



the around town paper online

Advertising, Design & Marketing by Blue Raven

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Time spent unhappy is wasted.

February 2, 2022



Winnipeg woman Sandra Burling has been hard at work for two years helping women incarcerated at the Headingley Women's Correctional Centre west of Winnipeg promote and sell their beadwork.



She takes no profit and strictly sells for them, charging the customers for shipping. Sandra currently sells for 15 ladies and puts all of the money into their trust accounts, sends EMT to family members or buys phone bundles for them.



You can find them on Instagram by searching: **womenhelpingwomen_beadwork** or click here: www.instagram.com/womenhelpingwomen_beadwork/



Keanu Reeves has revealed he and Winona Ryder are married "under the eyes of God" and have been for nearly 30 years, ever since they starred in the '92 movie Dracula.

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Noventis CREDIT UNION

DEADLINE for advertising: every Friday BY 12:00 NOON



Lemon Garlic Pasta Recipe

Lemon spaghetti tossed in a light creamy lemon garlic pasta sauce. It's bright and flavorful and only takes 20 minutes to make!

INGREDIENTS

- 13.5 oz package spaghetti
- ¼ cup olive oil
- 3 tablespoons chopped fresh garlic
- ¼ teaspoon red pepper flakes
- ½ teaspoon pepper
- ¾ cup whipping cream
- ½ cup fresh lemon juice
- 1 tablespoon lemon zest
- 1 cup parmesan cheese
- basil and fresh parsley for garnish
- pasta water add as needed

INSTRUCTIONS

•Start by putting a large pot of salted water on the stove to boil. When it reaches a rolling boil, drop the spaghetti in the boiling water and cook pasta according to package directions to just al dente.

•While the pot is heating and spaghetti is cooking continue to prepare the sauce.
•Chop the garlic and place in a large skillet over low heat with olive oil.

*Don't allow the garlic to brown, this will make it bitter.

•Add the red pepper flakes and black pepper.

•Slowly sauté the garlic for about 10 minutes, along with the spices.
•Next add the lemon zest and whipping cream.

•Continue to stir - flavors will combine and the sauce will begin to thicken.

•When the pasta is done, turn the heat off from the sauce. Add in the lemon juice.

•Stir to combine, then begin transferring the cooked noodles to the sauce. Mix the hot pasta to combine.

•Top the noodles with the shredded parmesan cheese and mix again.
•Garnish with parsley.



WHEN GRANDMA NOTICES



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Central office:

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If they can't **Privately** address you, then understand their **Public Criticism** is only for **ATTENTION**. Don't take it PERSONAL.



DEADLINE for advertising: every Friday BY 12:00 NOON

PROPOSED ACCESS, NOVENTIS, AND SUNOVA CREDIT UNION MERGER APPROVED

Manitoba – The Boards of Directors of Access Credit Union, Noventis Credit Union, and Sunova Credit Union are pleased to announce their memberships' approval of the proposal to merge. The vote results were shared at each credit union's Special Meeting of Members hosted online the evening of January 27, 2022.

Voting took place online between January 25th and 27th. Each credit union achieved the required two-thirds majority vote for membership to accept the Special Resolution.

The membership vote followed the completion of due diligence activities and a subsequent recommendation to merge from the Boards of Directors of all three organizations. The positive vote means that the three credit unions will become one entity, known as Access Credit Union, effective July 1, 2022.

"I am thankful to our membership for their overwhelming show of support for this merger and in the many conversations we have had over the past few months," said Ingrid Loewen, Board Chair of Access Credit Union. "We're excited by this outcome because of the opportunities the merger will bring to our members, employees, and local communities."

Paul Cuthbert, Board Chair for Noventis Credit Union, added, "We pursued this merger because we believe that together we can build a stronger credit union, not just today, but for future generations. As there is very little geographical overlap in branches, the merger of these three credit unions means that we will maintain a strong branch presence and continued community support."

Amalgamating as one credit union provides the opportunity to take advantage of shared technology and member service channels, while continuing to invest in technological enhancements. The credit union will continue to deliver local, personalized financial services to individuals, businesses, and to the farm community.

As Kevin Beresford, Sunova Board Chair, noted, "Our combined credit union will be stronger and will have more capacity to return direct financial benefits to our members. This merger is really about the future; as the landscape in financial services continues to evolve, this partnership will enable us to exceed expectations for our members and the communities we serve."

The merged credit union will have more than \$9 billion in assets, over 168,000 members, nearly 800 employees, and 52 branch locations. The added scale and resources will allow the amalgamated credit union to invest more in the technology, products, and services that members and local businesses now expect and need. The organization will be well-positioned to operate effectively in today's competitive marketplace, while offering a flexible patronage program designed to reward members for their loyalty.

