



# The Around Town Paper

Published Weekly by: Blue Raven Design



P.O. Box 178, Ashern, MB R0C 0E0  
Email: thearoundtown2020@gmail.com

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

Vol. 34 No. 40

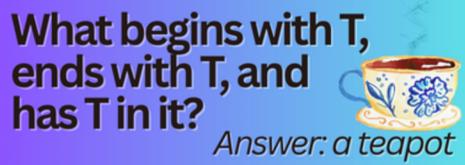
[www.blueravendesign.ca](http://www.blueravendesign.ca)



**Registered charities and not-for-profit groups:** the deadline for grant applications to Coldwell Lundar Community Foundation is 4:30pm, February 28th, 2026.

Applications are available on the website at [www.clcf.ca](http://www.clcf.ca), are auto-fillable and can be e-mailed to [clcfdn@gmail.com](mailto:clcfdn@gmail.com).

Printed copies are also available for pick-up and drop off at the Pauline Johnson Library in Lundar. Any questions or if you need help with filling out the application, please e-mail the above or call 204-762-5727.



THE REASON CANADIANS ARE SO NICE IS EASILY EXPLAINED. ONCE A YEAR, ON THE SIXTH FULL MOON, ALL CANADIANS GATHER TOGETHER BENEATH THE STARS TO PERFORM A RITUAL THAT SUCKS OUT ALL OF THEIR MEANNESS AND CRUELTY AND PLACES IT INTO CANADA GEESE.

*i think there are past versions of me that get together for coffee. they talk about who i used to be and how i overcame all that was thrown at me. they don't gossip, talk badly, or bring up all of my mistakes. they meet for coffee and cheer me on every single day.*  
- jennae cecelia

If you play guitar and want to know the secret to making it sound better,

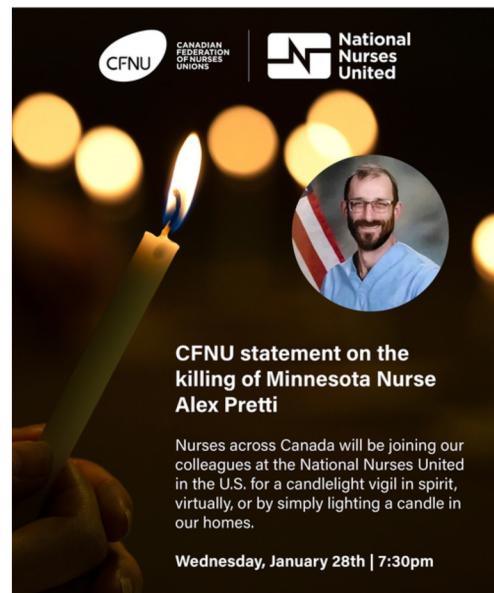
Please stay tuned...

 I'm always in front of you, but you'll never see me. What am I?

Answer: tomorrow



January 28, 2026



Nurses across Canada will be joining our colleagues at the National Nurses United in the U.S. for a candlelight vigil in spirit, virtually, or by simply lighting a candle in our homes.

Wednesday, January 28th | 7:30pm

One thing about January is that it's going to make sure you feel all 31 of the days.



Do not lose hope.  
Please believe that there are a thousand beautiful things waiting for you.  
Sunshine comes to all who feel rain.

-R. M. Drake

Deadline for ads is Fridays at 12 noon. Visit: [www.blueravendesign.ca](http://www.blueravendesign.ca)



**Aries (Mar 21–Apr 19)** You're done explaining yourself — and that's growth. Let your actions do the talking this week.

**Taurus (Apr 20–May 20)** Comfort is calling, but so is progress. You can have both if you stop resisting small changes.

