



KINDNESS - Kindness expands the light within us and reaches out to touch the light in others as well

Kindness is an ideal that is easily accessible to all of us. We all know that a small kindness can make our journeys lighter and more enjoyable. Even bringing an instance of kindness to mind can put a smile on your face days or weeks later or perhaps even inspire you to share kindness with another. Though it may seem simple to the point of insignificance, many cultures throughout the world and history have recognized kindness as a powerful virtue. It may be the simplest way

to experience and share all the grandest ideals of humanity. We can make the choice to act from the best place within ourselves at any time, while simultaneously recognizing the highest potential in another with the smallest of acts, nourishing the seed of hope in each soul we encounter.

In a way, kindness acts as the oil that makes the engine of our world move more smoothly and with less friction. We can still get where we are going but the ride is more pleasant, and those around us can share in the ideal world that we help to create. We are all fortunate that kindness is limitless in its supply and available to everyone. When we act in ways that confirm our ideals, we make the ideal our reality. Then, instead of affirming the experience of struggle and competition, we can shift our experience to the reality of ease and pleasurable camaraderie with the fellow citizens of the world.

Whether giving way to someone in traffic or letting someone go ahead of us in line, donating money or sharing our resources in a crisis, we actively create a universe of kindness and giving with every choice we make. The smallest gesture can bring a smile to light the shadow of an unpleasant situation or remove tension from a difficult task, but it's effects can echo and extend far beyond the moment. We can be sure that we will receive a kindness in return, but giving is its own reward. Kindness expands the light within us and reaches out to touch the light in others as well, giving us all a glimpse of the glow that has the power to enlighten our world.



Graduation Punch Recipe

INGREDIENTS

- 1-1/2 cups sugar
- 8 quarts water, divided
- 4 envelopes unsweetened strawberry Kool-Aid mix
- 3 cans (6 ounces each) frozen orange juice concentrate, thawed
- 2-1/4 cups thawed lemonade concentrate
- 2 cans (46 ounces each) unsweetened pineapple juice
- 2 liters ginger ale, chilled

DIRECTIONS

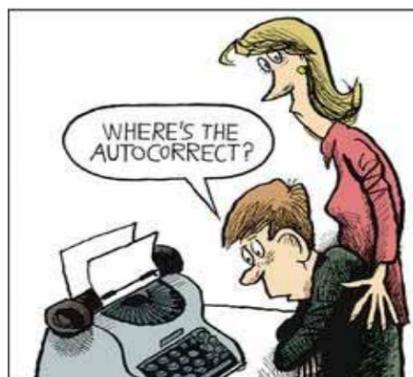
In a large saucepan, combine sugar and 2 qts. water. Cook and stir over medium heat until sugar is dissolved.

Remove from the heat; stir in Kool-Aid mix. Cool completely.

Just before serving, divide the syrup between two large containers or punch bowls; add the concentrates, pineapple juice and remaining water to each. Stir in ginger ale.



Kris' Custom Renos
Kris Michaluk
ROOFING & RENO SPECIALIST
Call for a Free Estimate
Phone: 204-449-2386
or 204-302-0009 leave msg



THE MANITOBA HIGHWAYS GROUP
EST. 2010
THE CANADIAN HIGHWAYS NETWORK
www.canadianhighwaysnetwork.ca
Drivers updating drivers 24-7-365 days a year

The AROUND TOWN PAPER Online



ADVERTISE IN MANITOBA - WEEKLY ON WEDNESDAYS
OUR EMAIL ADDRESS: thearoundtown2020@gmail.com

Vol. 02 No. 11 CONGRATULATIONS, GRADUATES! June 23, 2021



*'Be bold,
be courageous,
be your best.'*

The Ashern District Veterinary Clinic

is hiring a
Veterinary Assistant
Please send your resume with experience, skills and qualifications to
ashernvet@gmail.com
You can phone our office at
204-768-9609

THE HIGHWAY #6 IN MANITOBA GROUP
EST. 2010
THE CANADIAN HIGHWAYS NETWORK
www.canadianhighwaysnetwork.ca
Drivers updating drivers 24-7-365 days a year
NO SPAM, DRAMA OR CHAT. JUST THE INFO YOU NEED.

