Leo (July 23 - August 22)**  
Professional aspirations take center stage. The New Moon prompts you to set practical goals for career growth. Your public image may benefit from a refresh or a new approach. While Mars in Aries fuels your ambition, be wary of potential conflicts with authority figures.

**Virgo (August 23 - September 22)**  
The New Moon encourages exploring new philosophies or even planning travels that broaden your horizons. Your practical nature is aided by the earthy Taurus energy, helping you apply what you learn in useful ways.

**Libra (September 23 - October 22)**  
This week, delve into emotional depths as the New Moon illuminates your eighth house of transformation and rebirth. It's a powerful time for introspection and initiating changes that involve shared resources or deep emotional connections. Address matters of intimacy and vulnerability.

**Scorpio (October 23 - November 21)**  
Relationship dynamics are in focus as the New Moon falls in your partnership sector. New beginnings in how you relate to others are possible now. Whether single or coupled, this is a time to set intentions for your relationships, aiming for stability and security.

**Sagittarius (November 22 - December 21)**  
It's an excellent time to start a new exercise regimen or dietary plan that focuses on long-term benefits. Your work environment may also need a refresh; consider practical improvements that increase productivity and well-being.

**Capricorn (December 22 - January 19)**  
Creativity, romance, and pleasure are highlighted for you. The New Moon invites you to indulge in hobbies or romantic pursuits that bring you joy.

**Aquarius (January 20 - February 18)**  
Home and family matters are emphasized. The New Moon offers a chance to reconnect with family or rethink your living situation.

**Pisces (February 19 - March 20)**  
Communication takes the spotlight. The New Moon enhances your ability to express yourself clearly and make new connections.

**ALCOHOLICS ANONYMOUS**

**SEARCH MEETING LISTINGS ONLINE:**  
[HTTPS://AAMANITOBA.ORG/MEETINGS](https://aamanitoba.org/meetings)

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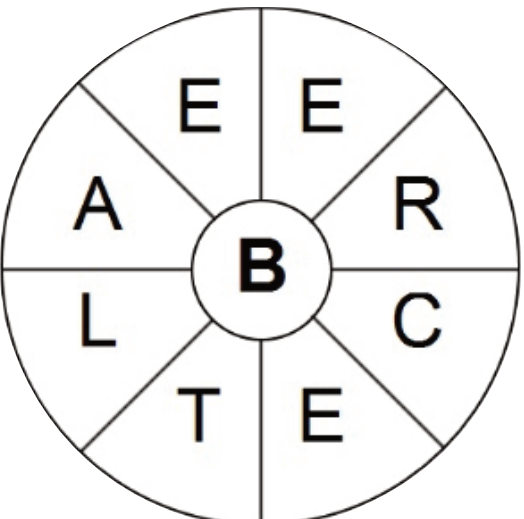
**Freedom in NO** - Saying no to somebody when we're used to saying yes, can be challenging because of our fear of rejection. Many of us, from childhood on, were taught that saying yes is right and saying no is wrong. We learned that acceding to demands allowed us to avoid conflict and criticism, please people, earn praise, and prove that we care for the important people in our lives. Yet the right to say no is indelibly intertwined with the ability to make choices.

When we sense we are limited in our options, and compelled to say yes even when doing so is not in our interests, we are effectively robbed of our ability to choose. Growing out of this tendency to say yes even when we desperately want to say no can be challenging because we suspect that others will reject us for our assertiveness. But the reward we receive when facing this challenge is true freedom of choice.

When others ask you to take on work or do favors, consider their requests carefully. If you feel pressed to say yes, consider whether you are acquiescing out of a desire for approval or to stave off disapproval. Remind yourself often that the ability to say no is an important aspect of well-being, as it is an indication that you understand the true value of your energy, talents, and time.

