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LEST WE FORGET On November 11th, we pause to remember the brave men and women who served, sacrificed, and gave their lives so that future generations could live in peace and freedom.

We honour our veterans, those who never returned home, and the families who carried the weight of their absence. Remembrance Day is more than a moment of silence.

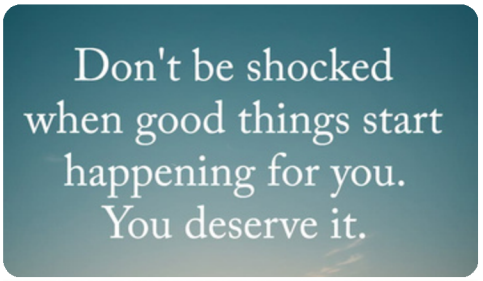
It is a reminder that the freedoms we enjoy came at a tremendous cost, and that courage, sacrifice, and service must never be forgotten. May we carry their stories forward, honour their legacy, and never take for granted the peace they fought to protect.

We remember, we honour and we thank you. Lest we forget.





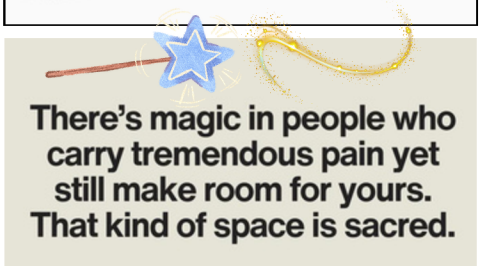














♈ **ARIES (Mar 21 – Apr 19)** Your patience may be tested this week, but not every battle needs a champion. Save your energy for stuff worth winning!

♉ **TAURUS (Apr 20 – May 20)** A little change could bring a big improvement. Step outside your comfort zone. You might actually like it out there!

♊ **GEMINI (May 21 – Jun 20)** Your gift of gab comes in handy this week. Just remember, listening can be just as powerful as having the last word.

♋ **CANCER (Jun 21 – Jul 22)** Someone appreciates you more than you realize. Stop questioning your worth and start enjoying the love around you.

♌ **LEO (Jul 23 – Aug 22)** The spotlight might find you even when you're trying to hide. Stand tall, trust yourself, and give them something to applaud!

♍ **VIRGO (Aug 23 – Sep 22)** You can't organize every little detail of life. Let something happen naturally this week. The world won't fall apart. Promise!

♎ **LIBRA (Sep 23 – Oct 22)** A decision you've been avoiding deserves your attention. Trust your instincts instead of asking everyone else what they think.

♏ **SCORPIO (Oct 23 – Nov 21)** Your intuition is especially sharp this week. Pay attention to what people do, not just what they say. Actions tell the real story.

♐ **SAGITTARIUS (Nov 22 – Dec 21)** Adventure doesn't always require a suitcase. Try something new, take a different route, or say yes to an unexpected invitation.

♑ **CAPRICORN (Dec 22 – Jan 19)** Don't carry more than your share. It's 110% acceptable to put something down and let somebody else pick it up!

♒ **AQUARIUS (Jan 20 – Feb 18)** An unusual idea could turn into something wonderful. Don't dismiss it just because nobody else understands it yet.

♓ **PISCES (Feb 19 – Mar 20)** A little quiet time will do wonders for your mood. Disconnect from the noise and reconnect with something that makes you happy.



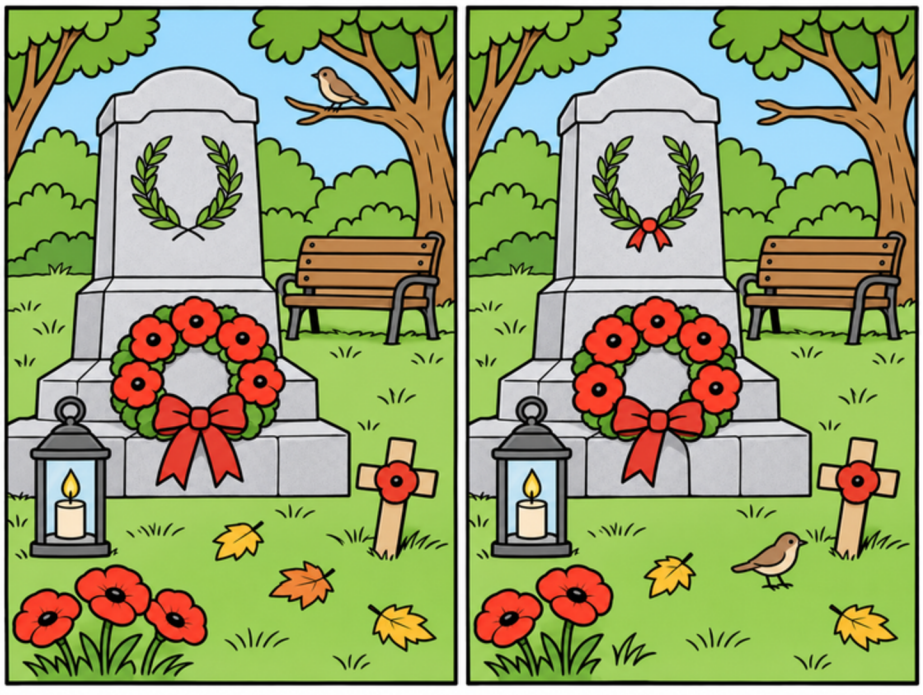
Freedom in Letting Go - Why does letting go feel so hard? We often imagine it like placing a leaf on a flowing stream. We watch it drift away, carrying our worries with it, until it disappears from sight. But emotional burdens aren't always so easily left behind. Old resentments, painful memories, regret, or perpetual anxiety can tug at you. You may not consciously think about these things, but somewhere within you, they're still there — taking up space.

