What to do when the bale pile is too small.



Free meeting on how to get through winter with low feed supplies

Manitoba Agriculture is hosting meetings to help beef producers address this year of low feed supplies and availability. Join us as we discuss:

If hay is not available what are the options?

FEEDPLAN software helps determine the most economical feedstuff based on nutrients Ray Bittner, Livestock Specialist, Manitoba Agriculture

When feeding alternate feeds, you need to balance the diet.

Cowbytes Ration Balancing Software demo and Nutrition minimums. Tim Clarke, Livestock Specialist, Manitoba Agriculture

Cost of Production study: Justification to spend money on feed?

Greg Fedak, Farm Enterprise Management Specialist, Manitoba Agriculture

Plus: Ag Action Manitoba BMP: Managing Livestock Access to Riparian Areas - new wells and dugouts

Environment Farm Plans Breeding stock tax deferral

Meetings

•		
Monday, October 29, 2018	Rorketon, Lawrence Community Center 2 nd ave Rorketon	7:00 p.m.
Tuesday, October 30, 2018	Lundar Elks Hall 1 st ave North Lundar	7:00 p.m.
Thursday, November 1, 2018	Ashern Auction Mart	7:00 p.m.

For more information

Call the Manitoba Agriculture office in Ashern at 204-768-2782.

Complementary coffee and dainties. Pre-registration is not required.



Mailed directly to 3500+ homes every week!

Published by: Blue Raven Design Unit B - #61 Main Street P.O. Box 178, Ashern, MB RoC oEo Email: blueraven@mymts.net

Vol. 26 No. 43



Believe in the goodness in people.

Oakview, Grahamdale, Steep Rock, Hilbre, Faulkner, Gypsumville, St. Martin, Fairford, Vogar, Eriksdale, Lundar, Oak Point, St. Laurent, Ste. Rose, Eddystone, Broad Valley & Fisher Branch

Ashern, Moosehorn, Mulvihill,

Phone: 204-768-3189 www.blueravendesign.ca

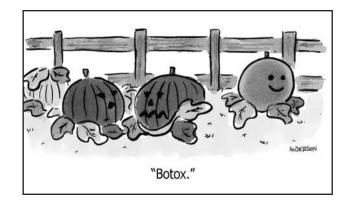
October 24, 2018

Community Growth...

The election is upon us. Voters hitting the polls and officials counting up the votes. Maybe you will have voted for who won....maybe you didn't. But, no matter who the elected officials will be, it is us who makes our communities great. If you want to make your community a better place, be



a better person. Help your elderly neighbour with their yard work and expect nothing in return - for someday, someone will do it for you, too. Grow a garden. Save for something special. Take good care of your own health; physically, mentally and spiritually. Skip the fast food and learn to cook; read a great piece of literature. Pick up litter that isn't yours because you can. Smile at people as you pass them on the street and say hello - it is your community. Write letters. Snuggle your children, spouse and pets. Volunteer. Be nice to people and join a local group (or start one!). Let's count on all of us.



The Around Town Paper Ad Deadline: FRIDAY by 12:00 NOON

Ads MUST be booked by the deadline. If paper is full, ad placed in next week's edition.

AD PREVIEWS emailed between FRIDAY & SUNDAY. Watch your emails to approve your ad.

The Around Town Paper prints Monday morning. Deadline for changes - Monday by 8:30 am.

Camera ready ads: submit in high resolution PDF format and match our ad dimensions.

Ad sizes & prices: www.blueravendesign.ca

Eriksdale Skating Club AGM Thursday, October 25, 2018 7:00 pm

Eriksdale Arena FMI contact: Elisa 204.280.0577



October 25th, 2018 Council Meeting will be cancelled, and rescheduled for November 1st, 2018 at 9:00 a.m.

