

Manitoba Community Band Festival coming to Pinawa

The Manitoba Community Band Festival, featuring five of the province's finest community bands, will take place on Sunday, April 26th at 2:00 p.m. in the Pinawa Community Centre. This event, organized by the Manitoba Band Association, is held every two years. Eastman Community Band has hosted it since 2003.

The concert will feature the Eastman Community Band and, from Winnipeg, the Regimental Band of the Royal Winnipeg Rifles, the Northwinds Community Band, the Westwood Community Band and the Assiniboia Community Band. Each band will play

two pieces from its repertoire. As a finale, the approximately 120 musicians will combine under the baton of guest conductor David Heilmann to perform "Puszta," a wonderful suite of Hungarian gypsy dances by the Belgian composer Jan Van der Roost.

The Eastman Community Band selections will include a beautiful Cuban ballad, "La Bella Cubana," arranged by local resident and band member David Westdal. David recently took a student band from the Sunrise School Division to Cuba, where his arrangement received many compliments from Cuban audiences. We're sure that
Continued on page 2



Montage by Frank Walton, 2007

A special birthday for a special lady



Dina Brecknell was born April 19th, 1910 in Howell, Saskatchewan, but you won't find it on any map. The name of the town was since changed to Prudhomme.

Dina celebrated her 99th birthday in Saskatoon Sunday and enjoyed a lovely afternoon with friends and family, including her twins Don and Diane (photo).

Dina has remarkable recall of facts and everyday information from her early childhood in the 1920s through to the happenings in her condo building. She is often called upon for interviews relating to Saskatoon's history, including the upcoming 100th anniversary of Nutana Collegiate.

Dina is one of seven children born to Dutch immigrants; she has a younger sister (95) still living in BC.

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IS YOUR
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DUE?



Thank you for purchasing
The Paper

Age-Friendly Pinawa and Solo Market team up to deliver groceries

Age-Friendly Pinawa and Solo Market want to make grocery, pharmacy and deli shopping a little easier for seniors. If you would like to have your groceries gathered for you and delivered, here's the scoop and the process!

Phone Pat Porth, Resource Co-ordinator at Two Rivers Seniors (345-1227) and tell her you want to be put on the personal grocery shopping list. This starts two things happening – Pat arranges for a driver to deliver your groceries and lets Dean at Solo know how many customers he has to shop for.

Then **starting May 12** – on any **Tuesday** (yes, you get your Seniors discount!) you call the Solo store (753-2697) **between**

2 and 4 pm only and recite your grocery list to them. Be ready to specify quantities and sizes – you may not want a whole hand of bananas or a huge package of grapes or a large roast, etc. Then on Thursday the driver (paid \$5 by you) will deliver your groceries around lunch time. You can set up an account with the Solo store (ask Dean at Solo) or you can give them a credit card number when you phone in your grocery list.

Your pharmacy items can be delivered at the same time and you can also specify freshly made deli items to accompany your groceries.

So, for more details on the service and to get your name on the list call **Pat Porth at 345-1227**.

Band concert, cont'd

from page 1

Manitoba audiences will love it just as much. Our other piece will be a jazzy arrangement of "Puttin' on the Ritz," featuring Donna Wryryha on clarinet.

The Eastman Community Band, originally known as the Pinawa Community Band, was formed in 1985, and has since become a well-respected part of the Manitoba community band scene. Unlike many Winnipeg community bands, our band has always welcomed students into our ranks; in fact, it would be difficult to keep

the band alive without their participation. Last year, we adopted our new name to reflect our current membership, which includes music students from the Lac du Bonnet and Whitemouth schools.

Admission to the concert is \$5, with students admitted free. Refreshments will be provided during the intermission.

If you enjoy live band music and would like to support the local musicians, you won't want to miss this concert. See you there!

RCMP report

submitted by S/S Glen Reitlo
edited to include Pinawa content only

Thursday, April 9th, 2009

At 2:15 AM there was a report of a Break and Enter to the Pinawa Club in Pinawa. Matter is under investigation. If you have any information on this matter you are requested to contact your local RCMP or Crimestoppers @ 1-800-222-TIPS(8477)

Friday, April 10th, 2009

At 3:08 AM there was damage done to the Pinawa Youth Center. Three windows were smashed causing approximately \$2500 in damages. Matter is under investigation. Police are looking for information on this matter. If you have any information you are requested to contact your local RCMP or Crimestoppers @ 1-800-222-TIPS(8477).