RV BOARDING KENNEL & PET FOOD SALES
204-739-3445

1 BEDROOM SUITE IN GLENCORA (ASHERN) FOR RENT - 55+ Available JULY 1st
Phone Gary:
204-768-3224

Congratulations to the class of 2021!
Whatever your future holds, we want to be a part of it.
Contact Noventis to help with your journey to success.

www.noventis.ca
Noventis CREDIT UNION

DEADLINE for advertising: every Friday BY 12:00 NOON

The Greatest Commencement Speech Ever

LADIES & GENTLEMEN OF THE CLASS OF 2021;
Wear sunscreen.

If I could offer you only one tip for the future, sunscreen would be it. The long-term benefits of sunscreen have been proved by scientists, whereas the rest of my advice has no basis more reliable than my own meandering experience. I will dispense this advice now.

Enjoy the power and beauty of your youth. Oh, never mind. You will not understand the power and beauty of your youth until they've faded. But trust me, in 20 years, you'll look back at photos of yourself and recall in a way you can't grasp now how much possibility lay before you and how fabulous you really looked. You are not as fat as you imagine.

Don't worry about the future. Or worry, but know that worrying is as effective as trying to solve an algebra equation by chewing bubble gum. The real troubles in your life are apt to be things that never crossed your worried mind, the kind that blindsides you at 4 pm on some idle Tuesday.

WEAR SUNSCREEN
If I could offer you only one tip for the future, sunscreen would be it. The long-term benefits of sunscreen have been proved by scientists, whereas the rest of my advice has no basis more reliable than my own meandering experience. I will dispense this advice now.

DON'T WORRY
Oh, never mind. You will not understand the power and beauty of your youth until they've faded. But trust me, in 20 years, you'll look back at photos of yourself and recall in a way you can't grasp now how much possibility lay before you and how fabulous you really looked. You are not as fat as you imagine.

Floss
Don't waste your time on jealousy. Sometimes you're ahead, sometimes you're behind. But in the end, it's only with yourself.

REMEMBER
Keep your old love letters. Throw away your old bank statements.

STRETCH
Get plenty of calcium. Be kind to your knees. You'll miss them when they're gone.

Dance
Dance, even if you have nowhere to do it but your living room. Read the directions, even if you don't follow them. Do not read beauty magazines. They will only make you feel ugly.

Understand
Understand that friends come and go, but with a precious few you should hold on. Work hard to bridge the gaps in geography and lifestyle, because the older you get, the more you need the people who knew you when you were young. Live in New York City once, but leave before it makes you hard. Live in Northern California once, but leave before it makes you soft. Travel.

TRAVEL
Travel. Accept certain inalienable truths: Prices will rise. Politicians will philander. You, too, will get old. And when you do, you'll fantasize that when you were young, prices were reasonable, politicians were noble, and children respected their elders. Respect your elders.

RESPECT YOUR ELDERLY
Don't expect anyone else to support you. Maybe you have a trust fund. Maybe you'll have a wealthy spouse. But you never know when either one might run out.

BUT TRUST ME ON THE SUNSCREEN

Do one thing every day that scares you. Sing. Don't be reckless with other people's hearts. Don't put up with people who are reckless with yours. Floss. Don't waste your time on jealousy. Sometimes you're ahead, sometimes you're behind. The race is long and, in the end, it's only with yourself. Remember compliments you receive. Forget the insults. If you succeed in doing this, tell me how. Keep your old love letters. Throw away your old bank statements. Stretch.

Don't feel guilty if you don't know what you want to do with your life. The most interesting people I know didn't know at 22 what they wanted to do with their lives. Some of the most interesting 40-year-olds I know still don't. Get plenty of calcium. Be kind to your knees. You'll miss them when they're gone.

Maybe you'll marry, maybe you won't. Maybe you'll have children, maybe you won't. Maybe you'll divorce at 40, maybe you'll dance the funky chicken on your 75th wedding anniversary. Whatever you do, don't congratulate yourself too much, or berate yourself either. Your choices are half chance. So are everybody else's. Enjoy your body. Use it every way you can. Don't be afraid of it or of what other people think of it. It's the greatest instrument you'll ever own.

