



the around town paper online

Advertising, Design & Marketing by Blue Raven

website: www.blueravendesign.ca

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Vol. 02 No.29

"Happy Halloween!"

October 27, 2021



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BY ADRIENNE HALKOWICH PHOTOGRAPHY
<https://www.blueravendesign.ca/steeprockcalendar2022>



**ON SALE
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\$20

INCLUDES SHIPPING

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2022 JANUARY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
						8
2	3	4	5	6	7	15
9	10	11	12	13	14	22
16	17	18	19	20	21	28
23	24	25	26	27	28	29
30	31					

The Ashern District Veterinary Clinic



is seeking to hire a
part time person for

JANITORIAL DUTIES

2+hrs/day for 5 days a week.

Please indicate your interest
in the position by contacting
ashervet@gmail.com
with a resume and work history
over the past 2 years. Include
names and contact information
of 2 work references.

DEADLINE for advertising: every Friday BY 12:00 NOON



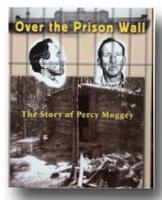
**1 BEDROOM SUITE
IN GLENCORA
(ASHERN)
FOR RENT - 55+
AVAILABLE NOW**

**PHONE GARY:
(204) 768-3224**

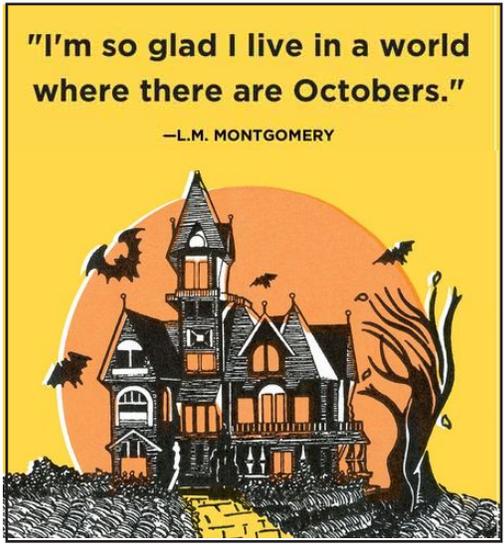


STRANGE CREATURES SELDOM SEEN

John Warms is a Manitoba author who is currently living in Fairford, Manitoba. 'Over the Prison Wall: The Story of Percy Moggey just celebrated 20 years in print! His latest, 'Strange Creatures Seldom Seen' tells the accounts of those who have seen things; Giant Beavers, Sasquatch, Manipogos, and Other Mystery Animals in Manitoba and Beyond. From well-known mystery animals like Sasquatch and lake monsters to lesser-known cryptids like giant beavers, "beaver ducks," and "underwater moose," these tales add breadth and depth to Canadian zoological folklore with plenty of material for cryptozoology enthusiasts to investigate. Strange Creatures Seldom Seen includes eyewitness sketches as well as full colour illustrations by artist Jarmo Sinisalo.



Both of John Warms' books are available online at: www.blueravendesign.ca/john-warms-author. They are also available at the following locations; R.M. of Grahamdale Office in Moosehorn, Manitoba. R.M. of West Interlake--Ashern and Eriksdale offices The Riviera Campground in Fairford, Manitoba.



"I'm so glad I live in a world where there are Octobers."

—L.M. MONTGOMERY



"We all float down here ...you'll float too."

It

Smith Family Riddle answer: The maid. The house was circular; it didn't have any corners.

**2.6" X 1" AD SPACE
\$11.90 + GST = \$12.50/week**
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**RV BOARDING
KENNEL
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When a human being has a broken arm, we know how to fix it, we understand that we need to be gentle with it while it heals. But when it comes to our minds, sometimes we do not give ourselves that same level of grace.

???

The Smith family is a very wealthy family that lives in a big, circular home. One morning, Mr. Smith woke up and found his mirror had been shattered. He knew it was one of his employees who had done it. So he asked them what they were doing in the morning, and he got these replies.

Driver: "I was outside washing the car."
Maid: "I was dusting the corners of the house."
Cook: "I was starting to make lunch for later."

From the replies, he knew who it was. Can you guess who it was?