E.M. Crowe Memorial **Hospital Guild**

Saturday, Oct. 27, 2018 1:00 pm - 3:00 pm **Eriksdale Community Centre**

- Baking
- **Door Prizes Silent Auction**

CAROLYN ANNA MCLEOD

It is with heavy hearts that we announce the sudden passing of our mother, grandma and sister Carolyn on October 15, 2018 at the E. M. Crowe Memorial Hospital in Eriksdale, MB.

A memorial service will be held at 2:00 pm on Sunday, October 28, 2018 at the Lundar Legion Hall with Cindy Thorkelson officiating. Interment will follow in the Lundar Municipal



Organizational Meeting

COMMUNITY CELEBRATION to be held in

St. Martin and Gypsumville Monday, Oct. 29, 2018 7:30 pm St. Martin Hall

We need a show of interest by volunteers attending the meeting. If no interest the celebration will be cancelled.

FMI Lorraine 204 302 0583

Doors Open at 2:00 p.m. Early Birds - 3:00 p.m. **Entry Fee (9TV) - \$25** Bonanza

Food Services will be available

ottery License LGCA2675-BI-29681

FOR SALE

in Prizes

ackbot

\$1,500

Door Prizes - 5 x \$100 Co-op Gift Cards

LAKE MANITOBA CLASS A FISHING LICENSE. **NETS. AUGER AND SLEIGH** Phone 204-739-2858



Regarding By-Law 1003-2018 for Burning Permits

The R.M. of Grahamdale has a new By-Law in effect for Fire Prevention and Regulation of Burning. Effective immediately a burning permit will be required year round for all out door fires. Please refer to our website at www.grahamdale.ca for details of By-Law No. 1003-2018.

Dated this day of October 23rd, 2018.

SHELLY SCHWITEK, CMMA CHIEF ADMINISTRATIVE OFFICER RM OF GRAHAMDALE

REQUEST FOR BIDS

Please provide a detailed proposal for restoring fire guards placed at the following sites:

- In NE of 19-25-6W
- In NW of 19-25-6W
- In NW of 24-25-7W

Proposal should include the type of equipment that will be used along with the total cost of each individual site. Sites will be awarded on an individual basis to the lowest bidder. If the RM of West Interlake concludes that accepting lowest bid is not in the best interest of the Municipality the bid will be rejected. After completion of the sites they will be inspected by a representative of the RM of West Interlake and additional work may be required if necessary. For further info call RM office at (204)768-2641.

> Bids will be accepted up to October 26, 2018 at 4:00 pm

Send Proposals to RM OF WEST INTERLAKE

Box 370, Ashern, MB. R0C 0E0 info@rmofwestinterlake.com

WHAT'S GOIN' ON AROUND YOUR TOWN? \$5 PER LISTING, PER WEEK, each with a maximum of 100 characters.

With each \$5 spot, you get FREE online placement on the Ashern & Area Buy Sell page. SORRY, NO FUNDRAISING EVENTS, WEBSITE OR FACEBOOK ADDRESSES PRINTED IN THESE SECTIONS

Church Services

- Ashern Gospel Chapel Sunday School 10:00 am; Service 11:00 am Oct. 28 w/ Richard Toviah
- Moosehorn Peace Lutheran Church Service 10:00 am Oct. 28 Service in Moosehorn with Pastor Glen Krentz Ashern Grace Lutheran Church - Service 10:00 am - Oct. 28 - Joint service in Moosehorn w/ Pastor Glen

Meetings

THURS. NOV. 1 - Eriksdale New Horizons General Meeting - 1:00 pm. All members welcome!

MON - Alcoholics Anonymous Mtgs. w/Al Anon Participation - 7:00 pm, Eriksdale Library. FMI 204-739-6454.

WED - Alcoholics Anon. Mtgs - Lundar Lutheran Church Hall, 7:00 pm. FMI call 204-739-8093.

WED - Al-Anon Mtgs. - at Lundar Lutheran Church Board Room, 7:00 pm. FMI call 204-739-2710.

What do you call a moon out of orbit?

A Lunatic!

What do you call a sleeping werewolf?

