

The

PUBLISHED ONLINE WEEKLY ACROSS MANITOBA
& IN OUR 6 BUY • SELL COMMUNITIES ON FACEBOOK

Around Town Paper



STORIES • PEOPLE • COMMUNITY • ENTERTAINMENT

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July 22, 2026

THE GREAT MANITOBA SUMMER BUCKET LIST

Summer is short so let's make the most of every sunny minute! Manitoba summers have a way of disappearing faster than a freezie on a hot afternoon. Before summer slips away, here are a few things worth squeezing in:

- Watch the sunset beside a lake.
- Buy lemonade from a child's roadside stand.
- Eat something cooked over a campfire.
- Visit a Manitoba town you have never explored.
- Go swimming even if the water feels suspiciously cold.
- Pick fresh berries.
- Attend a farmers' market, fair or community festival.
- Take a drive without being in a hurry.
- Eat ice cream before supper.
- Sit outside long enough to hear the frogs and crickets.
- Have a picnic, even if it is only sandwiches in the backyard.
- Photograph a beautiful Manitoba sky.
- Spend an evening around a fire telling stories.
- Walk barefoot through the grass.
- Turn off the phone and enjoy where you are.



Some of the best memories begin with someone saying, "Let's go for a drive," and end with ice cream, beach towels and absolutely no idea where the bug spray went.

There is still time. Take the picture. Make the trip. Stop for ice cream. Sit outside a little longer. We hope you are enjoying your summer!

MOOSEHORN HALL
THURSDAY BINGO
JULY 23
7 PM
JACKPOT \$1700
IN 52 #s OR LESS

23	52
8	22
31	46
64	17
49	67
25	34
55	71

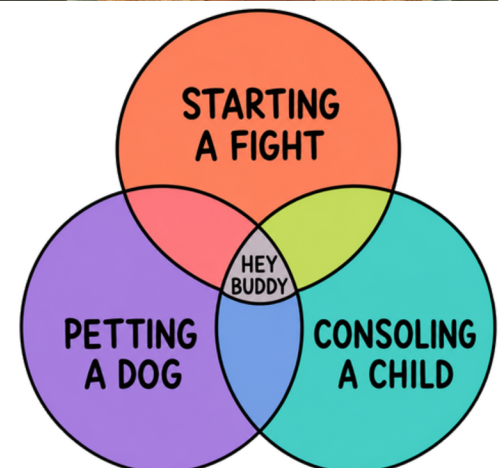


1775 LUND TOURNAMENT SERIES PRO-V FISHING BOAT

- 75 hp mercury 4 stroke (not many hours) on Shorelander trailer.
- Fixed canopy can be open or totally enclosed.
- 19,500 OBO

Can be seen in person at Riviera Campground, Fairford, MB at #6 HWY and Fairford river. OR MSG THE AROUND TOWN PAPER ON FACEBOOK: www.facebook.com/thearoundtownonline/

Getting older is the slow, glorious process of no longer being available for things that drain you and no longer feeling bad about it for even one second.



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Congregate Meal Program Pioneer Manor • Ashern

Hours: 7:30 a.m.-2:00 p.m.

- Prepare full-course meals for in-house clients and Meals on Wheels
- Average 15-20 meals per day
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- Strong organizational skills and ability to work independently are assets



REQUIRED:
Current Food Handling Certificate
Adult Abuse Registry Check
Criminal Record Check

APPLICATION DEADLINE:
JULY 24, 2026



Drop off your resumé at the LIFE Office:
#4-61 Main Street
or email: lifeashern@gmail.com

Job description available
upon request.



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PROUDLY MANITOBAN



♈ Aries (March 21–April 19) Your confidence is growing. Trust yourself and take the next step toward something you truly want.

♉ Taurus (April 20–May 20) Slow down and enjoy the good things already surrounding you. A peaceful moment may be exactly what you need.

♊ Gemini (May 21–June 20) A lively conversation could bring fresh inspiration. Share your ideas—someone is ready to listen.

♋ Cancer (June 21–July 22) Put your own needs near the top of the list this week. You deserve the same kindness you give everyone else.

♌ Leo (July 23–August 22) Your natural sparkle is impossible to miss. Let yourself be seen and enjoy the attention!

♍ Virgo (August 23–September 22) One small change could make everyday life much easier. Keep it simple and trust your practical instincts.

♎ Libra (September 23–October 22) Good energy surrounds your friendships. Make time for someone who always leaves you smiling.

♏ Scorpio (October 23–November 21) Your determination is paying off. Keep moving forward, even if the progress feels slower than expected.

♐ Sagittarius (November 22–December 21) A little adventure will lift your spirits. Try something different or take the scenic route.

♑ Capricorn (Dec 22–Jan 19) You don't have to handle everything alone. Accepting help will create more room for rest and happiness.

♒ Aquarius (January 20–February 18) An unusual idea may turn out to be your best one yet. Follow your curiosity and see where it leads.

♓ Pisces (February 19–March 20) Listen closely to your intuition this week. Your heart already knows which direction feels right.



Savouring the Moment - Often, life can feel like it's zipping by. And as a result, we feel obliged to accelerate our own speed along with it, turning our productivity into frenzied accomplishment. We find ourselves cramming as much activity as possible into the shortest periods of time. We disregard our natural rhythms because we think we have to keep up. In truth, rushing never gets you anywhere but on to the next activity or goal.