Dance, even if you have nowhere to do it but your living room. Read the directions, even if you don't follow them. Do not read beauty magazines. They will only make you feel ugly.

Get to know your parents. You never know when they'll be gone for good. Be nice to your siblings. They're your best link to your past and the people most likely to stick with you in the future.

Understand that friends come and go, but with a precious few you should hold on. Work hard to bridge the gaps in geography and lifestyle, because the older you get, the more you need the people who knew you when you were young. Live in New York City once, but leave before it makes you hard. Live in Northern California once, but leave before it makes you soft. Travel.

Accept certain inalienable truths: Prices will rise. Politicians will philander. You, too, will get old. And when you do, you'll fantasize that when you were young, prices were reasonable, politicians were noble, and children respected their elders. Respect your elders.

Don't expect anyone else to support you. Maybe you have a trust fund. Maybe you'll have a wealthy spouse. But you never know when either one might run out.

Don't mess too much with your hair or by the time you're 40 it will look 85.

Be careful whose advice you buy, but be patient with those who supply it. Advice is a form of nostalgia. Dispensing it is a way of fishing the past from the disposal, wiping it off, painting over the ugly parts and recycling it for more than it's worth.

But trust me on the sunscreen.



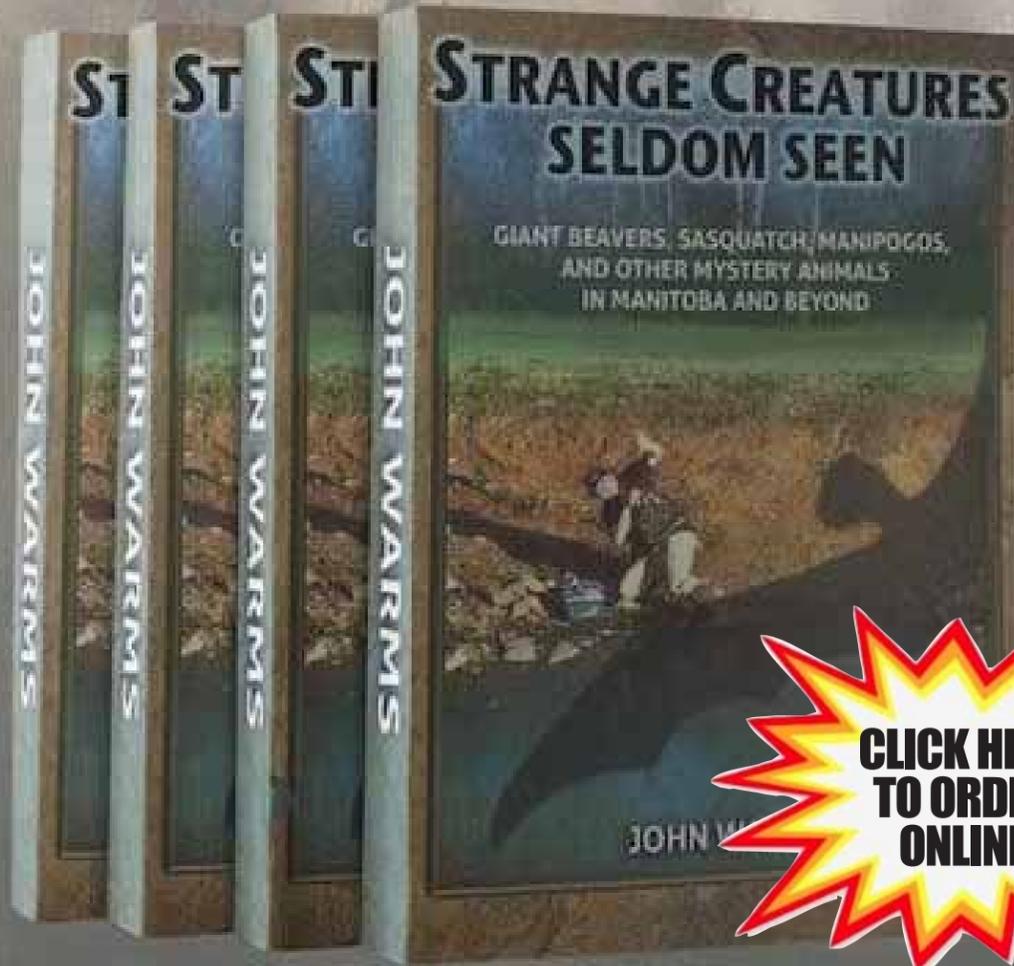
Donuts by the Dozen

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

- APPLE
- BERLINER
- BLUEBERRY
- BOX
- CHOCOLATE
- CIDER
- CINNAMON
- COCONUT
- COFFEE
- CREAM
- CRULLER
- DONUT
- DOUGHNUT
- DOZEN
- ÉCLAIR
- FRIED
- FRITTER

- FROSTING
- GLAZED
- HOLE
- HOLES
- JELLY
- MAPLE
- OLD FASHIONED
- SPRINKLES
- STICKY
- SUGAR
- SWEET
- TWIST

MANITOBA AUTHOR JOHN WARMS



CLICK HERE TO ORDER ONLINE

AVAILABLE TO ORDER NOW