An unaware-wolf.

How does a man on a moon get his haircut?

Eclipse it.



and a B flat in music."

Why did the moon burp? Because it was full! Why haven't they sent a woman to the moon?

Because it doesn't need cleaning.

How does one astronaut on the moon tell another astronaut that he is sorry?

He Apollo-gises!

"Don't worry, it's just a phase."

Single & half (2.6" w x 3" h) - \$52.38 + gst = \$55

Double (2.6 " w x 4" h) - \$68.10 + qst = \$71.50

Double & half (2.6" w x 5" h) - \$89.04 + gst = \$93.50

• Triple & half (2.6" w x 7" h) - \$130.00 + gst = \$136.50

• Tall Quad (5.2" w x 5" h) - \$163.38 + qst = \$170.50

• Full page (8" w x 10" h) - \$288.09 + gst = \$302.50

Double Centre spread - \$1000 with gst - SAVE \$100

Ph: 204.768.3189 Fax: 204.768.3807 Email: blueraven@mymts.net www.blueravendesign.ca

- Meetings
- Yard Sale Listing · Lost & Found

Senior's Events (free to attend)

UNIT B - 61 TBJ Mall, Main St., Ashern

Around Your Town' Classified Listings \$5 + GST = \$5.25

No fundraisers or Facebook addresses

- Church Services

Upcoming Events (free to attend)

Something to ponder

"I am not what happened to me, I am what I choose to become."

- Carl Jung





GOODWILL

16 Main St. Ashern

October 30th & 31st **DOLLAR DAZE**

All Clothing & Footwear

EVERYTHING ELSE 50% OFF

Grade 7/8 Maritimes Class Trip Fundraiser **HAUNTED HOUSE** Oct. 31 4:30-7:00 pm ALF CUTHBERT SCHOOL GYM Adm: \$4.00 Donations gladly accepted

FIREARMS SAFETY COURSE

SCARY AND NOT-SO SCARY TOURS ARE AVAILABLE

NON RESTRICTED / RESTRICTED Course held in Ashern - To call Pat. CALL OR TEXT 204-467-5134

La Luz y La Verdad

'Woe unto them that call evil good, and good evil; that put darkness for light, and light for darkness; that put bitter for sweet, and sweet for bitter! Woe unto them that are wise in their own eyes, and prudent in their own sight!" - ISAIAH 5:20+21 KJV (submitted by Gerald Bankert)

SHADES OF IRELAND TOUR Sept. 25 2019

Collette Travel and Flight Centre Independent Agents

Beverley Haystead 204 229-8345 Gwen Sarginson 204 880-2960

Invite you to an information night on November 19, 2018 at the Bronx Park CC. 720 Henderson Hwy Winnipeg at 7 pm. If you can't make it that night please call either one of us for details.

Ryan Kiesman KIESMAN ELECTRIC Red Seal Electrician Call or Text: 204-302-0795

Email: rkiesman@hotmail.com

ASHERN CLINIC **LOOKING FOR** a GENERAL ACCOUNTANT

WITH EXPERIENCE Email resume to: audichad@yahoo.ca

ROYAL CANADIAN LEGION #185 LUNDAR, MANITOBA Chase the Ace

EVERY FRIDAY - 6 pm October 26th



joshgrandmont@leoscaseih.com www.leoscaseih.com Hwy 101 @ Sturgeon Rd, Winnipeg "The best price the first time."

OPPORTUNITY



Lake Manitoba Health Centre

is currently seeking a Registered Nurse to fill a permanent Full-time position (.8 EFT minimum) in the **Community Nursing Program.**

Position Summary: The successful candidate will be responsible to provide Nursing care and educational activities and run mandatory programs and services as part of the Community Health Nurse

Qualifications (included but not limited to):

- Active member of the college of Registered Nurses
- Experience in educating clients and Community Health Nursing is an asset.
- Knowledge and understanding of First Nation Health Care services and issues impacting the health of First Nation people are an asset.
- The ability to function as part of an interdisciplinary team and work in a high stress environment.
- Excellent verbal and written skills.
- The ability to speak Ojibway would be a definite
- · Valid Manitoba Driver's license and own vehicle and ability to travel.