As you learn to articulate your personal power by saying no, you may feel compelled to explore the myriad consequences of the word by responding negatively to many or most of the requests put to you. The word "no" may even become your default response for some time. When you see that life moves forward without interruption, you will grow more comfortable saying no and will resume making decisions from a point of balance.

There is nothing inherently wrong with acceding to the requests others make of you, provided these requests do not infringe upon your health or your happiness. Keep in mind, it is only when you feel you have the legitimate right to say no that you can say yes with utmost certainty, sincerity, and enthusiasm. While saying yes almost always has a cost, you can feel good about offering your agreement when your reasons for doing so are rooted in your individual values and your appreciation for the appeal before you.



This Mothers Day themed word wheel is made from a 9 letter Mothers Day themed word.

Try and find that word, then make as many words of any length as you can from these letters.

You can only use each letter once, and each word must include the letter B.

**NEED A WEBSITE?**

Blue Raven Design  
[www.blueravendesign.ca](http://www.blueravendesign.ca)

**MOTHERHOOD, Inc. HUMAN RESOURCES**

One vacation day a year?! That's all I get?!

We call it Mother's Day, but technically you still have to work.

**Chicken Gyro Grilled Cheese**

- Ingredients:**
- 1 tablespoon olive oil
  - 1 small onion, sliced
  - 1 pound chicken breasts, thinly sliced
  - Salt and pepper, to taste
  - 1 teaspoon dried oregano
  - 4 slices bread (such as sourdough or ciabatta)
  - 1/4 cup tzatziki sauce
  - 1/2 cup crumbled feta cheese
  - 1/2 cup shredded mozzarella cheese
  - Butter, for grilling



**Instructions:**  
Heat olive oil in a skillet over medium-high heat. Add the sliced onion and cook until softened and caramelized, about 5-7 minutes. Remove from the skillet and set aside. In the same skillet, add the thinly sliced chicken breasts. Season with salt, pepper, and dried oregano. Cook until the chicken is cooked through and no longer pink, about 5-7 minutes.

Preheat a separate skillet or griddle over medium heat. Assemble the sandwiches: Spread tzatziki sauce on one side of each slice of bread. Place a slice of bread, tzatziki side up, on a clean surface. Top with a layer of caramelized onions, cooked chicken slices, crumbled feta cheese, and shredded mozzarella cheese. Place another slice of bread on top, tzatziki side down, to form a sandwich.

Lightly butter the outsides of the sandwiches. Place the sandwiches on the preheated skillet or griddle.

Cook until the bread is golden brown and the cheese is melted, about 3-4 minutes per side.

Once the sandwiches are grilled to perfection, remove them from the skillet. Let the sandwiches cool for a minute or two, then slice them in half if desired. Serve the sandwiches hot and enjoy!

WHAT'S WRONG WITH THIS STUPID BEAM? HE'S GETTING AWAY!

HOW ABOUT HELPING ME FIX THE DANG THING INSTEAD OF WHINING? EVER THINK OF THAT?

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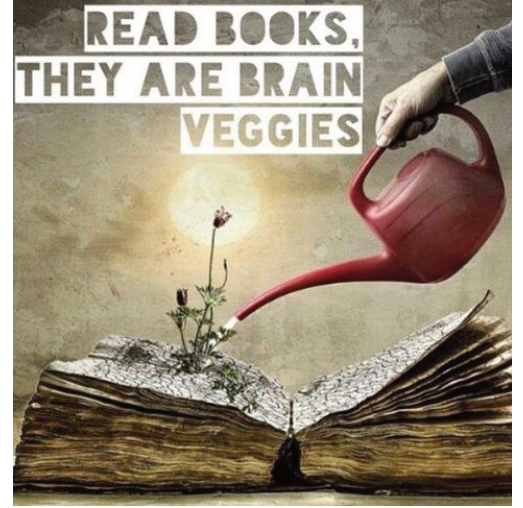
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SEE? I TOLD YA!

SO THAT'S HOW SHE DOES IT...

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