



the around town paper online

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'Valuable people are undervalued.'

January 12, 2022

10 INSPIRATIONAL QUOTES FROM BOB SAGET



1. "Today is the first day of the rest of your life. And if that doesn't work out for you, tomorrow is the first day of the rest of your life."

2. "Sundays are a good day to look at the limitless possibilities of the week ahead. The key is to prolong that feeling by not reading the news."

3. *"If you don't wake up every day happy, change something."*

4. "Most people argue over who's right, not about what the truth is."

5. "When you have a good time, there is no time."

6. "Wise men say, only fools rush in. Wise men are so slow."

7. "Kindness isn't just a virtue, it's a necessity."

8. "I think things just happen to people. That's healthier, I feel than believing there's some grand scheme where your story is already inscribed in the Book of Life. Books get rewritten."

9. "Think well of yourself, and others will too. Unless those others are in government, banking, or show business."

10. *"Valuable people are undervalued."*

**"AM I THE RADDEST, BADDEST DAD
A KID EVER HAD?"-DANNY TANNER**



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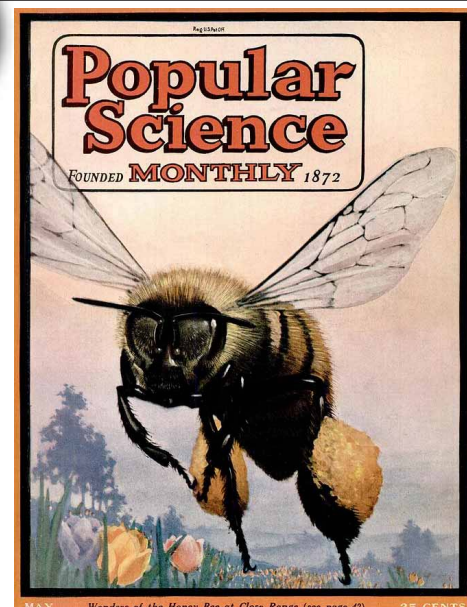
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DEADLINE for advertising: every Friday BY 12:00 NOON



Controlling Behaviour

People that want to control others are, at the core, consumed with their own fears and projecting those fears onto others.

We all know what it's like to want to be in control. In some ways, exerting control is an important survival skill. For example, we have every right to be in control of our own bodies and our own lives. Taking control in these cases is empowering and necessary. Controlling behavior in the negative sense comes from a tendency to reach

beyond our own boundaries and into the lives of others. Many people do this with the rationalization that they are helping. This can happen with parents who are still trying to force their grown children into behaving in ways that they find acceptable. It can also happen when people try to control their partners' behavior. If you have control issues, you will see that in one or more areas of your life, you feel the need to interfere with what is happening rather than just allowing events to unfold.

Almost everyone has at least one situation or relationship in which they try to exert control. This often happens because someone's behavior makes us uncomfortable. We may feel it makes us look bad, or it embarrasses us. For example, if your best friend tends to drink too much, you might spend an entire party just trying to prevent her from doing so. This is different from directly confronting her about the problem and allowing her to decide what she should do. Controlling behavior generally goes hand in hand with an unwillingness to be direct about what you want, as well as an inability to let go and let people live their own lives. If you are the one that is controlling, it's probably because you feel as if you are out of control and it scares you. Try to pick one thing you could just let unfold without any control on your part. Examine how it made you feel both before and after, and examine why you wanted to control the situation.

It is hard sometimes to allow others to be who they are, especially if we feel we know what's best for them and we see them making choices we wouldn't make. However, if we are to be respectful and truly loving, we have to let people go, trusting that they will find their own way in their own time and understanding that it is their life to live. Just reminding yourself that the only life you have to live is your own is the first step to letting go.

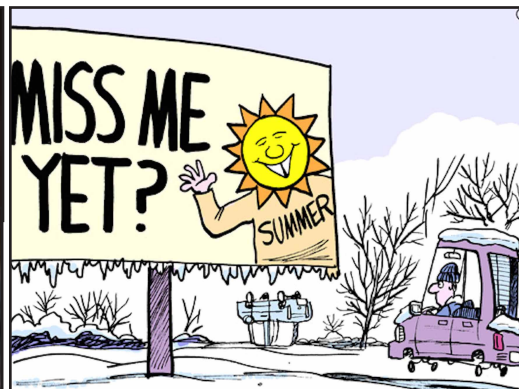


Decluttering

is about removing the things we don't want.

Minimalism

is about discovering how little we actually need.



