

Around Town Paper Published Weekly by: Blue Raven Design

P.O. Box 178, Ashern, MB R0C 0E0

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

Email: thearoundtown2020@gmail.com

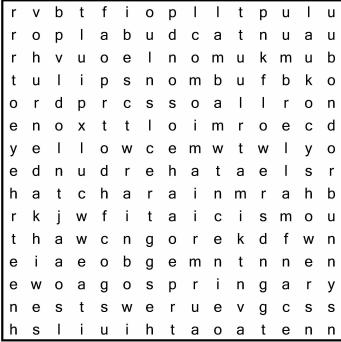
Vol. 32 No.04

www.blueravendesign.ca

May 3, 2023



Spring Word Search



Spring
Showers
Tulips
Hatch
Lamb
Blossom
Yellow
Bud
Rainbow
Clean
Flowers
Thaw
Chick

Bunny Nests Warm

Umbrella Bloom







JACKP©T \$1700 in 52 #'s

MINI TOONIE Approx. \$800

EMPLOYMENT OPPORTUNITY

LAKESHORE FAMILY
RESOURCE CENTRE
is accepting applications for
EXECUTIVE DIRECTOR

Full Time Position Start Date: May 8, 2023

Submit letter of application and resume to: **HIRING COMMITTEE** with 3 references and their contact info to lwrcthird@gmail.com

For more information, contact Hiring Committee at above email address.

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

#9 Main Street, Ashern, MB

If it's not yours,
don't take it.
If it's not true, don't
say it.
If it's not right,

don't do it.





RV BOARDING KENNEL & PET FOOD SALES (204)-739-3445



Alcoholics Anonymous Meetings in Manitoba

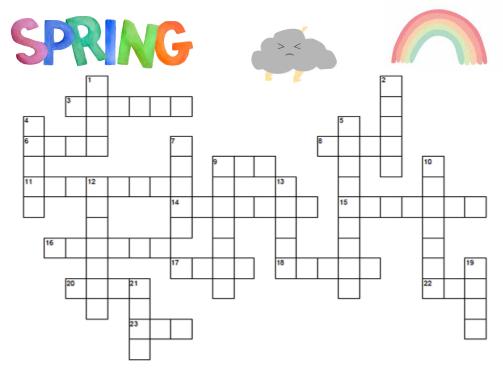
Eriksdale: (204) 739-6454 (204) 739-2710 Mondays at 6:30pm United Church hall, please use back door

Toll Free #: 1-(877) 942-0126 Central office: (204) 943-6051



The Around Town Paper is online in FULL COLOUR www.blueravendesign.ca





3 Rain ______ the earth. 6 March comes in like a ______. 8 It makes kites fly. 9 _____ makes it hard to see. 11 It's supposed to rain today. Take an _____. 14 March winds bring April _____. 15 A loud noise associated with storms. 16 No matter how long this season lasts, spring is sure to follow. 17 Not too hot. 18 If it's foggy in the morning, it will be ______ in the day. 20 Not too cold. 22 This gives light to help plants grow. 23 Rain mixed with dirt. Don't track it in the house!

DOWN

ACROSS

- Dark clouds often bring this.
- 2 Hold onto your hat. It's
- 4 I may be white and puffy or dark and threatening.
- 5 _____ flashes in the sky.
- 7 This turns green as days grow warmer.
- 9 April showers bring May

- 10 Rain leaves these behind on the ground (but your mother probably doesn't want you to splash in them!).
- 12 I can be seen after a storm.
- 13 These bud with new leaves in early spring.
- 19 This wintery substance sometimes falls in the spring.
- 21 March goes out like this animal.



SUDOKU PUZZLE

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

DID YOU KNOW?

Ants take rest for around 8 Minutes in 12-hour period.



"I Am" is the shortest complete sentence in the English language.

IAM

Honeybees flap their wings 230 times every second.



Competing with Yourself - When we are satisfied with our life, we do not look for experiences of winning and losing to define our self-worth.