A full job description is available upon request. We thank all applicants for their interest, however only those meeting the criteria will be contacted for interviews.

Please forward resumes with salary expectations along with a current Criminal and Child Abuse Registry Check plus 3 references.

APPLICATION DEADLINE: GOOD UNTIL FILLED

Lawrence West, Health Director Lake Manitoba Health Centre Box 1247

Lake Manitoba First Nation, MB Ph: 204-768-2304; Fax: 204-768-2791 Email: lawrence-west@hotmail.com

ASHERN FISHERIES CO-OP LTD. Annual General Meeting at 7:00 PM on November 5, 2018 at ASHERN AUCTION MART



The Around Town Paper Ad Sizes & Prices

y. Half (2.6" w x 1" h) - \$23.80 + qst = \$25 • Single (2.6" w x 2" h) - \$36.66 + qst = \$38.50

Triple (2.6" w x 6" h) - \$104.76 + qst = \$110

Quad (5.2" w x 4" h) - \$141.42 + gst = \$148.50

• X-tall Quad (5.2" w x 6" h) - \$188.57 + gst = \$198 • Half page (8" w x 5" h) - \$225.23 + gst = \$236.50

Centre spread (17" w x 11" h) - \$523.00 + gst = \$550

· The 'What's Goin' on

Limit of 100 characters

Bouquets

eyard General Repair FOUNDED BY BEN L. KINKEAD If you need new winter tires for your vehicle give us a call for pricing.

Now is also the time to have your fall maintenance needs taken care of before the cold weather. Call to book an appointment for a complete check over.

Call 204-739-5292
Mon. - Fri. 8:30 - 6:00 • Sat. 8:30 - 3:30
Located north of Eriksdale, 2 miles west on Rd 129

R.M. of Grahamdale Request for Tender for Moosehorn – Government Road Please provide separate quotes for each site.

SITE 1 - Scope of Work:

- Reconstruction of Government Road to a depth of 2.5 feet (includes hauling material to Moosehorn Waste Disposal Grounds)
- Geotech to be supplied and placed. Spec 845
- Cover with 1 foot of 2" 6" rock (supplied by
- Top with 1.5 feet of 3/8 minus crushed rock, graded and compacted (supplied by contractor)
- Dimensions: Length 650 feet Width 28 feet Depth 2.5 feet

SITE 2 - Scope of Work:

- Reconstruction of Government Road to a depth of 2.5 feet (includes hauling material to Moosehorn Waste Disposal Grounds)
- Geotech to be supplied and placed. Spec 845
- Cover with 1 foot of 2" 6" rock (supplied by
- Top with 1.5 feet of 3/8 minus crushed rock, graded and compacted (supplied by contractor)
- Dimensions: Length 650 feet Width 28 feet Depth 2.5 feet

SITE 3 - Scope of Work:

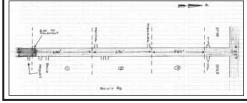
- Reconstruction of Government Road to a depth of 2.5 feet (includes hauling material to Moosehorn Waste Disposal Grounds)
- Geotech to be supplied and placed. Spec 845
- Cover with 1 foot of 2" 6" rock (supplied by
- Top with 1.5 feet of 3/8 minus crushed rock, graded and compacted (supplied by contractor)
- Dimensions: Length 580 feet Width 28 feet Depth 2.5 feet

Site Meeting Friday, October 26, 2018 at 10:00 am

Work to be completed by November 30, 2018 Successful bidder will be the Prime Contractor for this project.

Sealed tender marked "Moosehorn - Government Road" must be delivered in person to the RM of Grahamdale Municipal Office, 23 Government Road, Moosehorn by 12 noon on October 30, 2018

For more information contact Jason at (204) 768-2858.