www.blueravendesign.ca/strangecreaturesseldomseen



Welcome to Steep Rock, Manitoba!

CLICK HERE TO VISIT OUR FACEBOOK PAGE

“Instruction ends in the schoolroom, but education ends only with life.”
—Frederick W. Robertson

COMPUTER TUTOR
www.computertutorpetra.ca

Professional Repairs & Remote Service

I got my looks from Mom, my drive from Dad, and my Brain from Aunt Tillie.

The Bowmar Brains
CALLED IN ON RENDER SERVICE CARD

RM of Coldwell Public Notice

Regarding the 2021 Financial Plan **PUBLIC NOTICE** is hereby given pursuant to Subsection 162(2) of The Municipal Act that the Council of the RM of Coldwell intends to present its Financial Plan for the fiscal year of 2021 at a public hearing in the upstairs of the Lundar Arena, 85 Main St. Lundar MB on the 29th day of June, 2021 at 7:00 p.m.

Council will hear any taxpayer who wishes to make representation, ask questions or register an objection to the financial plan, as provided.

Please register your attendance with the Municipal Office prior to June 29 th at 2 pm.

Copies of the Financial Plan will be at the hearing for review or Contact the office (204-762-5421) prior to.

Dated this 4 th day of June, 2021
Nicole Christensen, CMMA
Chief Administrative Officer



Alcoholics Anonymous Contact #s

Lundar:
(204) 739-8093
Eriksdale:
(204) 739-6454
Toll Free #:
1-(877) 942-0126
Central office:
(204) 943-6051

INVITATION TO TENDER

Noventis Credit Union Limited
Moosehorn Janitorial Contract
(36 months)

You are invited to tender for the above-mentioned Janitorial Contract.

Forward to:
J Collins; AVP, Operations
Email: jcollins@noventis.ca
Subject line: Moosehorn Janitorial Contract

Deadline:
June 30, 2021 by 4PM

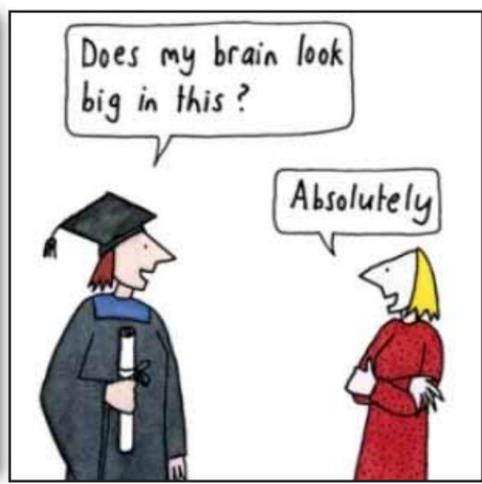
Any questions regarding this tender may be referred to:
Adrienne Halkowich; Manager, Branch Experience
Email: ahalkowich@noventis.ca
Phone: 204.302-1289

noventis.ca



MANITOBA EMERGENCY

Reports & Notifications



Deadline for advertising: every Friday by 12:00 noon

CONGRATULATIONS, GRADUATES!