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NO SPAM, DRAMA OR CHAT

DEADLINE for advertising: every Friday BY 12:00 NOON



Seasonal Influenza Clinics will begin November 1, 2021

Book an appointment for your flu shot by calling 1-844-626-8222 between 6:00am and 8:00pm, seven days a week or by using the online booking system originally put in place for the COVID-19 vaccine (visit www.ierha.ca and click “2021 Flu Clinics” or visit Manitoba.ca and then click “ Covid-19” and “Vaccine”).

Individuals can receive their seasonal flu, COVID-19 or both vaccines at these sites at the same time, if they choose. The online vaccine finder at <https://protectmb.ca> shows locations where these vaccines are available including where walk-ins are available. Many medical clinics and pharmacies with seasonal flu and/or the COVID-19 vaccines will continue to be listed, with information about how to book at these locations.

Below is the listing for the region.

Please note:

- Walk-ins are available. Appointments are welcome and encouraged.
- COVID-19 vaccine will also be available at this year's seasonal influenza clinics.
- You must wear a non-medical face mask to your appointment.
- Please practice good hand-washing and social distancing.
- Do not come to your appointment if you are experiencing flu-like symptoms.
- Please come right at your appointment time to avoid congestion.
- Bring your Manitoba Health Card, and wear a short-sleeved shirt

	Dates	Time(s)	Location(s)
Ashern	November 2	9:00 am - Noon; 1:00 pm - 4:00 pm	Ashern Legion, 3 Main St.
	November 10	9:00 am - Noon; 1:00 pm - 4:00 pm	Ashern Legion, 3 Main St.
	November 18	1:00 pm - 7:00 pm	Ashern Legion, 3 Main St.
	November 20	9:00 am - 3:00 pm	Ashern Community Health Office, 1 Steenson Ave
Eriksdale	November 3	9:00 am – Noon; 1:00 pm – 4:00 pm	Eriksdale Rec Centre, Second 1 st Ave.
	November 8	9:00 am – Noon; 1:00 pm – 4:00 pm	Eriksdale Rec Centre, Second 1 st Ave.
	November 23	1:00 pm - 7:00 pm	Eriksdale Rec Centre, Second 1 st Ave.
	November 27	10:00 am - Noon	Eriksdale Wellness Centre, 35 Railway Ave
Faulkner	November 16	9:00 am – 3:00 pm	Faulkner Senior Centre
Gypsumville	November 4	10:00 am - 3:00 pm	Gypsumville Clinic, 1 st St.
Lundar	November 1	1:00 pm - 7:00 pm	Lundar Legion Hall, 50 3 rd Ave
	November 10	9:00 am - Noon; 1:00 pm - 4:00 pm	Lundar Legion Hall, 50 3 rd Ave
	November 22	9:00 am - Noon; 1:00 pm - 4:00 pm	Lundar Legion Hall, 50 3 rd Ave
	November 27	1:00 pm - 3:00 pm	Lundar Community Health Office, 97-1 st St. South
Moosehorn	November 23	1:00 pm - 4:00 pm	Moosehorn Curling Club, 1 st Ave

Residents-only flu clinics may be planned in some senior and other community housing facilities. These clinics are not listed here. Check your building bulletin boards for a flu clinic poster with details.

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

Any changes to this listing will be posted online at www.ierha.ca
 Click on the banner “2021 Flu Clinics” on the home page



Interlake-Eastern
 Regional Health Authority

DEADLINE for advertising: every Friday BY 12:00 NOON



Daily Care - for Yourself

Putting yourself first means that it may be necessary to say no to someone else, in order to say yes to yourself.

We have all heard the instructions of an airline attendant reminding us to put on our own oxygen mask before we help anyone else with theirs. This advice is often cited as a metaphor for self-care because it so accurately expresses why it is important. It seems to say, ironically,

that if you can't take care of yourself for yourself, do it for others. Few situations in our daily lives mimic the wake-up call of an airplane emergency, so it's easy to keep putting self-care off -- easy, that is, until we get sick, overwhelmed, or exhausted, and suddenly don't have the energy to care for the people who count on us. That's when we realize we haven't been getting the oxygen we need to sustain ourselves. We begin to understand that taking care of ourselves is neither selfish nor indulgent; it's just plain practical.

