



# the around town paper

Advertising, Design & Marketing in Manitoba by Blue Raven

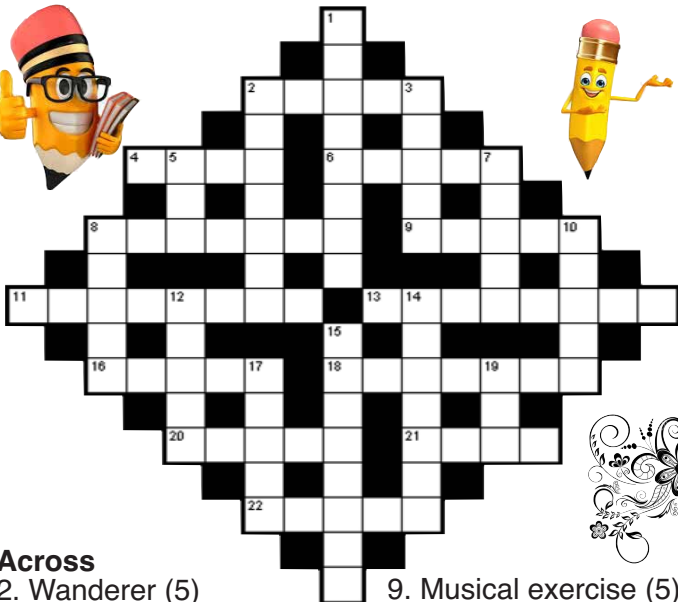
website: [www.blueravendesign.ca](http://www.blueravendesign.ca)  
email: [thearoundtown2020@gmail.com](mailto:thearoundtown2020@gmail.com)



Vol. 31 No.28

Some things are meant to be.

October 19, 2022



## Down

1. Caution (8)
2. Approaching (7)
3. Contrivance (5)
5. Snow runner (3)
7. Circular (5)
8. Exhorted (5)
10. Praise (5)
12. Seize control (5)
14. Revealed (7)
15. Young trees (8)
17. Varieties (5)
19. Shred (3)

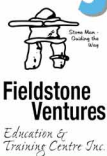


## Across

- |                     |                         |                     |
|---------------------|-------------------------|---------------------|
| 2. Wanderer (5)     | 9. Musical exercise (5) | 18. Clothing (7)    |
| 4. Continent (4)    | 11. Resent (8)          | 20. Student (5)     |
| 6. Lowest point (5) | 13. Fued (8)            | 21. Heroic tale (4) |
| 8. Amalgamates (7)  | 16. Frighten off (5)    | 22. Council (5)     |

"Optimism is the faith that leads to achievement.  
Nothing can be done without hope and confidence."  
- Helen Keller

## ARBORG & AREA JOB FAIR 2022



WEDNESDAY, NOVEMBER 9, 2022

10 AM - 3 PM

ARBORG COMMUNITY HALL

GET THE JOB YOU WANT OR FIND OUT WHO HAS OPENINGS!

FREE ADMISSION

DOOR PRIZE

CANTEEN AVAILABLE



Exhibitor booths still available  
Large representation from Interlake Eastern Regional Health Authority

Jobs available in the area, Career, Employment  
and Education Opportunities!  
Call us to update/prepare your resume in time for the Job Fair!

*The best way to predict your future is to create it. ~Abraham Lincoln*

Learn about your options and make your future a great one!

For more Info contact Julie Bergner or Becky O'Sullivan  
(204) 768-3797 or [fsv@lakeshoresd.mb.ca](mailto:fsv@lakeshoresd.mb.ca)



EASTMAN IMMIGRANT SERVICES  
A Steinbach Chamber of Commerce Program

## NAT'S BOOTS



CANADIAN  
MADE  
5 STARS!

**Interlake Rep**  
**(204) 768-0543**



Q: WHY DID THE WITCHES' TEAM  
LOSE THE BASEBALL GAME?

A: THEIR BATS FLEW AWAY.

