

The

PUBLISHED ONLINE WEEKLY ACROSS MANITOBA
& IN OUR 6 BUY • SELL COMMUNITIES ON FACEBOOK

Around Town Paper



STORIES • PEOPLE • COMMUNITY • ENTERTAINMENT

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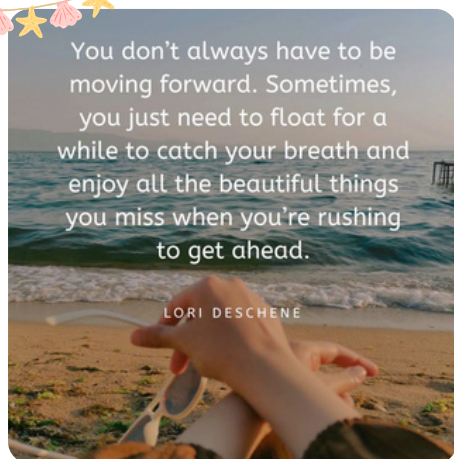
www.blueravendesign.ca

July 29, 2026

The August long weekend in Manitoba feels like summer at its fullest—sunlight dancing across the lakes, campfires glowing after dark, music drifting from campsites and families squeezing every possible moment from the warm days.

Summer has a way of making life feel lighter and more hopeful, as though there is always time for one more swim, one more road trip or one more evening outside with the people we love.

Yet beneath all that happiness is a touch of tenderness, because by August we know these golden days won't last forever, and perhaps that is exactly what makes us slow down, breathe deeply and appreciate them while they are still ours.



You don't always have to be moving forward. Sometimes, you just need to float for a while to catch your breath and enjoy all the beautiful things you miss when you're rushing to get ahead.

LORI DESCHENE

When the brain fog hits mid-sentence and suddenly you've never had a thought in your life



MOOSEHORN
THURSDAY BINGO
JULY 30 7 PM
JACKPOT \$1800
IN 52 #s OR LESS

NAME THAT TUNE
*Is this the real life?
Is this just fantasy?*
CAN YOU NAME THE SONG AND ARTIST?

AROUND TOWN
GROUP-ONLY
ADVERTISING

\$30 **ONE-TIME ADVERTISING POST**
One promotional post in all applicable Around Town groups.

\$50 **MONTHLY COMMUNITY SELLER PASS**
UP TO 10 POSTS PER MONTH
Home businesses, hay, firewood, baking, crafts, farm goods and similar community sellers.

\$100 **MONTHLY BUSINESS ADVERTISING PASS**
UP TO 10 POSTS PER MONTH
Established businesses, contractors, retailers and professional services.

YOU CREATE & SUBMIT • AROUND TOWN APPROVES
Each advertisement submitted to all applicable groups counts as one post. Use your posts anytime during the 30-day pass.

E-TRANSFER OR EMAIL
thearoundtown2020@gmail.com

What has more lives than a cat?
A frog, because it croaks every day.

AUGUST LONG WEEKEND WORD SCRAMBLE
≡ Unscramble these Manitoba summer words! ≡

1. USAGTU _____	7. ECHAB _____	13. MSOMHWALARI _____
2. WEKEEND _____	8. ICCPNI _____	14. RDAUCOGPNM _____
3. TBIAOAMN _____	9. EANCO _____	15. BFOERIN _____
4. HNSENIU _____	10. SNIIFGH _____	16. IFMLYA _____
5. REMFPCIA _____	11. APIRTORD _____	17. IHGINK _____
6. ETTCGAO _____	12. CEOLOR _____	18. LAERX _____



♈ Aries (March 21–April 19) A burst of motivation helps you finish something you've been avoiding. Use that energy but leave a little room for fun too.

♉ Taurus (April 20–May 20) Comfort and familiar faces feel especially good this week. A small change at home could bring a surprising lift.

♊ Gemini (May 21–June 20) Your words carry extra influence, so speak confidently and kindly. An interesting conversation may open a new door.

♋ Cancer (June 21–July 22) You're seeing a situation more clearly now. Trust yourself enough to choose what brings you peace.