**Gemini (May 21–Jun 20)** Chats land differently now. Say what you mean — clarity is your superpower this week.

**Cancer (Jun 21–Jul 22)** Protecting your energy isn't selfish. It's necessary, and overdue.

**Leo (Jul 23–Aug 22)** You don't need the spotlight to shine. Quiet confidence speaks louder than approval.

**Virgo (Aug 23–Sep 22)** Not all things need fixing. Sometimes "good enough" is exactly right.

**Libra (Sep 23–Oct 22)** Balance comes from boundaries, not people-pleasing. Choose peace over perfection.

**Scorpio (Oct 23–Nov 21)** You see more than you're letting on. Trust your instincts — they're already ahead of the facts.

**Sagittarius (Nov 22–Dec 21)** Being restless is a signal, not a flaw. Channel it into something that actually feeds you.

**Capricorn (Dec 22–Jan 19)** Slow progress is still progress. Stay steady — momentum is quietly building.

**Aquarius (Jan 20–Feb 18)** Your perspective matters more than popularity. Say the thing others are avoiding.

**Pisces (Feb 19–Mar 20)** Sensitivity isn't weakness — it's awareness. Use it to guide, not drain, you.



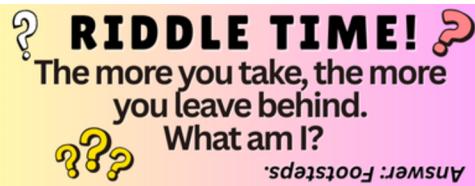
**Performing Daily Ceremonies** — Having a vision for our future that differs from our current circumstances can be inspiring and exciting, but it can also keep us from fully committing to the present. We may become aware that this is happening when we notice our thoughts about the future distracting us from our participation in the moment. When we search our hearts, we may find that we are waiting for some future time or situation in order to self-actualize. This would be like a flower planted in B.C putting off blooming because it would prefer to do so in Manitoba.

There are no guarantees in this life, so when we hold back, we do so at the risk of never fully blossoming. This present moment always offers us the ground in which we can take root and open our hearts. What this means is that we live fully, wherever we are, not hesitating because conditions are not perfect.

This can be scary because we might feel that we are giving up our cherished dreams if we do wait for them. But this notion that we have to hold back our life force now in order to find happiness later doesn't really make sense. What might really be happening is that we are afraid to embrace this moment and ourselves — just exactly as we are right now.

We have a habit of presenting life with a set of conditions — ifs and whens that must be fulfilled before we will say yes to the gift of our lives.

Now is the time for each of us to bloom where we are planted, overriding our tendency to hold back. Now is the time to say yes, to be brave, and to commit fully to ourselves, because until we do, no one else will. It is time to be vulnerable, unfolding delicately yet fully into the space in which we find ourselves.



# EASY CHICKEN FAJITAS SERVES: 4

## Ingredients

- 2 boneless, skinless chicken breasts, sliced thin
- 1 red bell pepper, sliced
- 1 green bell pepper, sliced
- 1 yellow or orange bell pepper, sliced
- 1 large onion, sliced
- 2 tbsp olive oil
- 2 tsp chili powder
- 1 tsp ground cumin
- 1 tsp paprika
- ½ tsp garlic powder
- ½ tsp onion powder
- Salt & pepper, to taste
- Juice of ½ lime
- Flour or corn tortillas
- *Optional toppings:* sour cream, guacamole, salsa, cheese



## Instructions

Toss chicken with 1 tbsp olive oil, chili powder, cumin, paprika, garlic powder, onion powder, salt, and pepper.

Heat a large skillet over medium-high. Cook chicken 5–7 minutes until browned and cooked through. Remove and set aside.

Add remaining olive oil to the same pan. Sauté peppers and onion 4–6 minutes until tender with a little char.

Return chicken to the pan, squeeze lime juice over everything, toss, and cook 1–2 minutes more.

Warm tortillas and fill with the fajita mix. Add toppings.

## Quick tips

- Juicier chicken: Slice against the grain.
- Extra sizzle: Finish under the broiler for 1–2 minutes.
- Spice boost: Add a pinch of cayenne or chipotle powder.

