



LIFE SKILLS Word Search

You'll find important life skills hidden in every direction—forward, backward, up, down, and diagonal. Circle each skill as you find it and cross it off the list to complete the puzzle.

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

SELF-CONTROL
 SELF-DISCIPLINE
 SHARING
 TEAMWORK



PERSEVERANCE
 RECYCLING
 RESPECT
 SAFETY



ADAPTABILITY
 BUDGETING
 COMMUNICATION
 COMPASSION
 COOKING
 COOPERATION
 EMPATHY
 FRIENDSHIP
 GOAL SETTING
 GRATITUDE
 HONESTY
 HYGIENE
 INDEPENDENCE
 INITIATIVE
 INTEGRITY
 LEADERSHIP
 LISTENING
 MANNERS
 NEGOTIATION
 NUTRITION
 ORGANIZATION
 PATIENCE



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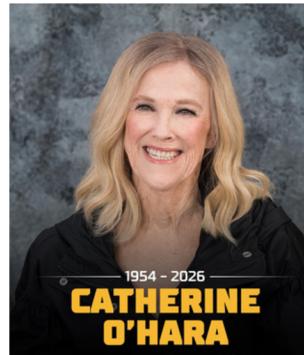
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February 4, 2026



1954 - 2026
**CATHERINE
 O'HARA**

Rest in Peace, Catherine O'Hara (1954–2026)
 The world has lost a true legend. Catherine O'Hara – the brilliant actress and comedian whose unforgettable performances brought so much joy and laughter to audiences around the world – has passed away at the age of 71.

From her iconic roles as Moira Rose on Schitt's Creek to Kate McCallister in Home Alone, and her brilliant work in Beetlejuice, Best in Show, A Mighty

Wind, and so many more, her talent was boundless and her impact everlasting. Thank you, Catherine, for the laughter, the heart, and the unforgettable characters. You will be deeply missed but never forgotten.



What can fill a room but takes up no space?
 ANSWER: Light



IT'S COLD OUT THERE.
DON'T FORGET YOUR BABUSHKA!



The Girl Who Met Sasquatch

by John Warms
 Illustrations by Breanna Warms

Now on Amazon
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Ashern Personal Care Home Valentine's Tea
 Friday, February 13th
 1 pm - 2:30 pm

Silent Auction & Bake Sale
 Donations Accepted

Please drop off at the Care Home front desk or Darlene's office.

For more information, call Darlene at 204 768 5216 ext. 116

NAME THAT TUNE
 I hear the ticking of the clock
 I'm lying here, the room's pitch dark.....

"Not everything that weighs you down is yours to carry."

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Feb 20 & 21 - Watson Art Centre, Dauphin

Text Jackie: 204-761-3947
AncientYouDauphin2026.eventbrite.ca



Aries (Mar 21-Apr 19)

You're feeling decisive for a reason. Trust it and move forward without over-explaining.

Taurus (Apr 20-May 20)

Slow and steady wins this week. Small comforts will recharge you more than big plans.

Gemini (May 21-Jun 20)

Information comes your way unexpectedly. Listen closely — timing matters.

Cancer (Jun 21-Jul 22)

Your intuition is louder than usual. Don't ignore what keeps tapping you on the shoulder.

Leo (Jul 23-Aug 22)

You don't need validation to proceed. Confidence comes from knowing, not proving.

Virgo (Aug 23-Sep 22)

Let go of perfect outcomes. Progress is happening even if it looks messy.

Libra (Sep 23-Oct 22)

A boundary brings relief. Peace follows once you stop negotiating it.

Scorpio (Oct 23-Nov 21)

Something hidden becomes clear. Use the insight — don't rush the response.

Sagittarius (Nov 22-Dec 21)

Restlessness points to growth. Choose curiosity over frustration.

Capricorn (Dec 22-Jan 19)

Consistency pays off now. Stay the course — results are forming quietly.

Aquarius (Jan 20-Feb 18)

Your ideas land better than expected. Speak plainly and let them breathe.

Pisces (Feb 19-Mar 20)

Protect your energy. A calm yes is better than a resentful maybe.



Letting Go of Someone — Just as a good relationship can have a positive impact on your life, stressful, draining, or imbalanced relationships can have negative effects on your health and well-being. It's common to maintain a relationship because we feel the other person needs us or we believe that they will eventually change.

We also may be afraid of hurting the other person or feel insecure in our ability to find new relationships. But knowing when to end a relationship can often prevent greater pain and feelings of loss in the long run.

If you're in a relationship that isn't satisfying or one that has become unhealthy for you, rather than spending energy attempting to fix the problem or complaining, ask yourself what you really want from the relationship. Consider whether the other person truly considers your feelings or if they are willing to change their behavior.

Ask yourself if you've often thought about ending the relationship or if you feel your bonds have atrophied. While every relationship has ups and downs, when there are more downs than ups or the two of you are bringing out the worst in each other, it may be time to sever the connection. Be honest with yourself and your answers, even if the truth is painful.