♌ Leo (July 23–August 22) This is your time to shine, Leo! Let yourself be noticed and accept the praise you've earned.

♍ Virgo (August 23–September 22) You don't have to solve everything immediately. Slow down, organize your thoughts and let the right answer come naturally.

♎ Libra (September 23–October 22) Connection is the theme this week. Reach out to someone you miss or say yes to an invitation that feels good.

♏ Scorpio (October 23–November 21) Your determination is paying off, even if progress has felt slow. Keep going—the results are beginning to show.

♐ Sagittarius (Nov 22–Dec 21) A change of scenery or spontaneous plan could be exactly what you need. Follow your curiosity and enjoy the adventure.

♑ Capricorn (Dec 22–Jan 19) You've been carrying more than people realize. Give yourself permission to ask for help or simply take a well-earned break.

♒ Aquarius (January 20–February 18) A fresh idea has real potential, so don't dismiss it too quickly. Share it with someone who understands your vision.

♓ Pisces (February 19–March 20) Your intuition is especially strong this week. Protect your energy, trust what you feel and make time for something creative.

Life is either a daring adventure or nothing.



Quieting Our Triggers - Big emotions can rise so quickly that we rarely have time to understand where they came from. In the moment, it can feel like the frustration, fear, sadness, or anger is only about what just happened — the comment someone made, the mistake that was overlooked, or the way we felt dismissed or unseen. Before we know it, we may react, shut down, spiral, or look outside ourselves for the reason we feel so overwhelmed, without realizing there may be something much older beneath the surface.

Often, these emotional reactions are connected to deep-rooted triggers. When we go through a painful, overwhelming, or threatening experience, the body remembers. Even long after the moment has passed, the nervous system can hold the imprint of what once felt unsafe, creating patterns that get activated whenever something in the present echoes the past.

This is why a small interaction can sometimes create a response that feels much bigger than the situation itself.

Healing begins when we learn to meet these emotions with curiosity instead of judgment. Rather than asking, "What's wrong with me?" we can begin asking, "What is this feeling trying to show me?"

With awareness, compassion, and body-based practices, we can start to understand the roots of our reactions, soften old protective patterns, and create more space between what triggers us and how we choose to respond.



1775 LUND TOURNAMENT SERIES PRO-V FISHING BOAT

- 75 hp mercury 4 stroke (not many hours) on Shorelander trailer.
- Fixed canopy can be open or totally enclosed.
- 19,500 OBO

Can be seen in person at Riviera Campground, Fairford, MB at #6 HWY and Fairford river. OR MSG THE AROUND TOWN PAPER ON FACEBOOK: www.facebook.com/thearoundtownonline/

Self-control is strength.

Calmness is mastery. You have to get to a point where your mood doesn't shift based on the insignificant actions of someone else. Don't allow others to control the direction of your life. Don't allow your emotions to overpower your intelligence.

People choose to be around people that feed their need. If you need drama, negativity, gossip, or pettiness — I promise you, you will starve to death in my presence.

TYLER PERRY



SPOT THE 10 DIFFERENCES



STRAWBERRY-PEACH SUMMER FIZZ

ALCOHOL-FREE • MAKES 2

INGREDIENTS

- 1 ripe peach, sliced
- 1 cup strawberries
- 2 tbsp fresh lime juice
- 1 tbsp honey or maple syrup
- 6 basil or mint leaves
- 1 cup sparkling water
- ½ cup ginger ale
- Ice

DIRECTIONS

- Blend peach, strawberries, lime juice and honey until smooth. Strain if desired.
- Gently muddle the basil or mint in two glasses.
- Add ice and divide the fruit mixture between the glasses.
- Top with sparkling water and ginger ale. Stir gently and garnish with fresh fruit.

SUMMER TIP: Freeze the fruit first for an extra-cold, slightly slushy drink!

NAT'S BOOTS
Interlake Rep
(204) 768-0543

What do you call a well-balanced horse?
Stable.