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**My neighbour just banged
on the wall at 4:20am,
can you believe that?
Lucky I was still up
playing music.**

**He banged and shouted,
"Can we have a little
respect please?"**

**So I shouted back, "I'm not
a big Aretha Franklin fan,
but ok this one's for you".**

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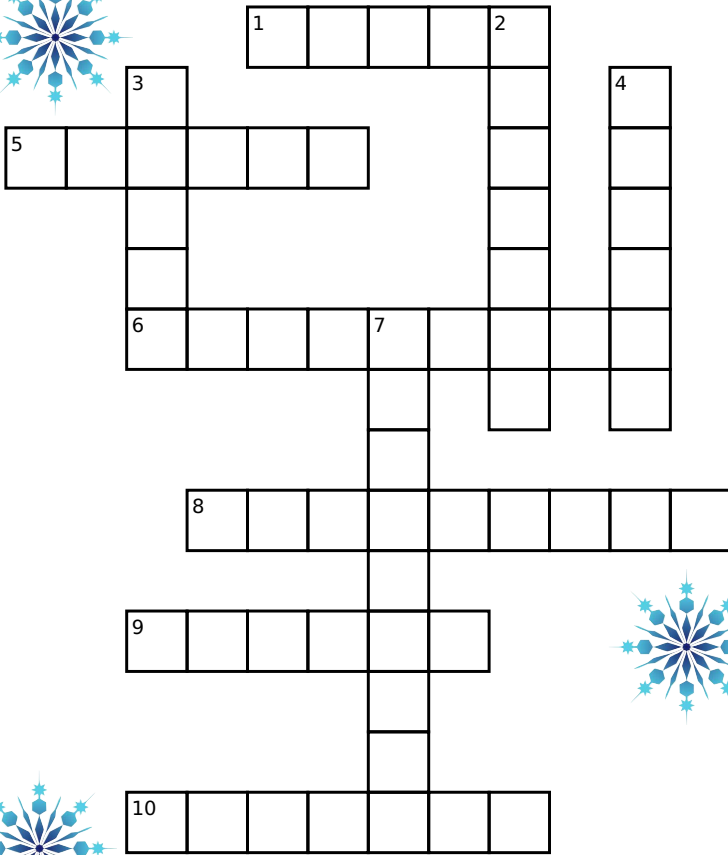
WINTER SEARCH A WORD

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

WINTER
SNOWFLAKE
SNOWMAN
ICICLE
SPRUCE
HOLLY
CARDINAL
FROZEN
BRRR
CHILLY
SLED
GLOVES
HAT
SKATE
SKI
TOBOGGAN
COCOA
SHOVEL
MITTENS



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Down:

2. something you make out of snow with a carrot nose
3. you might give or receive these for the holidays in wrapping paper
4. winter sport where you skate around with a puck
7. something attached to your chimney that you can light a fire in



Across:

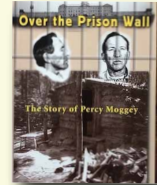
1. warm shoes that you wear outside in the winter
5. a thin tapered object formed by frozen water drops
6. a unique crystalized object that falls from the sky
8. something bears and other animals do to sleep during the winter
9. something scented that you light with a match
10. you wear these on your hands to stay warm outside



John Warms is a Manitoba author who is currently living in Fairford, MB. His books 'Strange Creatures Seldom Seen' and 'Over the Prison Wall: The Story of Percy Moggey' are available in print, Ebook and PDF forms.

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, MB.; R.M. of West Interlake--Ashern & Eriksdale offices & The Riviera Campground in Fairford, MB.



1. Which ancient stone monument is aligned with the winter solstice sunset?
2. Snowflakes are actually of what color?
3. The word "solstice" means what?
4. The lowest temperature ever recorded occurred at what place?
5. From November 22 to December 21, what zodiac sign is it?
6. Winter Festival of Lights takes place in which country during winter?
7. Major sports event never held in the Southern Hemisphere, and no country ever applied to host them.
8. A black bear's pulse can drop to how many beats during winter?
9. Which basic sled, unlike other sleds/sleighs, has no runners or skis on the underside (or only low ones)?
10. In which city in February 1999, the biggest documented snowman was created?

Answers: 1. Stonehenge, 2. translucent, not white, 3. 'Sun stands still', 4. Antarctica's Vostok Station. It was -98.2 degrees Celsius (-128.6 degrees Fahrenheit) on July 21, 1983, 5. Sagittarius, 6. Niagara Falls, Ontario, Canada, 7. Winter Olympics, 8. 8 beats per minute in the winter (from 40 or so in the summer), 9. In Bethel, Maine. It stood at a towering height of 113 feet.

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