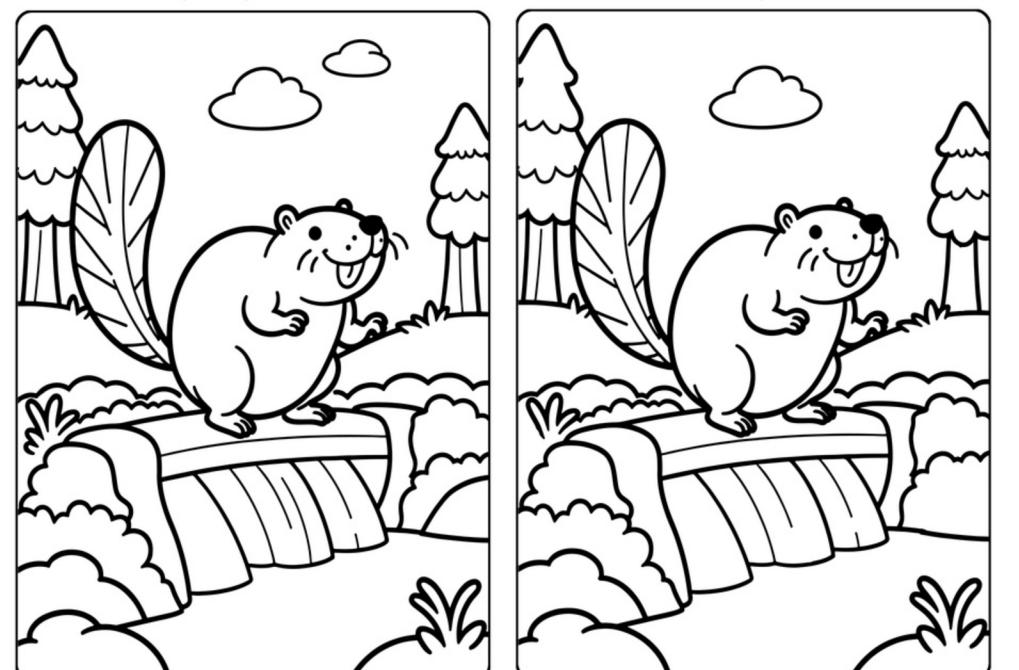
Relationships thrive on honesty, communication, mutual caring, and time spent together.

It's far better to end a relationship that doesn't feel right than to hold on to it and languish in feelings of anger or resentment. Moving on without struggling on the other hand, can be the door that leads you to a more nurturing relationship in the future.



SPOT THE DIFFERENCE

Can you spot the 8 differences between these two pictures?



SNUGGLY SLOW-COOKER STEW

(the kind that makes the house smell like comfort)

Ingredients

- 1½–2 lb stewing beef (or chuck), cut into chunks
- 4 carrots, sliced
- 3–4 potatoes, cubed
- 1 large onion, chopped
- 2 cloves garlic, minced
- 3 cups beef broth
- 2 tbsp tomato paste
- 2 tbsp flour or cornstarch (for thickening)
- 2 tbsp olive oil (optional, for browning)



Instructions

1. Optional but worth it: Brown the beef in a skillet with olive oil until lightly golden. (This adds depth, but you can skip if you're tired, it'll still be delicious.) Add potatoes, carrots, onion, garlic to the slow cooker. Place beef on top.
2. Mix the magic: Whisk broth, tomato paste, Worcestershire, thyme, rosemary, bay leaf, salt, and pepper. Pour over everything.
3. Cook low & slow:
 - LOW: 6–8 hours. HIGH: 4–5 hours
 Cook until the beef is melt-in-your-mouth tender.
4. Thicken: About 30 minutes before serving, mix flour or cornstarch with a little cold water, stir it in.
5. Finish: Remove bay leaf.
6. Taste and adjust seasoning.



Notice of Sale by Tender

Residential Property in Grahamdale, MB.

Address: 45124 164 Rd. N.

Contact: resdinfo@gov.mb.ca or 1-866-210-9589 for details and to request tender package



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, are auto-fillable and can be e-mailed to 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.

Let's be honest, the struggle is real right now, and if you're feeling it, you're not failing. You're paying attention.

Here in Manitoba, we know what it means to get through hard seasons. We've lived long winters, tight budgets, empty highways, and quiet nights where worry gets louder than it should. Groceries cost more. Fuel costs more. Everything feels heavier — and somehow we're expected to carry it like nothing's changed. It has.

And there is no shame in admitting that things are hard.

Struggle doesn't mean you made bad choices. It means you're human, living in a time where many systems are stretched and many people are just trying to hold it together with what they have.

What we don't do well enough is talk about it. We hide the stress. We downplay the fear. We tell ourselves others have it worse, so we should be quieter. Silence doesn't make struggle disappear — it just makes it lonelier.

So here's the real talk: ask for help when you need it. Take breaks without guilt. Measure success in getting through the day, not in looking like you've got it all figured out. Showing up — even imperfectly counts.

Manitobans are resilient, but resilience doesn't mean pretending we're fine. It means supporting each other through the rough patches, offering grace where we can, and remembering that none of us are meant to do this alone. If today feels heavy, you're not weak. You're living honestly — and that matters. — Ruby

Have you got something to ask Ruby? Email: writerubyrealtalk@gmail.com
All names changed for posting in The Around Town Paper

