

EVERY VACCINE COUNTS

SEASONAL INFLUENZA, COVID-19 AND RSV
VACCINES WILL BE AVAILABLE OCT. 14

Respiratory Virus Season Vaccination Clinics will begin October 14, 2026

This year, most vaccination clinics in the region are walk-in service only with no appointment needed. This includes all the clinics listed below.

For more information on all vaccination clinics within the Interlake-Eastern health region please visit ierha.ca and click "Respiratory Virus Season Vaccination Clinics" or visit the online vaccine provider map at manitoba.ca/vaccine.

COVID-19, pneumococcal 20, respiratory syncytial virus (RSV) and seasonal influenza vaccines will be available for those eligible as per Manitoba Health guidelines. Immunization with the most updated COVID-19 vaccine is strongly recommended for previously vaccinated and unvaccinated individuals at increased risk of COVID-19 infection or severe disease.

Prior to visiting a vaccination clinic:

- Please practice good hand-washing.
- Do not come if you are experiencing cold or flu-like symptoms.
- Bring your Manitoba Health Card and wear a short-sleeved shirt.

Respiratory virus season vaccination clinics – Interlake-Eastern Regional Health Authority

	Dates	Time(s)	Location(s)
Ashern	October 27	1:00 pm - 6:00 pm	Ashern Centennial Hall, #1 MB-325
	November 12	10:00 am - 2:00 pm	Ashern Centennial Hall, #1 MB-325
Eriksdale	October 22	10:00 am - 2:00 pm	Eriksdale Rec Centre, Second 1 st Ave
	October 31	10:00 am – Noon	Eriksdale Wellness Centre, 35 Railway Ave
	November 3	3:00 pm – 7:00 pm	Eriksdale Rec Centre, Second 1 st Ave
Faulkner	November 10	10:00 am – 1:00 pm	Faulkner Community Hall
Gypsumville	November 17	10:30 am – 12:30 pm	Gypsumville Clinic, 1 st Street
Lundar	October 19	10:00 am - 2:00 pm	Lundar Lutheran Church Hall, 16-1 st Ave
	October 31	1:00 pm - 3:00 pm	Lundar Community Health Office, 97-1 st St South
	November 5	3:00 pm - 7:00 pm	Lundar Lutheran Church Hall, 16-1 st Ave
Moosehorn	October 26	10:00 am – 2:00 pm	Moosehorn Community Hall, Railway Ave

For more information, please contact your local community health office:
Ashern: 204-768-2585 Eriksdale: 204-739-2777 Lundar: 204-762-5469

Changes to this listing will be posted at ierha.ca. Click on "Respiratory Virus Season Vaccination Clinics" on the home page



Interlake-Eastern
Regional Health Authority

The

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AC/DC THUNDERSTRUCK WINNIPEG

AC/DC didn't come to Winnipeg Sunday night to reinvent rock and roll. They came to remind everyone why they helped define it in the first place. The legendary band brought its PWR ⚡ UP Tour to Princess Auto Stadium on September 20, with The Pretty Reckless opening the night before AC/DC unleashed more than two hours of the loud, unapologetic rock fans came to hear.

The tour has consistently featured a 21-song set packed with classics alongside a couple of tracks from 2020's PWR ⚡ UP.

This was essentially one enormous rock anthem after another.

And then there's Angus Young. At 71, Young still commands a stadium in his trademark schoolboy uniform, ripping through guitar solos, duck-walking across the stage and turning the extended "Let There Be Rock" into his own personal guitar clinic.



Recent Canadian stops have shown that this remains one of the centerpieces of the PWR ⚡ UP show. After more than 50 years, AC/DC knows exactly what its audience wants. Big riffs. Big noise. Angus Young with a guitar and one glorious night of rock and roll. For those about to rock.....!

VOTE FOR NATASCHA KITCHUR

WARD 6 R.M. OF GRAHAMDALE

My priorities are drainage, roads, advocacy, and open communication; making sure residents are informed, heard, and included in what's happening in our community.