And even when we know that letting go would bring us relief, knowing isn't always enough. There's a reason for this, and it has much to do with the extraordinary ways your body has learned to protect you. When something has hurt you deeply or was left unresolved, your nervous system may hang onto it long after the moment has passed in an attempt to prevent future pain.

Perhaps this is where the real healing begins. Not by forcing yourself to move on before you're ready, but by creating the conditions that allow your body to feel safe enough to loosen its grip on what you've been carrying. The memory may remain. The experience might always be part of your story. But it no longer has to hold the same power over how you feel, how you respond, or how you move through the day. And with that comes a beautifully profound sense of emotional freedom.



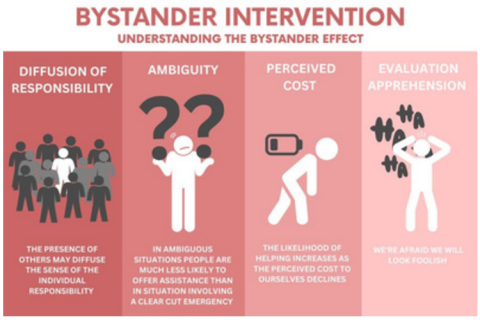




Deadline for ads is Fridays at 12 noon. Visit: www.blueravendesign.ca







- *FIND THE DIFFERENCES:*
- Missing bird in tree
- Ribbon on monument
- Bench slats
- Wreath ribbon tail
- Missing candle flame
- Missing poppy
- Missing fallen leaf
- Extra bird on ground
- Extra grass tuft



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CALL FOR NOMINATIONS - APPLY BY DECEMBER 11, 2026

NEW THIS YEAR: *The application process has changed. Please visit www.accesscu.ca for full details.*

Are you ready to help shape the future of Manitoba's largest credit union? We're seeking passionate, forward-thinking individuals to join our Board of Directors.

WHAT ARE WE LOOKING FOR?

We welcome candidates from diverse backgrounds, cultures, identities, and experiences to ensure our Board reflects the communities we serve. Ideal applicants are governance-ready with a digital business and/or information technology background.

WHY SERVE ON OUR BOARD?

- Influence the strategic direction of a leading financial institution
- Champion initiatives that benefit members and communities across Manitoba
- Receive compensation for this role

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Are We Forgetting to Remember?

There was a time when Remembrance Day felt different. Poppies appeared on coats everywhere, schools held full assemblies and vets stood proudly at ceremonies, their medals pinned to their jackets.

We are losing the generations who can tell us what war actually looked like. The ones who remember the fear, the sacrifice, the empty chairs at dinner tables, and the telegrams that changed families forever and with every veteran who passes away, another firsthand story disappears. Think about that.

There are young people today who have never spoken to a veteran, never heard the stories of soldiers who were barely older than teenagers themselves when they were sent across an ocean, uncertain whether they'd ever see home again. Imagine being eighteen years old, terrified, thousands of miles from everything you've ever known, and being expected to find courage you didn't even know you had.

Imagine coming home to a world that eventually forgets what you went through. We don't have to experience war to appreciate peace but we do have to make an effort to understand what it cost and remembrance isn't about celebrating war.

It's about acknowledging the terrible price of it, honouring those who served, those who died, those who came home forever changed, and the families who suffered alongside them.

It's also about recognizing that service and sacrifice didn't end with the world wars. Canadian men and women have served in Korea, Afghanistan, peacekeeping missions, and conflicts around the world. Many still carry wounds we cannot see.

So maybe this November 11th, we could do a little more than share a poppy. Give those two minutes the respect they deserve because one day, there will be no surviving veterans of the Second World War to remind us themselves.

Lest We Forget isn't just something we're supposed to say, it's a promise we're supposed to keep.

Until next time, Love, Ruby ❤️

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Remembrance Day

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flanders memorial remember freedom service
silence soldier veteran battle sunday
wreath field medal peace poppy
war