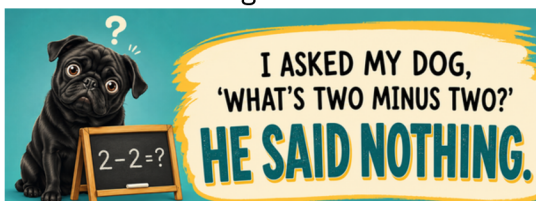
Slowing down allows you to not only savor your experiences, but also to fully focus your attention and energy on the task at hand. Moving at a slower pace lets you get things done with greater accuracy, while rushing can diminish the quality of your work and your relationships. When we slow down, we are giving ourselves the opportunity to reacquaint ourselves to our natural rhythms.

We let go of the “fast forward” stress, and allow our bodies to remain centered and grounded. Slowing down is inherent to fully savoring anything in life. Rushing to take a bath can feel like an uncomfortable dunk in hot water, while taking a slow hot bath can be luxuriant and relaxing. A student cramming for a test will often feel tired and unsure, whereas someone who really absorbs the information will be more confident and relaxed. Slowing down lets you become more absorbed in whatever it is you are doing.

Learning to step away from the rush in our fast-moving world can take practice, but if you slow down long enough to try it, you may surprise yourself with how natural and organic living at this pace can be.

Solve the puzzle by filling in blank cells so that each row, column, and block contains the numbers 1 through 6 without repeats.

		4	2	6	5
	6	3	5	1	4
5	2	1	4	3	
3	1	5	6		



4	5	6	1	2	3
1	3	4	2	6	5
2	6	3	5	1	4
5	2	1	4	3	6
3	1	5	6	4	2
6	4	2	3	5	1



Dear Ruby,

My sister has a habit of volunteering me for things without asking. She tells family members I'll bring food, drive someone somewhere, help with an event or take care of something because, according to her, I'm "good at that stuff."

I usually do it because I don't want to disappoint anyone, but I'm becoming resentful. When I asked her to stop, she laughed and said I'm always willing to help anyway. How do I make her understand without creating family drama? — *Viriden Volunteered*

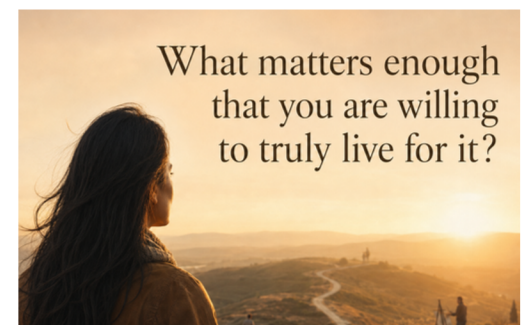
Dear Volunteer,
Your sister understands, she simply hasn't experienced a consequence that gives her a reason to stop.

The next time she volunteers you, don't quietly complete the task.

Calmly say, "I'm sorry, but she didn't ask me before offering, and I'm not available." That may feel uncomfortable but the discomfort belongs with the person who made a promise on your behalf, not with you.

Being capable does not make you permanently available. Being kind does not give other people ownership of your time. And saying no to something you never agreed to is not letting anyone down. You don't need a long explanation, an excuse or a family meeting. You need one clear boundary—and the courage to keep it. Real talk: People stop volunteering your time when they discover that your answer is no longer guaranteed.

— **Ruby** ❤️



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NETFLIX REVIEW - ENOLA HOLMES 3

Mystery • Adventure • Now Streaming
Enola Holmes is back—and this time, the mystery becomes deeply personal. Enola travels to beautiful Malta expecting to marry Lord Tewkesbury, but the celebration is thrown into chaos when her famous brother Sherlock suddenly disappears.

Millie Bobby Brown once again brings energy, humour and confidence to the young detective, while Henry Cavill and Helena Bonham Carter help

give the adventure its familiar charm. The gorgeous setting, clever clues and fast-moving danger make this third instalment an easy, entertaining watch.

The story occasionally rushes through its twists, but the strong cast and playful spirit keep everything moving. It's light enough for a relaxed movie night while still offering plenty of mystery and excitement.

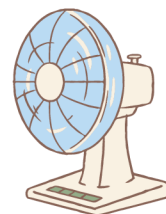
THE VERDICT: A charming, colourful adventure that gives Enola another chance to prove she is much more than Sherlock Holmes' little sister.

🍿🍿🍿🍿 **4 OUT OF 5 POPCORN BUCKETS**



AROUND THE HOUSE

100 Hidden Words to Find



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

WINDOW	WASHER	WASHCLOTH	VENT	VACUUM	TRASH	TOWEL
TOOTHPASTE	TOOTHBRUSH	TOILET	TOASTER	TISSUES	TILE	TELEVISION
TEAPOT	TABLE	STAIRS	SPOON	SPONGE	SPATULA	SOCKS
SOAP	SLIPPERS	SINK	SHOWER	SHOES	SHELF	SHEET
SHAMPOO	RUG	REMOTE	REFRIGERATOR	PURSE	POT	PLATE
PILLOW	PHOTO	PEN	PAPER	PANTRY	PAN	OVEN
OUTLET	OTTOMAN	MOP	MIRROR	MICROWAVE	MATTRESS	LIGHT
LAMP	KNOB	KNIFE	KITCHEN	KEYS	IRON	HOOK
HANGER	GLASS	FRAME	FORK	FLOOR	FAN	DRYER
DRESSER	DRAWER	DOOR	DISHWASHER	DETERGENT	DESK	CUSHION
CURTAINS	CUP	COUNTER	COUCH	CONDITIONER	COMPUTER	COMB
COAT	COASTER	CLOTHES	CLOSET	CLOCK	CHAIR	CARPET
CANDLE	CABINET	BRUSH	BROOM	BOWL	BOOKCASE	BOOK
BLENDER	BLANKET	BENCH	BEDROOM	BED	BATHTUB	BATHROOM
BASEMENT	ATTIC					