WHITETAIL & WALLEYE BIRDSEED Only 900 We're selling bags ordered! of birdseed! **MUST BE PRE-ORDERED**



Phone orders to Larry Gering at 204-768-2744, if no answer leave a message with your phone number.

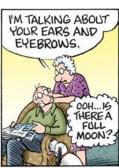


Before I begin, let me apologize for my appearance; apparently there's a full moon this evening."









FOUNDED BY BEN L. KINKEAD

Your local Gov't Safety Station & Auth. Dealer for Double R/Hy Capacity; Oil Mart; Westward Parts & Equipment; A & I Products

We also stock a full selection of: Tires & Tubes for Implements, Tractors, Semi's & Auto, Rims, Seals, Bearings, U-Joints & much more ... Parts/Repairs - We have what you need!

Call 204-739-5292 Mon. - Fri. 8:30 - 6:00 • Sat. 8:30 - 3:30 Located north of Eriksdale, 2 miles west on Rd 129



FAMILY DENTISTRY

Services offered: All types of Dentures
 Root Canals

- Stabilizer Dentures
 Crowns
- White Fillings

Cleanings

Ne accept same-day emergency patients.

Moosehorn Curling Club 17th Annual

DINE & DANCE

Sat., November 3, 2018 Moosehorn Community Hall



- Cocktails at 5:30
- Supper at 6:30
- Dine & Dance Draw & Silent Auction 7:30
- Dance to Follow

Tickets: \$50.00 admits two people ADMISSION BY ADVANCE TICKET ONLY

> 16 DRAWS OF 2 Draws of \$ 225 1 Draw of \$1000

ONLY 150 TICKETS SOLD

FMI contact: Shane Bauch 302-0512 Don Nachtigall 768-2650 A-Lynne Kiesman 768-3540

KERBRAT BROS. AUTO 🦫 is a participating retailer for WINTER TIRE PROGRAM Financing available through Manitoba Public Insurance.

Call us for details!

204-768-3042







TRACTOR TROUBLE?

Boneyard is your local after market A&I and Hy Capacity parts dealer. We also offer competitive OEM parts pricing.

Tractor pick up and delivery is available. Call to arrange for your tractor repair needs today.

Call 204-739-5292

Mon. - Fri. 8:30 - 6:00 • Sat. 8:30 - 3:30 Located north of Eriksdale, 2 miles west on Rd 129



Kris' Custom Renos Kris Michaluk



 Foundation & Up Construction Interior & Exterior Painting RoofingFlooring •Kitchen & Bath Renos •and much more Call for a Free Estimate

Ph: 204-449-2386 or 204-302-0009 leave msg

FOR SALE 204-739-3667

ERIKSDALE COMMUNITY FALL SUPPER Sunday, Nov. 4, 2018

Eriksdale Rec. Centre **Upstairs** (lift available) 4:30 - 6:00 pm



Cost: Adults \$15.00 6 - 12 yrs \$ 5.00 5 vrs & under Free

Take out Meals & Deliveries available within town limits. Call Carole 204-739-5525

Proceeds towards renovations at Eriksdale Memorial Community Centre. Thank you in advance for your gracious support!



in 52 numbers or less
MINI TOONIE LETTER 'T' approx. \$2700

- For Sale -**GT40 Bunk Feed** or Top Dress

HAS A 40 BUSHEL HOPPERED TANK

 12v electric or hydraulic auger Mount in your pick up, on your 3 pt hitch or front end loader forks. Can be towed with

GUDMUNSDON FARM EQUIPMENT 204-739-3022

available axle kit.





Ashern Dav Care Co-op



Great Gift - indoor / outdoor decoration

To order, drop by or call the Daycare @ 768-2835 Deadline to order:

October 30th

Cheques made payable to Ashern Day Care

R.M. of Grahamdale **Waste Disposal Grounds**

Mulvihill, Moosehorn, Faulkner, Pinemuta

Sunday .

