



# the around town paper online

Advertising, Design & Marketing by Blue Raven

website: [www.blueravendesign.ca](http://www.blueravendesign.ca)

email: [thearoundtown2020@gmail.com](mailto:thearoundtown2020@gmail.com)

Vol. 02 No.30

"Life is too short to wait"

November 3, 2021

## INSTAPOT EASY MAC & CHEESE



### INGREDIENTS

1 lb Elbow Macaroni

4 tbsp butter

4 cups water

2 tsp dry ground mustard

2 tsp kosher or sea salt

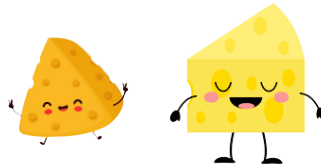
1/2 tsp black pepper

1 cup evaporated milk

8 oz sharp cheddar cheese

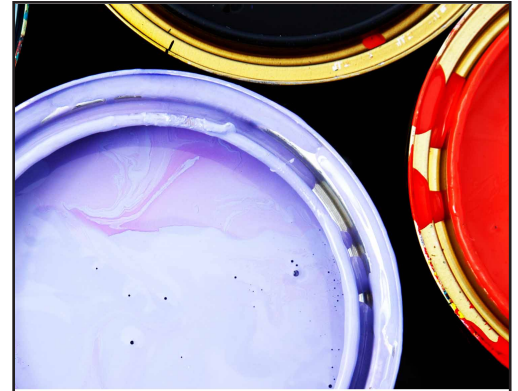
8 oz monterey jack cheese

1/2 cup parmesan cheese



### DIRECTIONS

Add macaroni, butter, water, mustard, salt, and pepper to your Instant Pot. Secure the lid, select manual, and high pressure for 4 minutes please note: if the directions on your boxed macaroni have a boil time that is less than 6 minutes, cook on high pressure for only 3 minutes). Once complete, use a quick release. Open lid and check that the pasta is cooked completely. If not, select saute, and cook for another 2 minutes until pasta is cooked. Add in evaporated milk and each of the cheeses. Continue to mix and stir until creamy. Add any extra salt to taste. *Servings: 6-8 servings*



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## Indigenous Veterans Day Monday, November 8

**Derek Johnson**  
MLA for Interlake-Gimli



Gimli 204-641-8525  
Arborg 204-376-3401  
[InterlakeGimliMLA@gmail.com](mailto:InterlakeGimliMLA@gmail.com)



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24-7-365 days a year

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Alcoholics  
Anonymous  
Contact #'s

**Lundar:**

(204) 739-8093

**Eriksdale:**

(204) 739-6454

**Toll Free #:**

1-(877) 942-0126

**Central office:**

(204) 943-6051

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# The STEEP ROCK MANITOBA 2022 CALENDAR

BY ADRIENNE HALKOWICH PHOTOGRAPHY

<https://www.blueravendesign.ca/steeprockcalendar2022>

**ON SALE  
NOW**

**\$20**

INCLUDES SHIPPING

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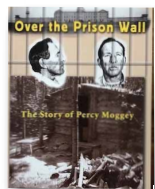


## STRANGE CREATURES SELDOM SEEN



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.



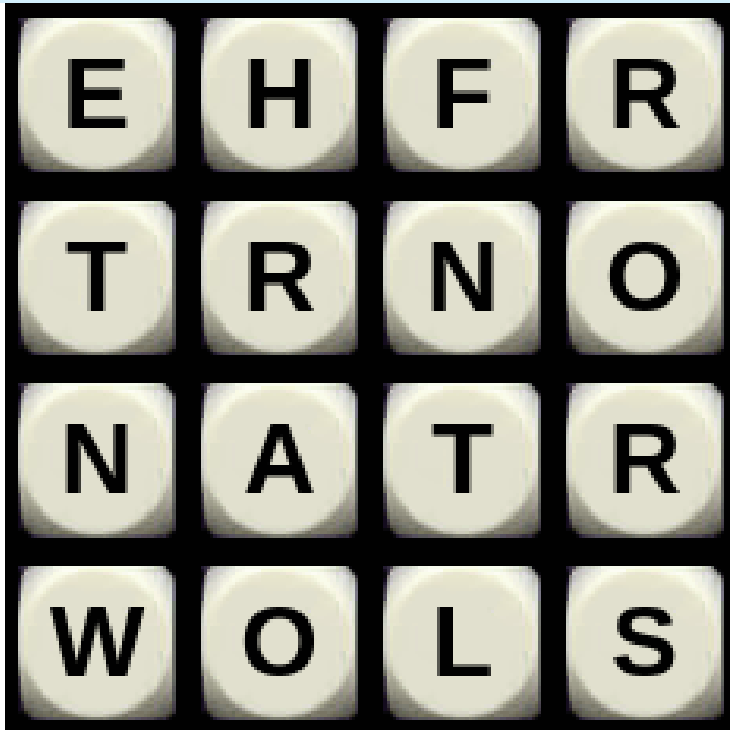
Both of John Warms' books are available online at:  
[www.blueravendesign.ca/john-warms-author](http://www.blueravendesign.ca/john-warms-author).