The urges that drive us to compete with others tend to be straightforward. Years of both evolution and societal

influences have shaped us to pit ourselves against our peers. The needs and desires that inspire us to compete with ourselves, however, are entirely personal and thus far more complex. A need to outdo our earlier efforts—to confirm that we have grown as individuals—can motivate us to reach new heights of accomplishment. We are capable of using our past achievements as a foundation from which we venture confidently into the unknown. Yet if this drive to compete with our former selves is the result of low self-worth or a need to prove ourselves to others, even glowing successes can feel disheartening. Examining why we compete with ourselves enables us to positively identify those contests that will enrich our existence

There are many reasons we strive to outdo ourselves. When we are ambitious in our quest for growth, we are driven to set and meet our own expectations. We do not look to external experiences of winning and losing to define our sense of self-worth. Rather, we are our own judges and coaches, monitoring our progress and gauging how successful we have become. Though we seek the thrill of accomplishment tirelessly, we do so out of a legitimate need to improve the world or to pave the way for those who will follow in our footsteps. Be careful, though, that your competitiveness is not the result of an unconscious need to show others that you are capable of meeting and then exceeding their standards.

Consider, too, that successful efforts that would be deemed more than good enough when evaluated from an external perspective may not satisfy our inner judge, who can drive us ruthlessly. In order to attain balance, we have to learn the art of patience even as we strive to achieve our highest vision of who we are. When we feel drained, tense, or unhappy as we pursue our goals, it may be that we are pushing ourselves for the wrong reasons. Our enthusiasm for our endeavors will return as soon as we recall that authentic evolution is a matter not of winning but of taking pride in our progress at any pace.



XTall Quad - 5.2" X 6" - \$198

Half Page Ad - 8" X 5" - \$236.50 Full Page Ad - 8" X 10" - \$302.50

Centre Spread - 11" X 17" - \$550

Dbl Center Spread - 11" X 17" - \$1000

Thank you to those that attended my retirement at the Legion. - Bill Ebbers, Ashern

SUMMER JOB OPPORTUNITY



MOOSEHORN HERITAGE MUSEUM

2 Positions available funded through Canada Summer Jobs 35 hrs/wk, Tuesday July 4 to August 26

POSITION 1:

Interpretive Guide - \$14.50/hour

POSITION 2:

Museum Technician - \$16.00/hour

Job information available at Moosehorn Heritage Museum Website https://moosehornmuseum.ca

For information call Dianne Bittner @ 204-294-9642

Submit resume and cover letter by Friday May 19, 2023





Woodlands Buy Self group

months

Stuffed Pepper Soup

Servings: 6 • Size: about 1 1/2 cups soup,

1/2 cup rice • WW Points+: 7 pts

Calories: 261 • Fat: 5 g • Carb: 37.5 g • Fiber: 5 g • Protein:

17.6 g • Sugar:

6 g Sodium: 606 g (without salt)

Ingredients:

3 cups cooked brown rice

1 lb 95% lean ground beef

1/2 cup chopped green bell pepper

1/2 cup chopped red bell pepper

1 cup finely diced onion

3 cloves garlic, chopped

2 cans (14.5 oz each) cans petite diced tomatoes

1 3/4 cups tomato sauce

2 cups reduced sodium, fat-free chicken broth

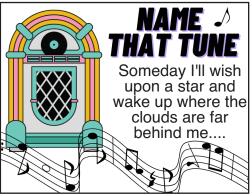
1/2 tsp dried marjoram

salt and fresh pepper to taste

Directions:

In a large pot or dutch oven, brown ground meat on high heat and season with salt. Drain fat if any, reduce heat to medium-low, then add peppers, onions and garlic. Cook about 5 minutes on low heat.

Add tomatoes, tomato sauce, chicken broth, marjoram and season with salt and pepper to taste. Cover and simmer on low heat for 30 minutes. Serve about 1 1/3 cups of soup in each bowl and top with 1/2 cup cooked brown rice.









Bumblebee Anatomy Blebee

RM of COLDWELL IS ACCEPTING TENDERS FOR

GRAVEL HAULING ON MUNICIPAL ROADS

Price per hour for Placement of approx. 8500 yds of gravel, RM is 25 miles by 18 miles, Areas will be mapped.

ROAD SIDE CUTTING

RM will pay \$85/running mile of roadside cutting to start early summer. 280 possible miles. If you are interested in parts of or whole municipality please submit a letter of interest & intent.

Deadline for both Tenders is May 11, 2023

Submit resume to: RM of Coldwell, 35 Main Street, Box 90 Lundar,MB R0C 1Y0 or email: coldwell@mymts.net