Putting yourself first means that it may be necessary to say no to someone else in order to say yes to yourself. For many of us, there is always something we feel we could be doing for someone else, and it helps to remember the oxygen metaphor. You can even encourage yourself by saying "I am caring for myself so that I am better able to care for others" or some other mantra that will encourage you. It also helps to remember that self-care doesn't have to be composed of massively time-consuming acts. In fact, the best prescription for taking care of yourself is probably small, daily rituals; for example, taking one half-hour for yourself at the beginning and end of the day to meditate, journal, or just be. You might also transform the occasional daily shower or bath into a half-hour self-pampering session.

Whatever you decide, making some small gesture where you put yourself first every day will pay off in spades for you and the ones you love. The oxygen you need is all around you; sometimes you just need to be reminded to breathe.

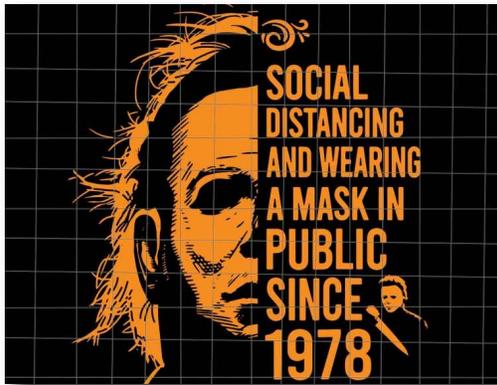


PHOTO FIXING & COLOURING
CONTACT US FOR PRICING
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CLICK HERE FOR DETAILS!

DEADLINE for advertising: every Friday BY 12:00 NOON



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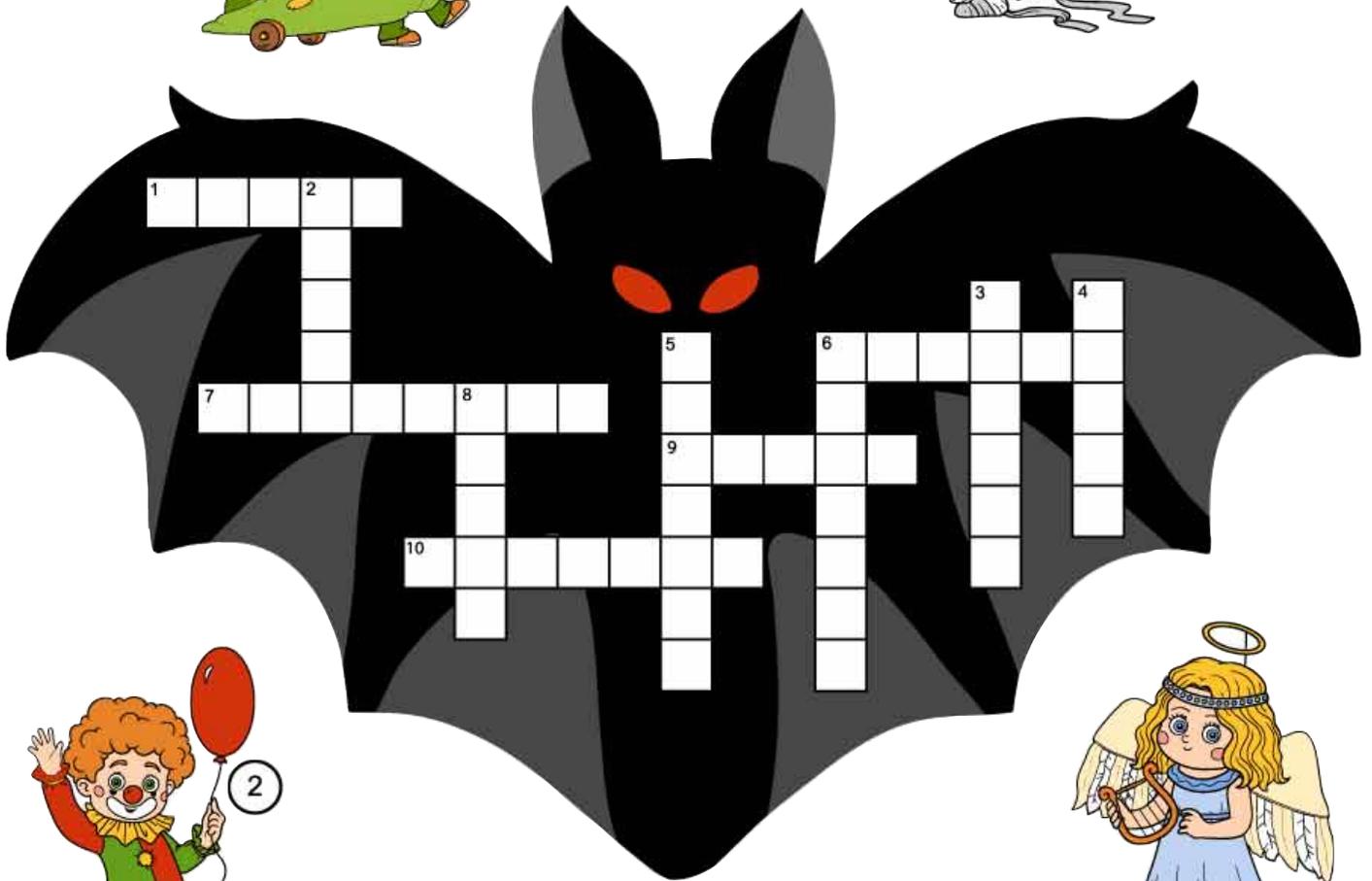
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MONSTER RICE KRISPIES TREATS