At 4:40 PM there was a report of a Break and Enter to a residence in Pinawa. Matter is under investigation. If you have any information you are requested to contact your local RCMP or Crimestoppers @ 1-800-222-TIPS(8477).

At 8:00 PM there were reports of overage person hanging out outside of the Youth Center in Pinawa. A patrol was made but

subjects were gone.

At 9:25 PM a vehicle stop in Pinawa resulted in a search and charges of Possession of a Controlled substance and Possession of a Controlled substance for the Purpose of Trafficking.

At 10:40 PM there was a report of snowballs being thrown at a residence in Pinawa. No damages.

Saturday, April 11th, 2009

At 10:59 AM there was a report of a business being broken into in Pinawa. A check of same revealed that it was just a door left insecure and there had been no break in.

At 5:50 PM there was a false alarm to the Pinawa school.

Sunday, April 12th, 2009

At 4:51 AM there was a call of Arson at the Pinawa Pool. A boot rack had been set on fire. While members were responding to this complaint a second complaint was received of Mischief to a residence and arson to a truck in Pinawa. Two residents of Pinawa were arrested during the investigation and charged with numerous offences. Investigation continues into the matter.

More congrats in order for Andrew Davidson

The Gargoyle has won the Book-of-the-Month Club's First Fiction Award for 2008!

"The Book-of-the-Month Club First Fiction Award is granted annually by the club's editorial board to recognize an outstanding first work of fiction in the English language. The First Fiction Award, first given in 1995, represents the high standard of fictional writing published in the U.S. that the Book-of-the-Month Club wishes to honor in new novelists."



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\$30/yr w/i 65 km
\$35/yr Canada
\$45/yr Foreign
(includes GST & PST)

Fort Whyte trip inspires students in farming

by *Liam Hilliard, Grade 6 student*

Saturday, April 18, Pinawa Secondary students and Gilbert grade 6 students (now part of LIVE), went on a field trip to Fort Whyte, south of Winnipeg, to take a farming course and learn about growing crops and economically green ways to do it. They learned about the Fort Whyte Market, and how it sells fresh veggies to those who might not normally be able to afford them. They also learned how they grow crops in the winter, inside the farm/market centre, and how their newly built green greenhouse works. I could say that their favourite part overall was the prairie dogs. They were learning how the shape of the prairies

has changed and how it affects the land and the ground, but most of the students were attracted by the prairie dogs' antics! After that, the students headed back to the centre. There they learned about where the plants were originally planted and how the conditions they adapted to affected how the plants grew. The last thing they did was plant their own pumpkins. The guide said that these were no ordinary pumpkins, because they had been around since about the Red River Rebellion! Louis Riel could have had these pumpkins for pumpkin pie! Overall, it was quite a learning experience for every one of the students!



Mr Hanson examines a bison calf at the Fort Whyte Centre, while below a prairie dog entertains. Photos by Jordan Daymond



Toews announces more infrastructure funding

Vic Toews, MP for Provencher and President of the Treasury Board today welcomed the launch of the Federal Government's Municipal Infrastructure Lending Program, which will give municipalities access to the low-cost funding they need to move forward quickly on housing-related infrastructure projects.

"Municipalities with shovel-ready, housing-related infrastructure projects can begin applying, through Canada Mortgage and

Housing Corporation (CMHC), for direct, low-cost loans thanks to our Economic Action Plan," said Toews.

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Pinawa Players take "Here on the Flight Path" to Provincial Drama Festival!

Following the tremendous success of the Players' March production of "Here on the Flight Path", cast and crew are off to the provincial A.C.T. Festival (Association of Community Theatre), being held this year in Dauphin, May 1-3. At the Festival, community theatre groups from across Manitoba present plays or parts of plays up to an hour in length. Adjudication and workshops with theatre professionals follow each group's performance. It is always a fun filled 3 days with opportunities to connect with fellow thespians and share many theatre ideas and stories!