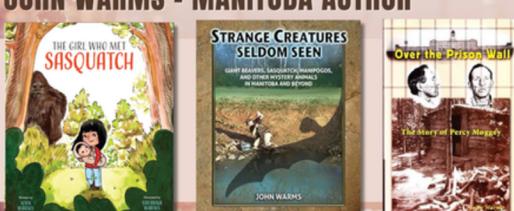
**What has one eye but cannot see?**



Answer: a needle

Call the Manitoba Suicide Line  
Toll Free 24 HRS  
**1-877-435-7170**  
[www.reasontolive.ca](http://www.reasontolive.ca)

**JOHN WARMS - MANITOBA AUTHOR**



Available on Amazon



**Dear Ruby,**  
Some weeks feel loud. This one feels close. The chaos unfolding in the United States doesn't feel like something happening down there anymore. When you can get in your car and be in Minneapolis in a few hours, the headlines stop being abstract. They start to feel like they're breathing down your neck.

We feel it here – the tension, the fear, the unease that settles in your chest when systems look unstable and people seem disposable.

What scares me most isn't just what's happening, but how quickly it's being normalized.

How suffering gets labeled 'politics.' How outrage gets replaced with shrugs. How empathy is treated like a weakness instead of a warning signal.

Fear has a way of spreading quietly. It shows up as anger, as exhaustion, as the urge to look away just to protect your sanity. But pretending it isn't happening doesn't make us safer – it just makes us smaller.

So here's the real talk: it's okay to be scared. It's okay to admit this feels heavy. But don't let fear turn you numb.

Stay human. Care loudly. Protect your people. And remember that proximity – physical or emotional – comes with responsibility.

When the world feels unstable, kindness isn't naïve. It's resistance. And right now, resistance looks a lot like refusing to stop caring. – **Ruby** 

Have you got something to ask Ruby?  
**Email:** [writerubyrealtalk@gmail.com](mailto:writerubyrealtalk@gmail.com)  
**\*\*All names changed for posting in The Around Town Paper\*\***

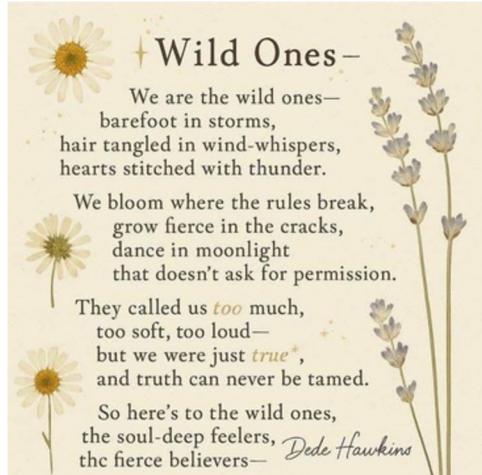
**Wild Ones –**

We are the wild ones –  
barefoot in storms,  
hair tangled in wind-whispers,  
hearts stitched with thunder.

We bloom where the rules break,  
grow fierce in the cracks,  
dance in moonlight  
that doesn't ask for permission.

They called us *too* much,  
too soft, too loud –  
but we were just *true*\*,  
and truth can never be tamed.