Q: WHAT DO YOU LEARN AT  
WITCH SCHOOL?

A: SPELLING



**Alcoholics  
Anonymous  
in Manitoba**

**Lundar:**

(204) 739-8093

**Eriksdale:**

(204) 739-6454

**Toll Free #:**

1-(877) 942-0126

**Central office:**

(204) 943-6051

DEADLINE for advertising: Fridays by 12:00 noon

# What's Going on Around Your Town, Manitoba?

To get your listing seen here, email [thearoundtown2020@gmail.com](mailto:thearoundtown2020@gmail.com)  
Sorry, no links, online addresses or fundraisers in these sections.

**FREE CLASSIFIEDS** - Maximum of 100 characters

**Upcoming Events:** must be 100% free to attend

**Ashern - L.I.F.E Office** - Service Canada - October 19th - 10 a.m - 3 p.m.

**PAID CLASSIFIEDS - \$10 PER WEEK** - Max. of 100 characters

**Garage & Yard Sales:** date, time, location only.

**Church Services:** date, time, location only.



**NAPIER**

EMERGENCY CONSULTING

<https://napierconsulting.ca>

**RV BOARDING  
KENNEL &  
PET FOOD SALES  
(204)-739-3445**

When the whole world  
is running towards the cliff,  
he who is running in the  
opposite direction appears  
to have lost his mind.

C.S. LEWIS



## Enjoying Life

*It is only in the present moment that we experience being alive.*

Life, in all of its fullness, is happening right now. While our thoughts are sometimes elsewhere, beautiful opportunities and moments are being passed over and lost to the flow of time. And though we cannot possibly fully experience each leaf that falls to the ground, sometimes we get so attached to reaching our goals that we don't pay attention to the wonder all around us. When we do that, we live in a world that exists only in our heads, and we miss life itself. There is so much to be enjoyed and appreciated that we need to remember to pay attention to the present moment, because it is the only space in which we can experience being alive.

We learn from our past, but dwelling on it keeps us from being fully present to life in the moment. We create our lives with our thoughts, but focusing so firmly on our imagined future keeps us from co-creating with the universe, so we might never allow ourselves to live our dreams as they manifest. It's possible to be so happy and comfortable in our inner worlds that we lose touch with the business of life.

Life must be attended to, and if we are wise, we can enjoy it at the same time. We can awaken ourselves to the moment we are living right now by taking a deep breath and simply looking around. In doing so, we refocus our attention on our location in the real world. Then we can learn to appreciate the process of working toward our goals as much as their attainment. Balancing ourselves between the present moment and eternity, we can experience and enjoy the full range of reality available to us as spiritual beings living on earth.

COMPUTER SLOW? VIRUSES?  
**COMPUTER TUTOR CAN HELP!**  
In office or secure remote support  
EMAIL: [computertutorlive.ca](mailto:computertutorlive.ca)  
WEB: [www.computertutorpetra.ca](http://www.computertutorpetra.ca)  
CALL/TEXT & WHATSAPP: 1(204) 471-5818

## YOUR AD HERE

Single ad space

2.6" X 2"

\$36.66 + GST = \$38.50

Your ad is seen by our email  
subscribers, website visitors & more!  
[www.blueravendesign.ca](http://www.blueravendesign.ca)



THE CHEEZIE CAME ABOUT WHEN  
SOMEONE AT W. T. HAWKINS LTD  
SAW A NEWLY DEVELOPED  
MACHINE THAT EXTRUDED PELLETS  
OF CORN MEAL FOR FEEDING  
CATTLE. SOLD IN CANADA, THE  
SNACK IS COVERED IN POWDERED  
CHEDDAR CHEESE, AND SOLD IN  
RED-AND-WHITE BAGS.

## HIGHWAY #6 & NORTHERN TRAVEL UPDATES IN MANITOBA



FREE TO JOIN HIGHWAY UPDATE GROUPS  
[www.canadianhighwaysnetwork.ca](http://www.canadianhighwaysnetwork.ca)

The sooner you figure out  
which chairs don't belong at  
your table, the more peaceful  
your meals become.