Green flags in people:

- They celebrate your wins.
- Remember small things about you.
- They respect your boundaries.
- You feel energized after seeing them.
- They listen without being defensive.
- They allow you to be fully yourself.
- They make you feel safe.
- You don't have to watch what you say.
- They support your goals.

August Long Weekend Word Scramble Answers: AUGUST - WEEKEND - MANITOBA - SUNSHINE - CAMPFIRE - COTTAGE - BEACH - PICNIC - CANOE - FISHING - ROADTRIP - COOLER - MARSHMALLOW - CAMPGROUND - BONFIRE - FAMILY - HIKING - RELAX

OUR FACEBOOK ADVERTISING GROUPS

LOCAL REACH ACROSS MANITOBA

ASHERN & AREA

GO TO GROUP

ARBORG & AREA

GO TO GROUP

DAUPHIN & AREA

GO TO GROUP

MANITOBA BUY SELL

GO TO GROUP

WOODLANDS & AREA

GO TO GROUP

LUNDAR & AREA

GO TO GROUP

ONLINE PAPER ADS ARE AUTOMATICALLY POSTED TO ALL APPLICABLE GROUPS
NO EXTRA GROUP FEE

FIND THE DIFFERENCES – ANSWERS - Image A has an extra cloud - The tent has a flag in Image A. - The canoe has a paddle in Image A. - The dock has a different number of posts. - A fish is jumping from the lake in Image A. - There is a mug on the picnic table in Image A. - A bird is perched on the tallest tree in Image A. - The sun has a different number of rays. -The picnic basket has a handle in Image A. - The campfire contains a different number of logs.

Dear Ruby,

My husband and I live near a popular summer destination, and every year our relatives suddenly become interested in visiting us. They don't visit, they arrive expecting a *free* vacation. They bring very little food, leave towels and dishes everywhere, and assume I'll prepare every meal.

Some have even invited additional people without asking us first. By the time they leave, I'm exhausted, the house is a mess and we've spent a small fortune feeding everyone. I'm starting to resent the expectation that I'll host everyone like they're staying at a resort.

How can I set boundaries without making the family feel unwelcome?
– *Overrun in Onanole*

Dear Overrun, There is a very large difference between welcoming someone into your home and operating an unpaid summer resort.

Guests bring food, help with meals, clean up after themselves and ask before inviting additional people. Vacationers arrive expecting fresh towels and full service.

Your relatives have confused your home with a hotel, and you with the staff. You don't need to stop inviting family. You need to change the conditions of the invitation.

Send a friendly but clear message: "We're looking forward to seeing everyone! To make hosting manageable, please bring food for one meal, your own drinks and any special snacks you'll need. We'll all share cooking and cleanup. Please check with us before inviting anyone else, as we have limited space." That isn't rude. It's specific.

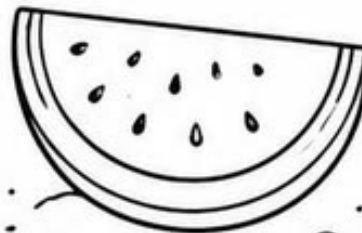
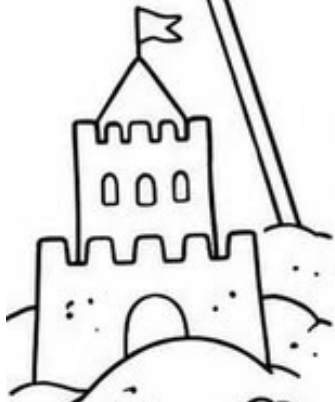
People who want to spend time with you will understand. Those who are offended may have been more attached to the free stuff than the relationship.

Hospitality is something you offer. It is not something other people are entitled to demand. – **Ruby** ❤️



SUMMER WORD SEARCH

Find and circle the words in the list.



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

SUNSHINE
BEACH
ICE CREAM
SUNGLASSES
WATERMELON

SWIMMING
POOL
FLIP FLOPS
PALM TREES
LEMONADE

SANDCASTLE
VACATION
HAT
BBQ
PICNIC

KITE
BOAT
SURF
FUN
HOLIDAY

BALL
TOWEL