These Monster Halloween Treats have a lot of different options and while they can certainly be more than 3-ingredients, you can definitely go the “minimalist” route and make some cute monster treats with only 3 ingredients. Dress your little monsters the way you choose! It’s all about having fun.

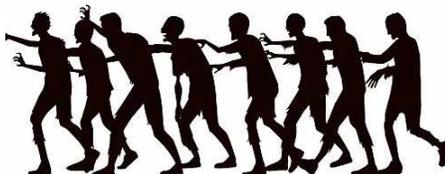
INGREDIENTS

- 1 bag (12 ounces) candy melts (in your favorite color, or use a variety of colors)
- 1 (16 pack) box pre-made/individually wrapped Rice Krispies treats, or your favorite homemade recipe
- Assorted Candy Eyeballs
- Optional: shortening or vegetable oil, colored sprinkles

INSTRUCTIONS

- Line a large sheet pan with parchment paper and set aside.
- Add the candy melts (if using one color, separate it into 3 parts and if using different colors, place about 1/3 of each color) into microwave safe bowl(s).
- Add about 1 teaspoon shortening or vegetable oil if desired (optional, it just makes for smoother/easier application of the chocolate to the krispie treats) to each bowl of chocolate. (use 1 teaspoon shortening to each 1/3 of chocolate candy melts).
- Microwave (one bowl at a time) of candy melts in bursts of 20 seconds, stirring vigorously in between each burst for 10 seconds. •Meanwhile, unwrap the krispies treats.
- Once the chocolate is smooth, dip the krispie treats in the melted chocolate and then use a spoon to help spread it over the treat. You want it to be a bit ragged to look more like a monster.
- Working quickly (the melted candy melts harden fast), add candy eyeballs (however you want and whatever size you like) and if desired, colored sprinkles.
- Transfer to the prepared sheet pan and allow for the chocolate to set at room temperature. These are best enjoyed the same day they are made.

Y E I B M O Z J D N X H G N E
 Z R M B H B A I C A A K I Q N
 Z J E Q K P Z P Y U F K J F O
 C O S T U M E K N D P K L R T
 A A K D E T V T C M N A Y E E
 R L U W S M E B U A S A H D L
 V R Z O Q D E P K H N L C I E
 I Y H I O G Q C L C F D W C K
 N G L V N L M I T D X O L N S
 G Y I M V C G E Y K O R X E F
 F P S K U H W O R C E R A C S
 B C Q S T M H L O A I N Y O Z
 B C Y Q V R M R D M O V N Z R
 C E B R O O M Y B L U H H E N
 M X Y S R G M S E J M X F T F



BROOM	FLASHLIGHT
CANDLES	GHOST
CANDY	HAUNTED
CARVING	MUMMY
CEMETERY	PUMPKIN
CIDER	SCARECROW
COSTUME	SKELETON
	ZOMBIE



The Witches Dance in honour of Ida Townsend of Ashern, Manitoba

Click here to watch vimeo.com/638277695
To DONATE in memory of Ida Townsend:
<http://tinyurl.com/3hp2skyh>

Thank you, witches!