

YOUR AD HERE Single & half ad space 2.6" X 3" AD SPACE

\$26.19 + GST =\$27.50/week

Your ad is seen by our thousands of email subscribers and;

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Click here to book an ad.

The Ashern Auction Mart

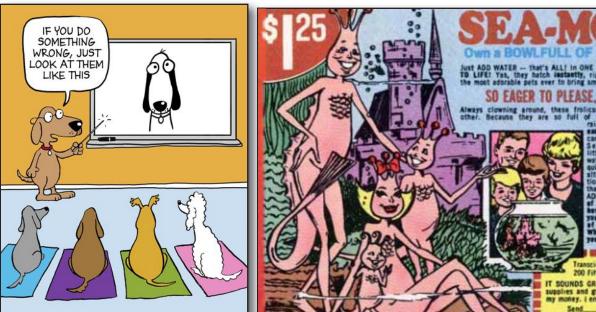
will be holding summer sales due to the extreme drought

> July 21st **August 4th** August 18th September 1st

Please book ahead so we can better market your livestock. Cattle are received Tuesdays 7:30am - 8:00pm unless otherwise arranged.

Sales Start at 9 am Wednesdays

Call Kirk 204-768-0019 or Buddy 204-768-0019





the around town paper online

Advertising, Design & Marketing by Blue Raven

website: www.blueravendesign.ca email: thearoundtown2020@gmail.com

Vol. 02 No. 15

"Take the risk or lose the chance."

July 21, 2021

TIME TO 'HINK PINK' THINK!

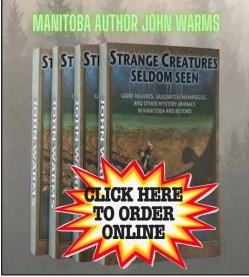
A 'HINK PINK' is sometimes called a 'rhyming pair' - is a pair of rhyming words that matches a silly definition. See how many you can figure out!

Example: a black bird that doesn't fly fast - a slow crow.

- 1.Paperback thief
- 2. Lengthy tune
- 3. Closet to keep a sweeping tool
- 4. Light red beverage
- 5. small buzzing insect that is not wet
- 6. large group of people that is noisy
- 7. stingin insect that doesn't cost money
- 8. unhappy father
- 9. Rabbit that tells jokes
- 10. A fast elevator







BOARDING CLOSED AUG 23-27

Alcoholics Anonymous Contact #'s Lundar:

204-739-3445

(204) 739-8093 Eriksdale: (204) 739-6454 Toll Free #: 1-(877) 942-0126 **Central office:**

(204) 943-6051





Happiness



If you aren't a naturally happy person, take time each day to cultivate that which brings you happiness.

It can be so easy to get caught up in the rigors of modern life that we tend to forget that happiness need not come with stipulations. Happiness becomes something we must schedule and strive for -- a hard-won emotion -- and then only when we have no worries to occupy our thoughts. In reality, overwhelming joy is not the exclusive

province of those with unlimited time and no troubles to speak of. Many of the happiest people on earth are also those coping with the most serious challenges. They have learned to make time for those simple yet superb pleasures that can be enjoyed quickly and easily.

Cultivating a happy heart takes no more than five minutes. The resultant delight will be neither complex nor complicated, but it will be profound and will serve as a reminder that there is always a reason to smile.

So much that is ecstasy-inducing can be accomplished in five minutes. Alone, we can enjoy an aromatic cup of our favorite tea, take a stroll through the garden we have created, write about the day's events in a journal, doodle while daydreaming, or breathe deeply while we listen to the silence around us. In the company of a good friend or treasured relative, we can share a few silly jokes, enjoy a waltz around the room, play a fast-paced hand of cards, or reconnect through lighthearted conversation. The key is to first identify what makes us dizzyingly happy. If we do only what we believe should bring us contentment, our five minutes will not be particularly satisfying. When we allow ourselves the freedom to do whatever brings us pleasure, five minutes out of 14 wakeful hours can brighten our lives immeasurably.