ABOUT ACCESS CREDIT UNION

Access Credit Union was incorporated in 2021 following a merger with Crosstown Civic Credit Union. The current assets exceed \$6 billion. The credit union serves 92,000 members through 26 service delivery offices spread across southern Manitoba and Winnipeg. Access is currently the second largest credit union in Manitoba. For more information about Access Credit Union, visit www.accesscu.ca.

ABOUT NOVENTIS CREDIT UNION

Noventis Credit Union was incorporated in 2010 following a series of mergers and currently serves 28,000 members with \$1.14 billion in assets across 12 branches throughout the Interlake and west of Winnipeg. Noventis is the 10th largest credit union in Manitoba. For more information about Noventis Credit Union, visit www.noventis.ca.

ABOUT SUNOVA CREDIT UNION

Sunova Credit Union was incorporated in 1955 and has grown to serve 49,700 members with \$2.3 billion in assets across 14 branches located in Winnipeg, eastern Manitoba, and the South Interlake region. Sunova is the fifth largest credit union in Manitoba. For more information about Sunova Credit Union, visit www.sunovacu.ca.



RM OF COLDWELL SENIOR ELECTION OFFICER POSITION

Seeking an individual interested in being the Senior Election Official for our October 2022 Municipal Election

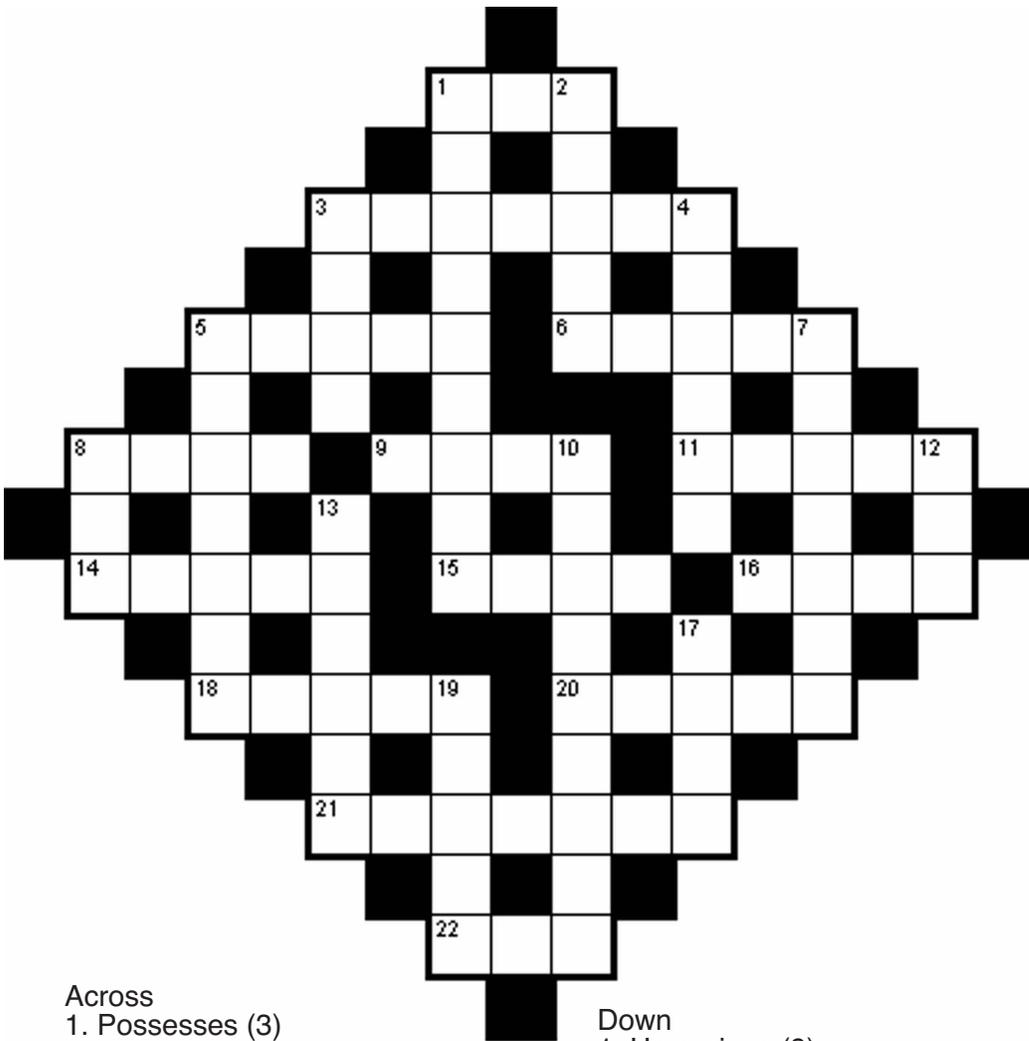
This is not a full time or permanent position. Wage is negotiable.

