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

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'DID YOU KNOW'... RANDOM FUN FACTS.

- The scientific term for brain freeze is "sphenopalatine ganglioneuralgia."
- •Canadians say "sorry" so much that a law was passed in 2009 declaring that an apology can't be used as evidence of admission to guilt.
- •When dinosaurs existed, there used to be volcanoes that were erupting on the moon.
- •The only letter that doesn't appear on the periodic table is J.
- •One habit of intelligent humans is being easily annoyed by people around them but saying nothing in order to avoid a meaningless argument.
- •If a Polar Bear and a Grizzly Bear mate, their offspring is called a "Pizzy Bear."
- •In 2006, a Coca-Cola employee offered to sell Coca-Cola secrets to Pepsi. Pepsi responded by notifying Coca-Cola.
- •The ten highest mountain summits in the United States are all located in Alaska.
- •Nintendo trademarked the phrase "It's on like Donkey Kong" in 2010.
- •The famous line in Titanic from Leonardo DiCaprio, "I'm king of the world!" was improvised.
- •A single strand of Spaghetti is called a "Spaghetto."
- •Hershey's Kisses are named after the kissing sound the deposited chocolate makes as it falls from the machine on the conveyor belt.
- •Princess Peach didn't move until 1988 because it was too complicated for the designers to make her a movable character.
- •To leave a party without telling anyone is called in English a "French Exit." In French, it's called a "partir à l'anglaise," to leave like the English.

FREE RESUMES - JUNE 13, 2023

LUNDAR

10 am - 12 pm Pauline Johnson Library



ERIKSDALE

1 pm - 3 pm Eriksdale Public Library

June 8th & 22nd

9:30 am - 3 pm





Summer Employment Opportunity Maintenance Assistants

in various facilities for various locations within the IERHA:

Locations: Arborg, Ashern, Eriksdale, Fisher Branch, Lundar, Teulon, Selkirk & Stonewall Competition number: IERHA 628/23

Please refer to complete
job posting at:
https://selfservice.ierha.ca
and search under
"View All"
and scroll to:
Student Maintenance Assistants

Deadline for submissions is Tuesday, June 13, 2023 at 11:59 pm.



Interlake-Eastern Regional Health Authority

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

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



NEED TO FIX YOUR COMPUTER? COMPUTER TUTOR CAN HELP! Fast, Professional & Affordable Computer Repairs Email:computertutorlive.ca Web: www.computertutorpetra.ca Call/Text Whatsapp: 1(204)471-5818





Ashern District Veterinary Clinic

Hours:

Monday – Friday 10-5pm Open Saturdays 10-2 pm for dispensing May 13, 2023, to June 24, 2023 Closed for all Statutory Holidays

> Clinic: (204) 768-9609 Cell: (204) 804-3010 ashernvet@gmail.com



WHERE IS CLAUDETTE? Claudette Priscilla June Osborne-Tyo

a 21-year-old mother of four vanished from Selkirk Ave and King Street in Winnipeg on July 25, 2008.

*** **\$20,000 REWARD** ***
Police Missing Persons Unit
at (204) 986-6250
Crimestoppers at
(204) 786-8477

Make Change Work for You - When we each experience change in our lives, we can control our response and reaction to the changes that are happening.

Transformation is a universal constant that affects our lives from the moment we are born until we leave earthly existence behind. At the root of all growth, we find change. Occasionally, change and the circumstances leading up to it are a source of extraordinary joy, but more often than not they provoke feelings of discomfort, fear, or pain. Though many changes are unavoidable, we should not believe that we are subject to the whims of an unpredictable universe.

It is our response to those circumstances that will dictate the nature of our experiences. At the heart of every transformation, no matter how chaotic, there is substance. When we no longer resist change and instead regard it as an opportunity to grow, we find that we are far from helpless in the face of it.

Our role as masters of our own destinies is cemented when we choose to make change work in our favor. Yet before we can truly internalize this power, we must accept that we cannot hide from the changes taking place all around us.

Existence as we know it will come to an end at one or more points in our lives, making way for some new and perhaps unexpected mode of being. This transformation will take place whether or not we want it to, and so it is up to us to decide whether we will open our eyes to the blessings hidden amidst disorder or close ourselves off from opportunities hiding behind obstacles.

To make change work for you, look constructively at your situation and ask yourself how you can benefit from the transformation that has taken place. As threatening as change can seem, it is often a sign that a new era of your life has begun. If you reevaluate your plans and goals in the days or weeks following a major change, you will discover that you can adapt your ambition to the circumstances before you and even capitalize on these changes.

Optimism, enthusiasm, and flexibility will aid you greatly here, as there is nothing to be gained by dwelling on what might have been. Change can hurt in the short term but, if you are willing to embrace it proactively, its lasting impact will nearly always be physically, spiritually, and intellectually transformative.



The first movie ever to put out a motionpicture soundtrack was Snow White and the Seven Dwarves.