Director John Tait has been busy rehearsing *Act 2* of the hilarious and heart warming play,

"Here on the Flight Path" by Canadian playwright Norm Foster. The play is the story of recently divorced John (played by Daryl Woodbeck) and his friendships with the succession of three women who move in next door. In *Act 2* his new neighbour is Angel (played by Taryl Hodges).

In preparation for the Festival, the Players will be performing *Act 2* on Thursday, April 30, at 7:30 pm at the Community Centre. Admission is free!

The cast would really appreciate an audience and your support. So, if you missed the play in March or you would love to laugh again, please plan to join us at this send-off to A.C.T. Fest 2009!



What Every Good Fishing Guide Knows!

by Peter Pike
from the essays of local guide Stan Sysdek

Part 4: Temperature

Biologists consider temperature the single most important factor governing the location and behaviour of fish. Fish are cold-blooded animals, they cannot adjust their own internal body temperature. Don't run out and buy a thermometer or you will be

spending too much time taking temperatures and less time fishing. Warmer water is found near flats, swamps and small creeks in the spring. Colder water is found deeper or in good current areas in the summer.

Species	Lower Limit	Prime	Most Active	Upper Limit
	F (C)	F (C)	F-F (C-C)	F (C)
Bass - Largemouth	50 (10)	73 (23)	62-75 (17-24)	85 (29)
Bass - Smallmouth	58 (14)	68 (20)	58-73 (14-23)	73 (23)
Crappie	60 (16)	71 (22)	65-72 (18-22)	75 (24)
Muskellunge	55 (13)	63 (17)	55-72 (13-22)	72 (22)
Northern Pike	55 (13)	66 (19)	55-74 (13-23)	74 (23)
Perch	58 (14)	68 (20)	58-73 (14-23)	75 (24)
Trout - Lake	42 (6)	55 (13)	50-57 (10-14)	60 (16)
Walleye	50 (10)	67 (19)	55-74 (13-23)	76 (24)

Ice fishing for trout is in its last days. Lake trout and burbot are being caught in West Hawk Lake. Rainbow Trout are very active in Lyons Lake and Camp Lake. The new season begins on May 9 so get your tackle ready and re-spool those reels.

When a cold front comes in or any drastic change in air temperature occurs, fish turn off feeding altogether. When fish are adapting to temperature changes in the water they are unresponsive. They scatter about and tend not to school.

The fish's main concern is to find a place of comfort and security as they acclimatize. They often move into deeper water, where they become suspended, some fish hit the bottom mud layers or they hole-up in weeds. Presentations should be very slow as the bites will be very soft. Be ready! This is a time when fish prefer small bait, light jigs, and small lures. Live bait will be more productive than artificial bait. Get out those night crawlers or salted and live minnows. Apply scent to your plastic lures.

Ice fishing for trout is in its last days. Lake trout and burbot are being caught in West Hawk Lake. Rainbow Trout are very active in Lyons Lake and Camp Lake. The new season begins on May 9 so get your tackle ready and re-spool those reels.



SUMMER EMPLOYMENT OPPORTUNITY LdB Lifeguard/Instructor

The Winnipeg River Recreation District is now accepting applications from qualified persons for Lifeguard/Swim Instructors at the Town Dock in Lac du Bonnet, Manitoba. Applicants must have current CPR, First Aid, National Life Saving, and Water Safety Instructor. Lifesaving Instructor's certification an asset. Applicants must be 16 years of age.

Please send your resume along with copies of current certificates to:

Winnipeg River Recreation District
Box 852, Lac du Bonnet, MB
R0E 1A0
345-8816
E-Mail: reccom@mts.net

Deadline for Applications: Monday, May 5, 2008 at 4:00pm.
Only those selected for an interview will be contacted.



