



The **Around Town Paper**



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November 6, 2024

Indigenous Veterans Day - November 8



On Indigenous Veterans Day, we pay special tribute to the Indigenous men and women who served in the Canadian Armed Forces. Indigenous veterans have a long history of courage, fighting for peace in World Wars, the Korean War, peacekeeping missions, and conflicts closer to home. Despite facing discrimination and challenges, Indigenous veterans showed unwavering loyalty and bravery, defending the land and freedoms we cherish.

Honor their sacrifices and reflect on the respect they deserve. Indigenous Veterans Day reminds us to celebrate their resilience, remember their contributions, and continue working toward reconciliation. May their stories inspire us all to seek a future of unity and peace.

Remembrance Day - November 11



Traditions and Their Meanings: Several other traditions accompany Remembrance Day, each rich with symbolic meaning:

The Two Minutes of Silence - Observed at 11:00 a.m. on November 11, this moment of silence marks the time when the armistice was signed, ending World War I in 1918. The silence is a time for personal reflection and respect for those who gave their lives. It also serves as a moment to contemplate the impact of war and the importance of peace.

The Last Post - Traditionally played by a bugler, the Last Post is a somber bugle call marking the end of the day's military duties. During Remembrance Day ceremonies, it symbolizes a final farewell to the fallen and is often followed by a moment of silence. The music reminds listeners of duty, loss, and the peace that comes with the end of a soldier's day.

The Laying of Wreaths - Wreaths of poppies and other flowers are laid at war memorials and graves to honor the deceased. The circular shape of the wreath represents eternity, while the flowers within signify remembrance. Placing wreaths is a way for individuals, families, and communities to show their respect and gratitude.

The Wearing of the Poppy: Many people begin wearing poppies on their clothing from late October until November 11. The red poppy honors those who served, while in some regions, white poppies are worn as a symbol of peace and a commitment to preventing future wars. Black or purple poppies are also sometimes worn to commemorate animals that served or perished in wartime.

In Flanders Fields

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from falling hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

- Lieutenant Colonel John McCrae

Why We Continue These Traditions

The traditions are more than rituals; they embody values of respect, gratitude, and community.

By remembering and honoring those who served, communities reaffirm their commitment to peace and the lessons learned from the past.

Each tradition is a small but powerful way to pay tribute to the courage and sacrifices of veterans, ensuring their legacy lives on for generations.

NARROWS SUNSET LODGE CHRISTMAS CRAFT SALE

Saturday
December 7, 2024
10 am - 3 pm



December 7, 2024
10 am - 3 pm



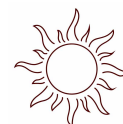
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THIS WEEK'S HOROSCOPES



Aries (March 21 - April 19): This week calls for some patience, Aries. You might feel pulled in different directions by family or work obligations. Take a step back and prioritize what's truly essential. By the end of the week, a fresh perspective will help you find harmony in your commitments.

Taurus (April 20 - May 20): The stars are aligning to bring you some positive financial energy. Whether it's a new investment, job offer, or just a smart decision, trust your instincts about money this week. Stay grounded, and don't let excitement lead to impulsive choices.

Gemini (May 21 - June 20): You may be feeling more introspective than usual, Gemini. Use this time to reconnect with yourself and assess your goals. Midweek, you'll have an opportunity to express yourself in a meaningful way. Don't hold back – let your voice be heard.

Cancer (June 21 - July 22): Your focus shifts to home and relationships. Some old memories may surface, pushing you to resolve lingering issues. It's a good week to create stronger bonds, whether with friends, family, or your partner. Trust your instincts and nurture these connections.

Leo (July 23 - August 22): Career momentum picks up, and you're in the spotlight. Take on that project or initiative you've been eyeing. There may be moments of tension midweek, but staying focused on your ambitions will help you push through and come out on top.

Virgo (August 23 - September 22): You're drawn to new ideas and knowledge. Enroll in that class, start a new book, or take on a project that pushes your mental boundaries. By week's end, you'll have fresh insights.

Libra (September 23 - October 22): It's time to dive deeper into your finances and make some plans for the future. You may need to curb unnecessary spending or reorganize your savings. Small adjustments now can lead to major stability and growth in the months ahead.

Scorpio (October 23 - November 21): As you enter the heart of Scorpio season, emotions are intensified. This week, take a compassionate approach with yourself and others. Prioritize self-care, and let go of any unnecessary burdens. By doing so, you'll feel renewed energy and clarity.