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.

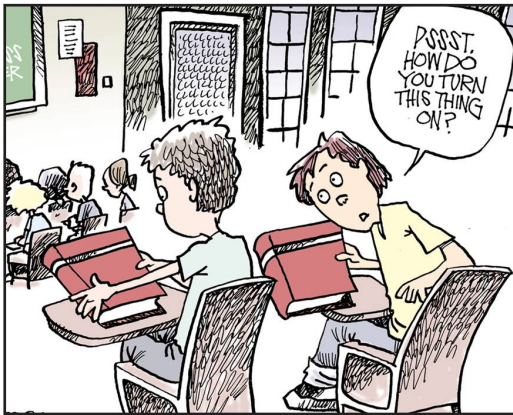
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## BOGGLE GAME

The letters you use to form a word must be touching vertically, horizontally, or diagonally in a chain. Use each letter only once.



**RV BOARDING  
KENNEL**  
(204)-739-3445



You are in a dark room with a box of matches. Nearby are three things: a candle, an oil lamp and a log of firewood.

**Which do you light first?**

## RIDDLE TIME!

A man pushes his car to a hotel and tells the owner he's bankrupt. Why?

*Answer: He was playing Monopoly.*



## BUILDING THE INTERLAKE

**We are excited to open our new store in Ashern, MB!**

If you are interested in building your career with us, email your resume to:

**Jason Bazylo, Regional Support Manager**  
[jbazylo@mcmunnandyates.com](mailto:jbazylo@mcmunnandyates.com)

View all career opportunities online at  
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or connect with us on Facebook:  
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# Fall Word Search

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



CORN  
 AUTUMN  
 BONFIRE  
 BOOTS  
 OCTOBER  
 RAKE

THANKSGIVING  
 HARVEST  
 LEAVES  
 CARNIVAL  
 APPLES  
 APPLE CIDER

PUMPKIN  
 FOOTBALL  
 SWEATER  
 NOVEMBER  
 SEPTEMBER  
 SUNFLOWER





## Revealing Your True Self

*Our true selves exist whether we acknowledge them or not, often buried under learned behavior.*

Identity is an elusive concept. We feel we must define ourselves using a relatively small selection of roles and conscious character traits, even if none accurately represents our notion of "self." The confusion surrounding our true natures is further compounded by the fact that

society regularly asks us to suppress so much of our emotional, intellectual, and spiritual vibrancy. Yet we are, in truth, beings of light -- pure energy inhabiting physical bodies, striving for enlightenment while living earthly lives. Our true selves exist whether we acknowledge them or not, often buried under fears and learned behavior. When we recognize our power, our luminosity, and our divinity, we cannot help but live authentic lives of appreciation, potential, fulfillment, and grace.

At birth and throughout your childhood, your thoughts and feelings were more than likely expressions of your true self. Though you may have learned quickly that to speak and act in a certain fashion would win others' approval, you understood innately that you were no ordinary being. There are many ways you can recapture the authenticity you once articulated so freely. Meditation can liberate you from the bonds of those earthly customs that compel you to downplay your uniqueness. Also, communing with nature can remind you of the special role you were meant to play in this lifetime. In order to realize your purpose, you must embrace your true self by letting your light shine forth, no matter the consequences.

Rediscovering who you are apart from your roles and traits takes time and also courage. If, like many, you have denied your authenticity for a long while, you may find it difficult to separate your true identity from the identity you have created to cope with the world around you. Once you do find this authentic self, however, you will be overcome by a wonderful sense of wholeness as you reconcile your spiritual aspect and your physical aspect, as well as your inner- and outer-world personas. As you gradually adjust to this developing unity, your role as a being of light will reveal itself to you, and you will discover that you have a marvelous destiny to fulfill.



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