For those who want to chat or have concerns:
nataschakitchur@gmail.com

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MOOSEHORN HALL BINGO

Thursday, September 24
7 p.m.

**JACKPOT
\$1,500**

52 numbers or less

Is everyone ready for sleep?

Yes! Yup Yep!

Bladder?

I don't know

© Sarah Andersen

There's a potato chip truck blocking the highway.
Expect de'Lays.

If you have seen a robbery taking place at an Apple Store, you will be an

iWitness.

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PROUDLY MANITOBAN



♈ ARIES — Mar 21–Apr 19 You're ready to charge ahead, but this week rewards a little patience. One conversation could clear up something that's been irritating you.

♉ TAURUS — Apr 20–May 20 A practical choice brings peace of mind. Don't overthink a small change. At times the easiest answer really is the right one.

♊ GEMINI — May 21–Jun 20 Your social side is wide awake this week, and somebody may surprise you with news, an invitation or an unexpected confession.

♋ CANCER — Jun 21–Jul 22 Something close to your heart needs a little extra attention. Trust your instincts, but don't take responsibility for fixing everybody else's problems.

♌ LEO — Jul 23–Aug 22 You've got people paying attention this week. A little confidence opens a door — just make sure confidence doesn't turn into stubbornness.

♍ VIRGO — Aug 23–Sep 22 You're noticing every little thing right now. Give yourself permission to stop analyzing everything.

♎ LIBRA — Sep 23–Oct 22 Your season begins with a push toward balance, fresh starts and putting yourself back on the priority list.

♏ SCORPIO — Oct 23–Nov 21 Keep your eyes open this week because there's more happening beneath the surface than people are saying.

♐ SAGITTARIUS — Nov 22–Dec 21 Time for a change of scenery, a new project or simply breaking out of the same old routine.

♑ CAPRICORN — Dec 22–Jan 19 A responsibility you've been carrying may finally start feeling manageable. Take the win instead of worrying.

♒ AQUARIUS — Jan 20–Feb 18 A new idea has your attention, and this is a good week to explore it without worrying whether everybody else understands it.

♓ PISCES — Feb 19–Mar 20 Slow down, protect your energy and pay attention to what actually makes you feel better — not just busier.



Being Gentle with Ourselves - There are times when our days are filled with what seems to be constant change and growth. It can be difficult to notice what's happening to us, as we may be so caught up in the whirlwind of our lives that we lose sight of the direction in which things are heading. And since it can be easy to use all our energy to keep up with the momentum, we may not realize that we're much more likely to become run-down. When things seem to be moving quickly, it's especially essential that we make a point to slow down and be gentle with

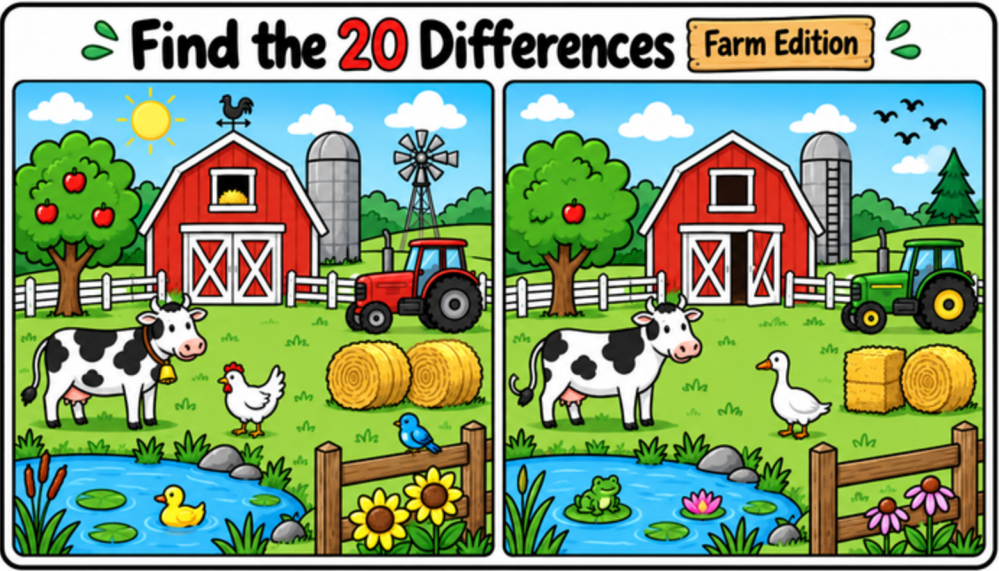
ourselves. This doesn't mean that we don't accomplish anything. Instead, it's about honoring ourselves on an ongoing basis and taking care of the needs of our bodies. This means different things to different people.