Around Town Interlake • week of October 24, 2018 • *Learning is a gift, even when pain is your teacher.*



Plastic Bags and Styrofoam are non-recyclable. Please separate Glass from other recyclables.

Responsible Electronics Recycling accepted at all sites TV, Monitors, Computers, Printers,

Stereos, Radios, etc.



Used oil products only accepted at Pinemuta landfill.

BRING IN ALL OF YOUR USED OIL USED OIL FILTERS AND USED PLASTIC CONTAINERS FOR RECYCLING FREE OF CHARGE.

FREE 1 litre GIVEAWAY EVERYTIME YOU RECYCLE USED OIL!

R.M. of Grahamdale **Waste Disposal Ground Hours**

Summer Hours April 1 - October 31

1	<u>Moosehorn</u>			
2	Tuesday 11:00 am - 7:00 pm			
2	Friday 11:00 am - 7:00 pm			
	Sunday 11:00 am - 5:00 pm			
ı	<u>Pinemuta</u>			
ı	<u>rinemula</u>			
	Tuesday 11:00 am - 7:00 pm			

Faulkner . 11:00 am - 5:00 pm

Monday 11:00 am - 5:00 pm Thursday 1:00 pm - 7:00 pm Mulvihill

Wednesday..... 11:00 am - 6:00 pm Sunday 9:00 am - 4:00 pm

Winter Hours

November 1 - March 31 Moosehorn

<u></u>	0000	
Tuesday	9:00 am	- 5:00 pr
Friday	9:00 am	- 5:00 pr
Sunday	.11:00 am	- 5:00 pr

Pinemuta Tuesday 9:00 am - 5:00 pm

Friday 9:00 am - 3:00 pm Saturday 9:00 am - 3:00 pm

Faulkner

Sunday11:00 am - 5:00 pm Monday11:00 am - 5:00 pm Thursday11:00 am - 5:00 pm

Mulvihill

Wednesday 9:00 am - 4:00 pm Sunday 9:00 am - 4:00 pm

Ashern. MB



We are currently looking for **Permanent Part Time Support Workers in the surrounding area!**

Pulford Community Living Services Inc. is a growing agency in the social services sector. We are creating opportunities for enthusiastic, motivated professionals who have a genuine interest to work in the field. We have been in operation since 1986, an are a not-for-profit community based agency that provides individualized support services for those living with an intellectual disability If you are looking for an opportunity to work in a progressive agency with a positive team and fulfilling work, we would like to hear from you.

Position Summary for Direct Support Worker:

We are looking for energetic employees to provide residential supports to individuals with a developmental disability living within a community. The employee will be expected to work a rotation of shifts that includes days evenings, weekends, and holidays.

Responsibilities for Direct Support Worker:

This position has responsibilities and duties relating to eight (8) major areas:

- Individual Support and Development
- Relationships and Community Involvement
- Advocacy
- Health
- Communication
- Organizational
- Financial Management

Requirements for Direct Support Worker:

The successful candidate will be expected to provide the following documentation upon hire: Criminal Record Check (with Vulnerable Sector Search) Child and Adult Abuse Registry check. To reduce wait times on employment, we suggest that all applicants apply ahead of time. Please be aware that obtaining these documents does no quarantee employment.

For further information:

https://www.gov.mb.ca/fs/abuseregistries.htm http://www.winnipeg.ca/police/pr/PIC.stm#pic

Pulford Community Living Services Inc. offers meaningful work, competitive wages, flexible hours, and a health care spending account for part time employees. All interested applicants are to complete an application and submit a

To Apply: Call Amanda Langlois at 204-762-5050

Apply online http://www.pulford.ca/employment/apply DEADLINE TO APPLY: NOVEMBER 7TH

THERE WASN'T ANYTHING YOU COULD DO - SOMEBODY HAD TO WIN THE ELECTION.