Sagittarius (November 22 - December 21): You might feel the need for a breather. Rest, reflection, and some alone time will do wonders. Use this week to recharge and gather inspiration for the next big thing. By week's end, you'll feel more aligned with your goals.

Capricorn (December 22 - January 19): Social connections are key this week. Reaching out to friends or colleagues could lead to surprising new opportunities. Don't be afraid to expand your network – one of these connections could be pivotal for a project or goal you're pursuing.

Aquarius (January 20 - February 18): The universe is supporting your ambition, so now's the time to go after what you want. Maintain balance, though – loved ones may need your attention, too. Keep your goals clear and your heart open.

Pisces (February 19 - March 20): Encourage creativity and exploration. A trip, an art project, or simply daydreaming can bring fresh inspiration. Midweek, a meaningful encounter might spark a new interest or friendship. Keep an open mind.

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Taking a Pause - Sometimes we get wrapped up in our thoughts and we wind up going around and around in circles, finding it difficult to concentrate on things and not really accomplishing much because we are so distracted.

There may be signals — mental, emotional, or physical — that tell us we need to slow down and relax.

Since we are so involved in things that are external to us, however, we may easily overlook what is really going on inside of us. It is during these times that we need to step back from the things that occupy our minds and take a moment to connect with our inner self, giving our mind, body, and spirit the time they need to re-energize and heal.

At first, it may seem that by taking a break, we may not be as productive as we would initially like to be.

In reality, a healthy period of rest is something that gives us a real sense of the unlimited nature of our true potential. Spending a couple of minutes walking outside, doing a few yoga poses, meditating, or simply becoming attuned to the rising and falling of our breath enables us to let go of our worries.

This act brings our focus back to the things that are truly essential for us, such as our sense of oneness with the universe and our inner peace and well-being.

As we begin to get in touch with this part of ourselves, we will find that our usual everyday troubles and worries become less critical. And, we will realize that we not only have much more room in our lives to really reflect on the issues that mean the most to us, but we also are able to bring a much more positive and healthy outlook to the rest of our lives.

Giving ourselves respite from our daily concerns is like giving a gift to ourselves. By stepping away from the problems that seem to saturate our thoughts, we lessen the weight of our troubles, and instead, become more receptive to the wisdom and answers the universe has to offer us.

Manitoba Author John Warms

Strange Creatures Seldom Seen & The Story of Percy Moggey: Over the Prison Wall

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POPPY SEED LEMON LOAF

Ingredients

- 1 ½ cups all-purpose flour
- 1 tsp baking powder
- ¼ tsp baking soda
- ¼ tsp salt
- ½ cup butter, softened
- 1 cup sugar
- 2 large eggs
- 1 tbsp lemon zest
- 2 tbsp fresh lemon juice
- 2 tbsp poppy seeds
- ½ cup milk or buttermilk



For the Glaze

- ½ cup powdered sugar
 - 1–2 tbsp lemon juice (to desired consistency)
 - Extra lemon zest (optional)
- Instructions



Preheat oven to 350°F (175°C) and grease a loaf pan.

Combine dry ingredients: In a medium bowl, mix flour, baking powder, baking soda, and salt.

Cream butter and sugar: In a large bowl, beat butter and sugar until light and fluffy.

Add eggs and lemon: Beat the eggs one at a time, then add lemon zest, lemon juice, and poppy seeds.

Alternate adding dry ingredients and milk: Gradually add dry ingredients and milk to the wet mixture, starting and ending with dry ingredients. Mix until just combined.

Bake: Pour batter into prepared loaf pan and bake for 50–60 minutes, or until a toothpick comes out clean.

Cool and glaze: Let the loaf cool for 10 minutes, then whisk powdered sugar and lemon juice for the glaze. Pour over the cooled loaf, allowing it to set. Serve slices with tea or coffee as a reflective treat, perfect for Remembrance Day gatherings or quiet time with family.

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“True heroism is remarkably sober, very undramatic. It is not the urge to surpass all others at whatever cost, but the urge to serve others at whatever cost.”
— Arthur Ashe

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Derek JOHNSON
MLA for Interlake-Gimli

INDIGENOUS VETERANS DAY
November 8, 2024
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Remembrance Day



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~MINI SUDOKU PUZZLER~ LEVEL: VERY DIFFICULT



We honor the courage and sacrifice of those who stood for peace, justice, and freedom. May their legacy remind us that each of us has the power to protect these values and create a world worthy of their sacrifices.

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Derek JOHNSON
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