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CRIBBAGE RESULTS

Apr 14 - 1st place John Stefaniuk & Stan Petryk 844
 2nd place Leo Moloin & Al Lauze 823
 3rd place Doug & Bonnie Edkins 817
 24 hand Jim Bohn
 28 & 29 hand carried over

CRIB WILL END APRIL 28th

*Play Crib Tuesday afternoons @ the Club!
 Call Ken Kasprick for info 753-2978*

IS YOUR SUBSCRIPTION DUE

PLEASE RENEW BY EXPIRY DATE ON LABEL

Trades Instructor (Food Services), T11, Part-Time Term position

Manitoba Justice, Milner Ridge Correctional Centre Milner Ridge, MB
 Advertisement No: 20998 Salary Range: \$25.83 to \$30.44 per hour

Closing Date: April 28, 2009

Qualifications:

Completion of a recognized food services diploma/certificate and related experience in commercial cooking or equivalent combination of education, training and experience. Demonstrated experience/knowledge in food preparation, storage, sanitation and safety, portion control, menu planning/analysis, requisitioning, issuing and ordering supplies. Demonstrated experience training/instructing others and proven communication, organization, judgment, decision-making and interpersonal skills. Demonstrated experience modeling and maintaining a respectful workplace is necessary. Knowledge of Aboriginal culture, traditions and spirituality will be considered an asset. A current and valid Standard First Aid/CPR level "C", medical fitness report which addresses both physical and mental ability to do the job, and internal security checks including a Criminal Record and Child Abuse Registry Check are required. A satisfactory attendance record will be a factor in the selection process.

Your cover letter and résumé must clearly indicate how you meet the qualifications.

Duties:

This position is responsible for providing supervision and training to offenders while ensuring that meals are prepared in a safe/secure environment. Other duties involve food quality/quantity control, ordering and supply management, sanitation/hygiene and food storage.

Note:

This part-time position is an entry-level Trades Instructor position (Food Services) within Manitoba Corrections. Regular (permanent) full-time positions are subsequently filled with first consideration from the part-time pool. If you would like further clarification on this position – including probable hours available – please call 204.945.2776.

"We thank all who apply and advise that only those selected for further consideration will be contacted."

Apply to:

Manitoba Justice
 Human Resource Services
 1130 – 405 Broadway
 Winnipeg MB R3C 3L6
 Fax: 204.945.3764
 Email: hrjus@gov.mb.ca

Employment Equity is a factor in selection. Applicants are requested to indicate in their covering letter or résumé if they are from any of the following groups: Women, Aboriginal People, Visible Minorities or Persons With Disabilities.

Correctional Officer / Juvenile Counsellor Training Opportunities, OC1/JC1, Part-Time Term

Manitoba Justice, Corrections Division The Pas Correctional Centre, Manitoba Youth Centre, Headingley Correctional Centre, Milner Ridge Correctional Centre, Portage Correctional Centre, Winnipeg Remand Centre, Dauphin Correctional Centre, Brandon Correctional Centre, Agassiz Youth Centre.

Advertisement No: 20958 Salary Range: \$23.31 to \$29.02 per hour, **Closing Date: May 15, 2009**

Qualifications:

Manitoba Justice, Corrections Division is seeking dedicated, optimistic individuals who are committed to teamwork and have a genuine desire to help offenders/residents in their rehabilitation process, through case management and group programs which involve direct contact with offenders/residents.

Qualifications for Correctional Officer/Juvenile Counsellor include:

- Completion of a 10-week training program provided by Manitoba Corrections
- Current Standard First Aid and CPR level "C" (may be obtained while completing the training program)
- Full Class 5 Driver's Licence (Valid Driver's Licence is required to attend testing)
- Medical fitness report which addresses physical and mental ability to perform the job
- Criminal Record Check and Child Abuse Registry Check (A criminal record may not affect your eligibility).
- Demonstrated leadership, communication and interpersonal skills
- Problem-solving, decision making, stress management and conflict management skills
- Experience working with Aboriginal people, knowledge of Aboriginal culture and spirituality is preferred
- Flexibility and availability to work scheduled hours, shift work and short notice call-ins.

As part of the screening/selection process, you will undergo a series of tests to assess suitability, judgement and problem solving. Selected applicants will be interviewed. Upon successful interview, a 10-week mandatory training program is provided. Once you graduate, you will be hired as a part-time term Corrections Officer/Juvenile counsellor, with opportunity for regular (permanent) full-time positions.