Individual would receive provincial training and receive Provincial and Municipal supports.

Responsible for the implementation of the whole election process, RM staff available to assist

Interested persons can contact Nicole at the RM office
(204-762-5421)
for a more detailed description

Application Deadline is February 10, 2022.
(drop off at office)



Across

- 1. Possesses (3)
- 3. Of assistance (7)
- 5. Light beam (5)
- 6. Response (5)
- 8. Land measure (4)
- 9. Young horse (4)
- 11. Complies (5)
- 14. Body of water (5)
- 15. Guru (4)
- 16. Paradise (4)
- 18. Constricting (5)
- 20. Lukewarm (5)
- 21. Amazing (7)
- 22. The night before (3)

Down

- 1. Uproarious (9)
- 2. More secure (5)
- 3. Silence (4)
- 4. Portable computer (6)
- 5. Biggest (7)
- 7. Gave way (7)
- 8. In the past (3)
- 10. High wire (9)
- 12. Male offspring (3)
- 13. Conundrum (6)
- 17. Fencing sword (4)
- 19. Topic (5)



“If you do what you’ve always done, you’ll get what you’ve always gotten.”

~ Tony Robbins



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DEADLINE for advertising: every Friday BY 12:00 NOON



Silence - *Silence can make us nervous thinking we need to fill the void, but there is immense strength in silence.*

All sounds, from a whisper to a classical symphony, arise out of silence and disappear into silence. But silence is always there beneath sound and is the space where sound can exist. We tend to think of silence as the absence of sound, but silence has its own weight and quality. When you listen to silence, you can perceive its intense depth and power. Taking the time to experience silence calms the mind and rejuvenates the body. Silence is the void where we can hear the many sounds that we often ignore -- the voice of our intuition telling us the truth, the sound of the breeze blowing, the hum of the radiator, and the noises we make just because we are alive.

One way to experience silence is to wake up before the rest of the world has come alive. Try not to move into activity, and leave off the lights, radio, and television. Sit still and simply listen. You may hear your heartbeat or your breath, but keep your attention tuned to the silence that surrounds you. Stay this way for as long as you can, and allow the sound of silence to penetrate your body until it moves into your core. Feel the gentle, pulsing waves of silence and allow it to cleanse you. Five minutes of communing with silence can leave you feeling vibrant and connected to the universe.

At night, choose a moment after everyone around you has retired and tune in to silence. You can also experience silence throughout the day. Even in the midst of activity, moments of silence are always present. Usually we ignore or feel nervous around silence and try to fill these moments with sound. Yet silence is always there -- vast, potent, and available for us to step into any time we choose.

We are so excited to introduce to you, our Executive Chef Lance.

He joined our team this month and has been burning the midnight oil creating a new menu for

Narrows Sunset Lodge

Lance brings 14 years of experience to the table, from East to West coast, showcasing his creativity in fine dining, and casual settings. When he isn't cooking up a storm, Lance spends his time enjoying the outdoors running, hiking and throwing a good punch or two in the ring!

His personable, funny nature is a welcome addition to our team.

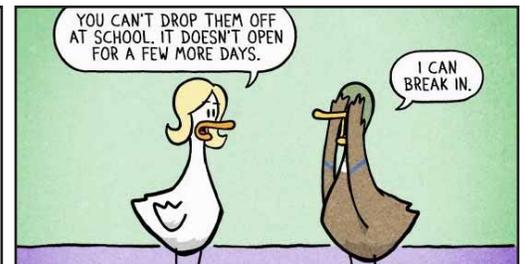
Stay tuned for upcoming restaurant hour changes, and Menu updates for

Narrows Sunset Lodge!





No winter lasts forever; no spring skips its turn.



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THE MYSTERY HAS BEEN SOLVED! I generally go into my local Co-op and they have fresh roasted BBQ or honey garlic whole chickens for sale. I purchased a chicken there before and my family enjoys one now and then. Yesterday, I went to the Co-op and was offered an 18 pack of eggs at a terrific deal. I was so happy! I purchased the eggs and headed home - knowing that I would forevermore be content with my newfound knowledge that the mystery has FINALLY been solved.

The CHICKEN definitely came first.



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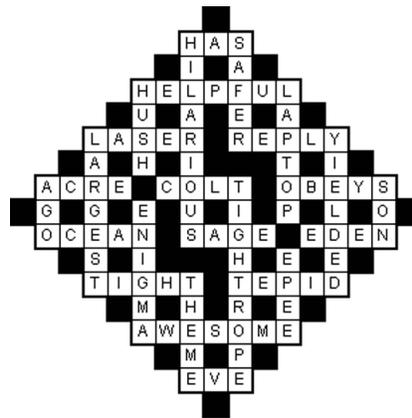
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