It is often when we have the least free time or energy to devote to joy, that we need to unwind and enjoy ourselves the most. Making happiness a priority will help you find five minutes every day to indulge in the things that inspire elation within you. Eventually, your happiness breaks will become an established part of

your routine. If you start by pursuing activities you already enjoy and then gradually think up new and different ways to fill your daily five minutes of happiness, you will never be without something to smile about.







ADVERTISE HERE 2.6" X 1" AD SPACE \$11.90 + GST = \$12.50/week

Click here to book now



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

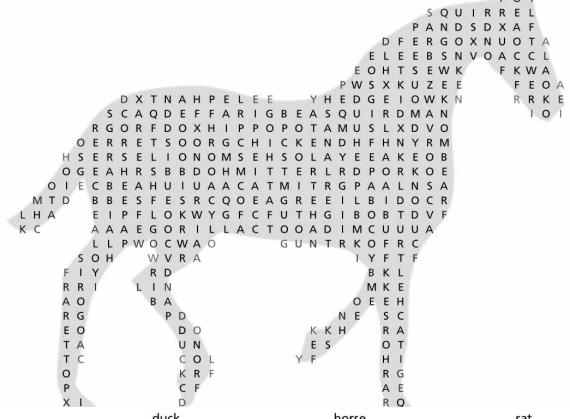
Any questions regarding this tender may be referred to:

Adrienne Halkowich, Manager, Branch Experience.

Email: ahalkowich@noventis.ca Phone: 204.302.1289

noventis.ca





duck bear horse rat bird elephant koala rooster buffalo ferret lion shark fox camel monkey sheep frog snake cat moose chicken giraffe squirrel mouse cow goat otter tiger gorilla deer panda turtle hedgehog wolf dog pig donkey hippopotamus rabbit zebra



Breakfast Favorites

DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.







BACON CROISSANT MAPLE SYRUP BAGEL DANISH OATMEAL BISCUITS DONUTS OMELET BREAD EGGS BENEDICT ORANGE JUICE BUTTER ENGLISH MUFFIN PANCAKES CEREAL FRUIT SAUSAGE CINNAMON ROLL GRANOLA SCRAMBLED EGGS COCOA GRITS SMOOTHIE COFFEE HASH BROWNS TEA HONEY COLD PIZZA TOAST

JAM

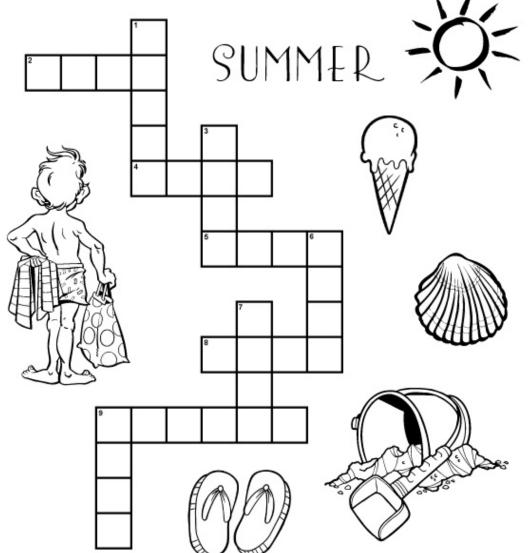
WAFFLES











ACROSS

- **2.** Let's build a _____ to help keep us warm.
- **4**. hot weather or temperatures
- **5.** a swimming _____
- **8**. a usually long walk especially for pleasure or exercise
- **9.** the warmest season of the year

DOWN

- 1. An area with sand next to an ocean or lake
- 3. a place usually in nature where people set up tents
- 6. a large area of water that is surrounded by land
- 7. Can I ride my _____?
- 9. very tiny, loose pieces of rock that kids like to play in

CREPES