The testing session will take place May 28 and 29, 2009, to fill our Fall 2009 training classes.

Your cover letter and resume must clearly indicate how you meet the above qualifications and provide your e-mail address.

As training opportunities are limited due to class size of approximately 30 we may also establish a list of candidates eligible for future opportunities.

Please note that eligible applicants who have attended previous testing sessions are strongly encouraged to re-apply.

"We thank all who apply and advise that only those selected for further consideration will be contacted."

Apply to:

Manitoba Justice
 Human Resource Services
 1130 - 405 Broadway
 Winnipeg MB R3C 3L6
 Fax: (204) 945-3764
 Email: hrjus@gov.mb.ca

Employment Equity is a factor in selection. Applicants are requested to indicate in their covering letter or resume if they are from any of the following groups: women, aboriginal people, visible minorities and persons with disabilities.

Community Consultation Workshop Summary

continued from last week

School Age Recreational Activities

There are a number of groups in the community that provide recreational activities for children and previous consultations indicated that there are a number of potential partnership opportunities between the community and the School District that could build on these existing programs. For example, representatives from these groups could make presentations to the schools to increase awareness and interest for youth participation in community programs, or to offer workshops or seminars in the schools. Schools could partner with recreational groups for the teaching and delivery of outdoor education programs. The School District can also support participation in different recreational ac-

tivities, storage of equipment used by community groups, early and joint planning for the scheduling of activities and providing an opportunity for groups to partner on insurance coverage.

In identifying the school age recreational activities and programs already occurring, Group #2 chose to identify those occurring in Pinawa as well as those offered in other communities that Pinawa children have the opportunity to participate in. Their list included the following with a note that readers could refer to the Pinawa Community Recreation Planning Information Gathering Document for more information:

In discussing what should be maintained, expanded or developed with respect to school age recreational oppor-

tunities that are positive and achievable over the next five years, the group identified and ranked the following in order of priority importance:

1. Outdoor Education
The participants felt that the existing outdoor education program offered by the secondary school should be expanded to include safety (e.g., snowmobile safety) and eco-education.

2. Increase Participation in Activities
The group identified the need to increase youth participation in recreational activities particularly by appealing to youth who are not currently involved in any recreational activities. This could include developing drop-in programs and more informal programs for students who are not interested in competition or who face economic barriers for participation.

3. Cultural Activities
Participants identified an opportunity to increase exposure to cultural activities available in the areas of music and art to our youth. Increasing exposure to what is available such as photography, pottery, quilting, etc., may lead to more involvement by youth in these activities.

4. Maximizing facility usage, availability, and access
The group felt that there should be more advertising and promotion of the facilities that are available for recreational activities for both formal and informal programs in the schools and the community.

They also suggested that the community be involved in consultations regarding any facility expansions or development. It will also be beneficial to have some form of community-wide coordination for a calendar of activities to avoid overlapping of activities and conflicting schedules.

5. Talent Development
Group participants felt that exposure to talent development should begin to take place during the elementary school years. Schools could partner together to promote student involvement in activities, and schools could partner with community clubs to enhance school-age recreational opportunities.

Community and School Communications

Previous consultations emphasized the importance of two-way communications between the School District and the community, and that this would help strengthen current relationships, and increase awareness of how connections between the community and schools can be made. Several communications mechanisms were identified such as: links to and utilizing each other's websites to announce upcoming events and posting newsletters; posting school events on outdoor signage at schools and on a communication board at the mall; submitting information for inclusion in the *Pinawa Life* electronic newsletter; announcing upcoming

See Consultation, page 8

BRIAN HUYCKE

Brian Huycke passed away suddenly at the age of 62 in Texas on March 24th, 2009. He is survived by his wife, Kathy (nee Doyle), a brother and two sisters. Brian and Kathy lived in the Pas for 35 years where Brian was Director of Income Security. They moved to Pinawa 5 years ago.