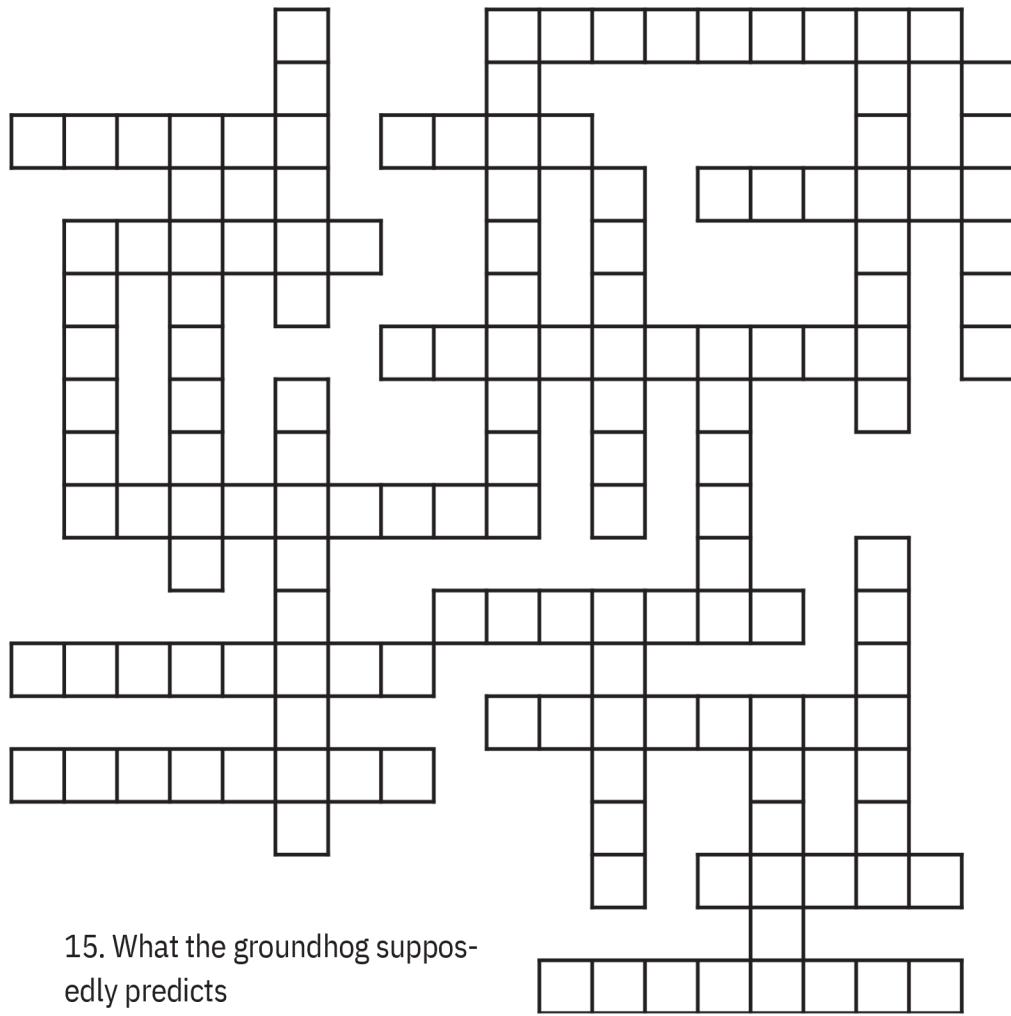
So here's to the wild ones,  
the soul-deep feelers,  
the fierce believers – *Dede Hawkins*



# Groundhog Day

## ACROSS

2. Groundhog's other name
5. Season when Groundhog Day occurs
7. Famous forecasting groundhog's first name
9. Animal group that groundhogs belong to
10. What the groundhog might or might not see
11. Groundhog's weather guess
14. Star on February 2nd
16. Long-term weather patterns groundhogs don't predict
18. Length of extra winter if shadow is seen
19. Weather outlook the groundhog provides
21. Month of Groundhog Day
22. Describing the groundhog's coat
23. Type of story Groundhog Day comes from



## DOWN

1. Groundhog's underground home
2. Nickname for groundhogs
3. Formal Groundhog Day event
4. Repeated Groundhog Day custom
6. Long-standing practice
8. Special day to celebrate the groundhog
10. Season that might come early without a shadow
12. Fancy headwear worn by some Groundhog Day officials
13. Christian festival on same day as Groundhog Day



|           |             |
|-----------|-------------|
| Annual    | Prediction  |
| Burrow    | Ritual      |
| Candlemas | Rodent      |
| Ceremony  | Shadow      |
| Climate   | Six weeks   |
| February  | Spring      |
| Folklore  | Top hat     |
| Forecast  | Tradition   |
| Furry     | Weather     |
| Groundhog | Whistle-pig |
| Holiday   | Winter      |
| Marmot    | Woodchuck   |
| Phil      |             |