# Winter Wellness is...



Staying Active



Keeping in Touch



Reducing Stress



Eating Healthy



Staying Hydrated



## Getting Your Flu Vaccine

Learn more at [ProtectMB.ca](https://www.ProtectMB.ca)

#PROTECT MB

Manitoba 

Seasonal Influenza Clinics will begin October 31, 2022

Book an appointment by calling 1-844-626-8222 between 9:00am and 5:00pm, Monday to Friday or by using the online booking system (visit [www.ierha.ca](https://www.ierha.ca) and click "2022 Flu Clinics" or visit [Manitoba.ca](https://www.Manitoba.ca) and then click "Covid-19" and "Vaccine").

Along with seasonal influenza, pneumococcal 23 vaccine, COVID-19 vaccine and bivalent COVID-19 vaccine will be available for those eligible as per Manitoba Health guidelines. Bivalent COVID-19 vaccine has been developed to provide protection against two strains of COVID-19: the original strain of the virus and the omicron variant.

Below is the listing for the region.

Please note:

- Walk-ins are available. Appointments are welcome and encouraged.
- 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 1	1:00 pm - 7:00 pm	Ashern Centennial Hall, #1 MB-325
	November 8	1:00 pm - 7:00 pm	Ashern Centennial Hall, #1 MB-325
	November 18	10:00 am - 3:00 pm	Ashern Centennial Hall, #1 MB-325
Eriksdale	November 2	10:00 am - 3:00 pm	Eriksdale Rec Centre, Second 1 <sup>st</sup> Ave
	November 9	3:00 pm - 7:00 pm	Eriksdale Rec Centre, Second 1 <sup>st</sup> Ave
	November 19	10:00 am - Noon	Eriksdale Wellness Centre, 35 Railway Ave
	November 29	9:00 am - 1:00 pm	Eriksdale Rec Centre, Second 1 <sup>st</sup> Ave
Faulkner	November 22	10:00 am - 3:00 pm	Faulkner Community Hall
Gypsumville	November 3	10:00 am - 3:00 pm	Gypsumville Clinic, 1 <sup>st</sup> St
Lundar	November 4	10:00 am - 3:00 pm	Lundar Legion Hall, 50 3 <sup>rd</sup> Ave
	November 15	3:00 pm - 7:00 pm	Lundar Legion Hall, 50 3 <sup>rd</sup> Ave
	November 19	1:00 pm - 3:00 pm	Lundar Community Health Office, 97-1 <sup>st</sup> St South
	November 23	Noon - 4:00 pm	Lundar Legion Hall, 50 3 <sup>rd</sup> Ave
Moosehorn	November 15	1:00 pm - 4:00 pm	Moosehorn Community Hall, Railway Ave

Flu vaccine may be offered in some senior and other community housing facilities. 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](https://www.ierha.ca)  
 Click on the banner "2022 Flu Clinics" on the home page



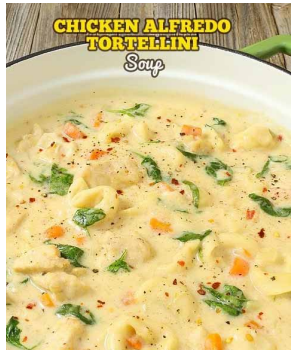
Interlake-Eastern  
Regional Health Authority

# NAME THAT TUNE



Maybe I didn't love you  
Quite as often as I could have  
Maybe I didn't treat you  
Quite as good  
as I should have...

**FRIDAY BINGO - Oct 21**  
**MOOSEHORN HALL - 7 PM**  
**Jackpot \$2000 in 59 #'s**  
**Loonie Pot: \$1400+**  
**Mini Toonie Pot: \$1400+**



**Chicken Alfredo Tortellini Soup** is like a chicken Alfredo recipe with vegetables in a creamy soup. Make this recipe for a comforting meal.

