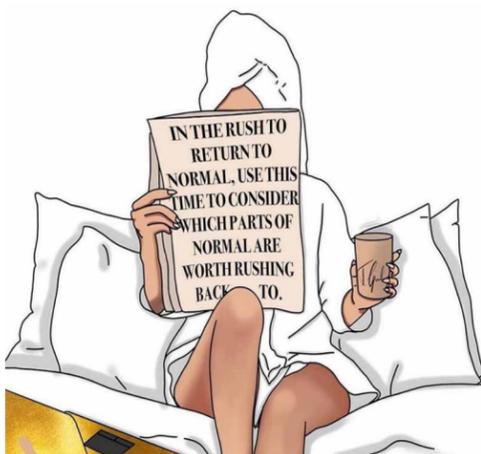


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|------------|-------------|-------------|------------|
| accelerate | cargo | motorcycle | taxicab |
| auto | carpooling | odometer | tire |
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| bicycle | gasoline | seatbelt | traffic |
| bike | headlight | sedan | trailer |
| brake | highway | signs | train |
| bridge | limousine | speeding | truck |
| bus | merge | speedometer | van |
| camper | motor | suv | wheel |
| car | motorbike | taxi | windshield |



Alcoholics Anonymous Contact #'s

Lundar:
(204) 739-8093

Eriksdale:
(204) 739-6454

Toll Free #:
1-(877) 942-0126

Central office:
(204) 943-6051



"I guess we'll never know why they beach themselves."



KOOL - AID ICE CREAM

- 1 - packet 0.14 oz unsweetened kool-aid, any flavor
- 1 - cup granulated sugar
- 2 - cups whole or 2% milk
- 1 - cup half & half

Mix one packet unsweetened Kool-Aid mix together with granulated sugar. Add the milk, half & half and mix until dissolved. Pour mixture into a shallow freezer container.

Freeze for 1 - 2 hours until slightly thickened. Transfer mixture to a bowl and beat until smooth (you can use a wire whisk).

Return to freezer container, cover and freeze 8 hours or over night.

Remove 20 minutes before serving to soften slightly. Recipe yields - 3 cups.

Photo: orange and strawberry kool-aid ice cream. Enjoy!



"When life shuts a door, open it. That's how doors work."

INVITATION TO TENDER

Noventis Credit Union Limited
Ashern Janitorial Contract
Aug 15/21 - Aug 14/24
(36 month term)

You are invited to tender for the above-mentioned Janitorial Contract.

Forward to:
Jody Collins; AVP, Operations
Email: jcollins@noventis.ca
Subject line: Ashern Janitorial Contract

Deadline: Aug 6, 2021 by 4:00 PM

Any questions regarding this tender may be referred to:
Adrienne Halkowich, Manager, Branch Experience.
Email: ahalkowich@noventis.ca
Phone: 204.302.1289

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Saturday July 31st from 10:00 am to 3:00pm.

To register your site call/text 204-280-6233. Deadline to register is Thursday, July 29th

The Market Garden will be held at the Railway Memorial Park pavilion. All bakers, makers and growers welcome!

Sale sites will be available in Railway Memorial Park. PHO will be followed.

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WANTING TO BUY
Lake Manitoba commercial fishing license. Please call: (431)-764-1457

The Importance of Napping



A short nap during the afternoon is common in many countries and can provide an energy boost and clearer senses. As we focus on the many obligations we gladly undertake in order to create the lives we want, sleep is often the first activity that we sacrifice. We're compelled by both external and internal pressures to be productive during many of our waking hours. While this can lead to great feats of accomplishment, it also disrupts the body's natural cycles and leaves us craving rest. Napping represents a pleasurable remedy to this widespread sleep deprivation. Though judged by many as a pastime of little children or the lazy, the need for a nap is a trait that all mammals share and an acceptable part of the day in many countries. It is also a free and effortless way to improve our health and lift our spirits. A nap is relaxing and can improve our mood, vision, reflexes, and memory.

Lack of sleep, whether ongoing or the result of a single night's wakefulness, puts stress on the body and mind. It can negatively impact your physical and mental health. At one time, napping was considered a natural part of life. In the past hundred years, however, electricity and modern conveniences have provided us with more time to engage in personal and professional activities. Consequently there is now less time for sleep. A mere ten minutes of sleep in the middle of the day can leave you feeling more cheerful and alert. A half-hour long nap can sharpen your senses and refresh your energy reserves, and a shorter nap can even sustain you through a long day. Napping can help you make up for lost sleep and serves as a supplement to your usual sleep schedule. You may need to give yourself permission to nap by making naptime a part of your day.

Feelings of guilt about napping or being preoccupied with other activities can keep you awake when you are trying to take a nap. If you need help, surround yourself with soft pillows and blankets or soothing music. Try to take a nap at the same time each day and use an alarm clock to ensure that you don't fall into too deep a sleep. Learning to nap and enjoying its benefits can help you reclaim your natural right to nap. You nourish your being every time you take a nap.

Welcome to Steep Rock, Manitoba!

CLICK HERE TO VISIT OUR FACEBOOK PAGE

INVITATION TO TENDER

Noventis Credit Union Limited
Eriksdale Janitorial Contract
Aug 15/21 - Aug 14/24
(36 month term)

You are invited to tender for the above-mentioned Janitorial Contract.

Forward to:
Jody Collins; AVP, Operations
 Email: jcollins@noventis.ca
 Subject line: Eriksdale Janitorial Contract

Deadline: Aug 6, 2021 by 4:00 PM

Any questions regarding this tender may be referred to:
Adrienne Halkowich, Manager, Branch Experience.
 Email: ahalkowich@noventis.ca
 Phone: 204.302.1289

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