For instance, it could be having a session with a healer; taking a remedy, herbs, or vitamins; or getting extra sleep. Putting our energy into ourselves in this way helps create space for a more positive, loving, and accepting view of our lives. By setting the intention to do so, we'll start to become cognizant of our energy levels on a daily basis and increasingly able to replenish them as needed.

The more we treat our bodies with gentleness, the more tenderness and compassion we'll call forth into our lives. Learning to pay attention to and understand what we need will allow us to fill our lives with unlimited loving and healing energy — and to truly take care of the things that mean the most to us.



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SERIES REVIEW - 'TRUE DETECTIVE'
Dark, Twisted & Addictive

If you like crime dramas that take their time, get under your skin and leave you questioning everyone, True Detective is well worth the watch. The HBO anthology series tells a different story each season, with new detectives, new crimes and an entirely new cast. That means you can technically jump into any season without watching the others first.

The standout remains Season 1, starring Matthew McConaughey and Woody Harrelson as Louisiana detectives investigating a disturbing murder case that stretches across years. The performances are outstanding, the writing is sharp and the atmosphere is so heavy you can practically feel the Louisiana humidity through the television. McConaughey's Rust Cohle is especially unforgettable; brilliant, strange, cynical and endlessly fascinating.

Later seasons change locations, characters and tone, with varying results, but the series consistently delivers complicated mysteries, flawed investigators and plenty of uncomfortable twists. True Detective: Night Country, starring Jodie Foster, brings the story into the frozen darkness of Alaska and leans more heavily into eerie, almost supernatural territory. This is definitely not a lighthearted police procedural. It is slow-burning, mature and often bleak, with violence, disturbing subject matter and characters carrying plenty of baggage.

But if you enjoy shows where the mystery is only half the story—and the people solving it are every bit as interesting as the crime—True Detective is a binge-worthy pick.
POPCORN BUCKET RATING: 🍿🍿🍿🍿 ½ / 5



I'm starting to notice that I'm the person everybody calls when they need help. Need a ride? Call me. Need somebody to listen? I'm there. omehow, my number is always easy to find.

But when I'm having a rough day? Crickets. I don't expect people to drop everything for me, but lately I'm wondering if some of these relationships only work because I'm the one doing all the work.

Am I being selfish for wanting people to show up for me too?

— Tired of Being the Reliable One

Dear Tired, Nope. That isn't selfish. That's called noticing and sometimes noticing hurts.

There's nothing wrong with being the dependable one. The world needs people who answer the phone, remember birthdays, bring the casserole and show up when somebody's life has gone sideways.

But being a good person does not require you to become everybody's unpaid emergency department.

Start paying attention to who checks on you when they don't need anything. Who asks how you are and actually waits for the answer. Who notices when you've gone quiet.

Who offers help before you have to beg for it. Those are your people. As for everyone else?

You don't need a dramatic announcement, a Facebook purge or a six-paragraph speech about boundaries.

Just stop doing quite so much. Let somebody else solve the problem once in a while.

The interesting thing about stepping back is that you quickly discover who misses you and who only misses what you did for them.

That lesson can sting but it can also save you a whole lot of energy.

Ruby's rule this week: Be kind. Be generous. Be dependable, just make sure some of that kindness is being saved for yourself. — **Love, Ruby** ❤️