### INGREDIENTS

- ☐ 2 Tbsp unsalted butter
- ☐ 1/2 med. yellow onion, diced
- ☐ 4 oz baby carrots, halved lengthwise, slice in half-moons
- ☐ 2 cloves garlic, minced
- ☐ 1 lb boneless skinless chicken breasts, cut in cubes
- ☐ 1 tsp kosher salt
- ☐ 1/2 tsp freshly ground black pepper

- ☐ 1/4 cup all-purpose flour
- ☐ 4 cups reduced-sodium chicken stock
- ☐ 1 cup half-and-half
- ☐ 1 teaspoon crushed red pepper flakes
- ☐ 9 ounces cheese tortellini, frozen/fresh
- ☐ 2 cups shredded Parmesan cheese
- ☐ 2 ounces fresh baby spinach

### INSTRUCTIONS

- Warm a large pot over medium-high heat. Once you can feel the heat when you hold your hand 6 inches above the pot, add the butter and let it melt. Add the onion and carrots. Cook the vegetables until the onions are translucent, about 3 minutes. Add the garlic and cook for 30 seconds.
- Then add the chicken, salt and pepper. Stir to combine. Cook for 3 minutes, just to get a little color on the chicken, stirring occasionally. Don't worry about the chicken being cooked through, because we are going to continue cooking it.
- Sprinkle the flour over the chicken and veggies. Stir to coat everything and continue cooking for 2 to 3 minutes to cook out the floury taste. Stir in the chicken stock, half-and-half and red pepper flakes. Continue cooking until the soup thickens, 5 to 10 minutes.
- Add the tortellini to the pot and cook until al dente (has a bite to it), 5 to 7 minutes (frozen takes longer). Remove the pot from the heat. Sprinkle a handful of cheese over the soup and stir. Once it has melted into the soup, add another handful. Slowly melting the cheese will give the soup a smooth consistency. Taste for seasoning and add salt and pepper as necessary. Pour into bowls and garnish with the spinach.

# Invest in YOU



Invest today, so you can get back to what you love tomorrow.

[accesscu.ca/investinyou](https://accesscu.ca/investinyou)

**ACCESS**  
CREDIT UNION

### CROSSWORD ANSWERS



**I WAS WONDERING WHY THE BALL KEPT GETTING BIGGER AND BIGGER, AND THEN IT HIT ME.....**

**Q: WHY DID THE FISH BLUSH?**

**A: BECAUSE IT SAW THE OCEAN'S BOTTOM.**



**Q: WHAT IS THE TALLEST BUILDING IN THE ENTIRE WORLD?**

**A: THE LIBRARY, BECAUSE IT HAS SO MANY STORIES.**





# WHERE YOUR AD IS BEING SEEN

***LINKS BELOW TO GO DIRECTLY  
TO OUR ONLINE SPACES!***



**THE AROUND TOWN PAPER WEBSITE:**  
[www.blueravendesign.ca](http://www.blueravendesign.ca)

**WE ARE IN PRINT &  
EMAIL TO SUBSCRIBER  
INBOXES EVERY WEDNESDAY!**

**THE AROUND TOWN PAPER FACEBOOK PAGE:**  
<https://www.facebook.com/thearoundtownonline>

**ARBORG & AREA BUY SELL GROUP:**  
<https://www.facebook.com/groups/arborgandarea>

**ASHERN & AREA BUY SELL GROUP:**  
<https://www.facebook.com/groups/ashernandareabuysell>

**WOODLANDS & AREA BUY & SELL :**  
<https://www.facebook.com/groups/woodlandsandarea>

**DAUPHIN & AREA BUY & SELL GROUP:**  
<https://www.facebook.com/groups/dauphinandareabuysell>

**THE AROUND TOWN PAPER ARCHIVE PAGE:**  
<https://www.blueravendesign.ca/archives>