FOR SALE

Two 100 lb propane tanks. Filled or we would return them. \$600 - Call: (204) 782-5208 Leave a message - thank you

MOOSEHORN CARNIVAL VOLUNTEERS NEEDED

Friday, June 30th & Saturday, July 1st

- Friday Set up Team
- Saturday Carnival Volunteers
 Running games, etc
- · Saturday Clean up Crew

Please email ashernbos@live.com or text Becky at (204) 302-0577

ITALIAN DONUTS

Usually, with yeast donuts, there's a lot of kneading and resting involved, but not these Italian Donuts. They are easy to make, and even better to eat. You only need and rise it once, then let the oven and frying oil do the rest. To make it, you will need eggs, milk, fresh yeast, flour, butter, sugar, and oil for deep frying. Once the donuts are fried to



perfection and sprinkled with sugar. Every bite is soft, fluffy, and delicious!

Ingredients:

2 Eggs 60g butter
180 ml Milk 30g sugar
10g fresh yeast 1 tsp salt
500 gAll purpose flour oil for frying
sugar

Directions:

- 1. Whisk the eggs, milk, and yeast in a small bowl
- 2. In another bowl, add flour, sugar, and salt. Using your fingers, work the butter into the flour.
- 3. Add the wet ingredients to the flour mixture and mix well with your hands until the mixture is lump-free.
- 4. Form the dough into a large ball and place it in a clean bowl. Cover the top with plastic wrap. Let the dough rest for 2 hours, or until doubled in size
- 5. Transfer the dough to the workbench and divide it into 9 pieces.
- 6. Roll the dough into a long thin rope. Then twist the ends around each other.
- 7. Place the twisted donuts on a baking sheet sprinkled with flour.
- 8. Bake the donuts at 30°C/86°F (yes, that is the correct temp!) for 1 hour.
- 9. Heat enough oil for deep frying over medium-high heat. Fry the donuts until they are golden brown on both sides. After frying, coat them in sugar. YUMMY!

Can I Make Italian Donuts in the Airfryer?

Yes, you can! Simply cover the bottom of the air fryer basket with parchment paper. Place the donut in the Airfryer basket, then spray it with oil. Cook the donuts at 350°F/180°C until browned and puffed up about 7 to 8 minutes. Remove from the basket and drain on paper.

How To Store and Reheat Italian Donuts - Store the plain donuts in an airtight container in the refrigerator for up to 4 days. Sprinkled or glazed donuts can be stored at room temperature for 1 day or two.















Red River Métis unanimously accept modern-day treaty with Canada in historic vote - Winnipeg, MB, in the National Homeland of the Red River Métis – Today, the Manitoba Métis Federation (MMF), the National Government of the Red River Métis, brought their Citizens together, in-person and virtually, an estimated 4,000, to approve the Red River Métis Self Government Recognition and Implementation Treaty. Indeed, this was the largest Assembly in MMF history. The treaty was unanimously ratified as thousands of Citizens stood up and raised their hand and voted to continue our historic progress forward. "This vote was as extraordinary as the Assembly itself," said David Chartrand, President of

the MMF. "So many of our Citizens have fought along our side, shoulder to shoulder, for decades – some for their whole life – to finally find our place in Confederation.

I was so proud to see so many of our Citizens participate in the vote, with a sea of hands raised in favour of ushering in this new era for our Nation – one that was 200 years in the making. I was overwhelmed to see thousands of hands reaching for the ceiling and dancing in the air like prairie grass in a strong wind."

Now, the treaty will go through Canada's ratification process and be introduced to the House of Commons this Fall to solidify its place in legislation and the Constitution of Canada. Once the implementation legislation is passed, the Red River Métis government and our Nation will be enshrined in our country's constitution through this modern-day treaty. "With this vote, our treaty rights a wrong that took place 153 years ago, when our first treaty –the Manitoba Act – was negotiated and then ignored by Canada. We negotiated this agreement in good faith with Canada, but before negotiations were even complete; Canada backstabbed our Nation," said President Chartrand. "Today, we are another step closer to justice, taking yet another step in restoring our rightful place in Canada's confederation through this treaty may well be the most important thing we've done as a Nation to date."

It is Red River Métis tradition to gather in Assembly to make decisions that affect the future of the Nation, making this vote on the modern-day treaty a direct echo of the way the Nation's Ancestors have always made important decisions. The vote comes on the heels of negotiations that began in 2016 and three intensive months of consultation with Citizens, both within Manitoba and beyond borders. From Vancouver to Toronto and Thompson to Fargo, Citizens turned out in record numbers to hear about the treaty and provide their feedback and guidance.

In every consultation leading up to this vote, it was clear that our Citizens recognized the historic nature of this treaty, and fully understood the power it gives to our Youth to shape the path of our Nation in the future, when they become our leaders," said President Chartrand. "It was equally clear that our Elders, seniors and Veterans who fought so hard

to arrive at this historic moment were moved to see the progress we've made as a Nation.

We are truly standing on the shoulders of giants today, and we have answered the call of our Ancestors to complete what they started. We are Red River Métis and we stand united."