CLASS A COMMERCIAL FISHING LICENSE FOR SALE

Phone 1-204-762-5798

Join the Highway #6 Driver Support Group on Facebook

> **REAL TIME UPDATES** 24/7/365

A GROUP FOR EVERY DRIVER IN CANADA

Winnipeg City Driving Updates also available FREE.

JOIN FREE HERE:

www.canadianhighwaysnetwork.ca

FALL LUBE SALE!

October 1 - 31 • 50¢ OFF all **Mobil Oil products**

25c OFF Phillips 66 Oil

N. THAGE ENT. INC.

#30 Railway Ave., Ashern, MB doddssiding@tcmsnet.com

Call Nolan today! 204-768-2081

PUBLIC NOTICE RM OF WEST INTERLAKE

Public Notice is hereby given under Section 194 of the Municipal Act, that the Auditors Consolidated Financial Report, for the year ended December 31st. 2017 together with related Financial Statements have been deposited in the Municipal Office; and are available for inspection by any person or their agent, during office hours, and that any person or their agent at their own expense may make copies of or extract information from.

Dated this 17th day of October, 2018

Reeve Randy Helgason RM of West Interlake

ENDS OCT. 26TH!! Thatsa Bowl 8-Pc Set



Angela Birdsall: 204-307-1200 • CHARMAINE THORLACIUS: YOUR LOCAL TUPPERWARE GAL

204-768-0164 / 204-768-3868 Check out my website for more offers! charmainemonk.my.tupperware.ca







Something to ponder

"A dream is a small hidden door in the deepest and most intimate sanctum of the soul, which opens up to that primeval cosmic night that was the soul, long before there was the conscious ego."

- Carl Jung



New physician accepting patients in Ashern and Eriksdale

• Dr. Christopher Okpaleke

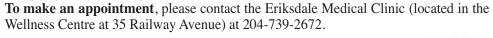
Dr. Sukhwinder Randhawa

Interlake-Eastern RHA is pleased to welcome Dr. Christopher Okpaleke to practice at Lakeshore General Hospital's primary care clinic in Ashern and Dr. Sukhwinder Randhawa to practice at the Eriksdale Medical Clinic.

Dr. Okpaleke received his medical training in Nigeria and looks forward to establishing his family practice in the Interlake-Eastern RHA. He says one of the things he enjoys most about his work is the opportunity to meet and help new people. When not practicing medicine, Dr. Okpaleke enjoys spending time with his family and playing outdoor sports such as soccer, basketball and, most recently, hockey. To make an appointment, please contact the Lakeshore General Hospital's primary care clinic (1 Steenson Drive, Ashern) at 204-768-3821.



Dr. Randhawa completed her medical training both in India and in Canada. The majority of her medical practice has been in rural health centres where she provided acute and emergency care and management of chronic disease. She says her "driving force" to become a physician came with watching her parents' passion for education and service to community while growing up in Punjab, India. In her free time, Dr. Randhawa enjoys spending time with her husband, daughter and son, doing yoga, and listening to music.



There are other new doctors recently starting practice across the region. To learn more visit: www.ierha.ca / News / Six new physicians joining Interlake-Eastern RHA clinics this October.



YOGA with Leila

FLOOR YOGA - \$8 per session @ at Grace Lutheran Church Tues. & Thurs. 10:30-11:30 am

• Monday 6:00-7:00 pm (stat Mondays will be on Wed. 6-7)

CHAIR YOGA - \$5 per session • Tues @ 2:00 pm at Glencora

Contact Patsy Klyne @ 768-2167 to register and for more info.



ATTENTION FAMILY **OF** WW1 VETERANS

November 11th 2018 marks the 100th anniversary of the end of WW1.

The Ashern Legion #57 is requesting information from relatives of WW1 veterans so we can honour them by having a Canadian flag placed upon their graves.

Information as to name of Veteran and location of grave may be **phoned** to Bill at 768-2745 or Frances at 768-2885 or **mailed** to RCL #57 Box 634 Ashern, MB R0C 0E0.