A Memorial Service will be held in Pinawa, MB at the St Francis of Assisi Church on Vanier Dr., Saturday, May 2nd at 10:30 pm Reception to follow at 6 Minto Place in Pinawa. A second Memorial Service and Reception will be held in The Pas, MB Saturday, June 27th at 11:00 a.m. at Hemauer's Funeral Home.

Interment to take place at Lakeside Cemetery in The Pas.



The Pinawa Christian Fellowship

a shared ministry of

the Anglican Church of Canada,
Mennonite Church Manitoba,
the Presbyterian Church in Canada,
and the United Church of Canada.

Sunday Worship at 10am in the FW Gilbert School

Our church office is in the Whiteshell Centre,
across from the Marina in Pinawa.
Contact: the Rev. Robert Murray
204-753-8439 pcf@granite.mb.ca
online calendar: pinawacf.blogspot.com

Bridge Bites

from The American Contract Bridge League
by *Brian Gunnell*

♠ K74
♥ A987
♦ A9743
♣ Q
North

♠ QJT3
♥ 4
♦ JT6
♣ T8652
West

♠ A2
♥ KQJT62
♦ K52
♣ KJ
South

♠ 9865
♥ 53
♦ Q8
♣ A9743
East

"A Double Order of Duck"

None Vulnerable

South	West	North	East
		1♦	Pass
1♥	Pass	2♥	Pass
4NT	Pass	5♥	Pass
6♥	Pass	Pass	Pass

West leads the ♠Q and, when Dummy goes down, Declarer can see that his 6♥ contract is quite hopeless. The ♣A must be lost and there is no way to avoid a Diamond loser. Declarer will win the opening Spade, draw trumps

and then cash the ♦K and ♦A before conceding the third round of Diamonds. When West wins the ♦J, he will quickly shift to a Club, and East's ♠A scores the setting trick before Declarer's Clubs disappear on the long Diamonds. Down one.

But that's not what happened! It's true, looking at all four hands, that 6♥ should go down, but West was looking at only two hands. Taking advantage of that, Declarer came up with a truly brilliant deception. He ducked the opening lead in both hands! The defense can now cash the ♣A to beat the contract, but it never occurred to West that his partner might have the ♣A and not the ♠A. So, naturally enough, West persisted with Spades. Imagine West's surprise when Declarer's Ace won the second Spade trick! Next, trumps were drawn, a Diamond was pitched on the ♠K, the ♦K was cashed, then the ♦A, and a Diamond was ruffed. Now there were two good Diamonds in Dummy, on which Declarer was able to pitch his losing Clubs. Making 12 tricks!

Almost unusual hand! Declarer started out with an inescapable loser in Diamonds and another in Clubs. But, thanks to that lovely first round double duck, he ended up losing a Spade but nothing else!

DUPLICATE BRIDGE RESULTS

April 22, 2009 AM

1. Agnes Swanson
2. Edith Olson
3. Zona Dmytriv
4. Walter Cochrane
5. Bob Shewfelt
- 6/7 Janet Dugle
- 6/7 Glenna Zetaruk

8/9 Wayne Stewart

- 8/9 Fjola Davidson
- 10 Barb Jones

April 13 Pairs

1. Cathy and Wayne Stewart
2. Ken McCallum /Chris Saunders
3. Mike Rutherford / Edith Olson
4. Heather and John Westdal

*Duplicate Bridge at the Pinawa Club
September to May*

Pairs bridge Mondays @ 6:30 p.m.

Individual bridge Wednesdays @ 9:00 a.m.

Visitors Welcome

*For more info. or to find a Monday evening partner:
Janet Dugle, Bridge Club Director, 753-2531*

GOODIES & GRUMBLES

☺☺ Four old guys set out to reposition one of the former RC Church cupboards in the Community Centre chair storage room on Wednesday evening. Five young guys showed up and made it possible. Much thanks to Allan Forbes, Brady Forbes, Matt Hampton, Kyle Sinkovits and Garrett Thomas from Barrie, Dennis, Derrek and Oliver. PS. We apologize to the Pinawa Library if all the noise we made detracted from the presentation on bats.

☺☺ to our great Volunteer Pinawa Fire Fighters for saving our pool

☺☺ to the LGD for help draining Lake Ryan. Thanks All!

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Or call 753-8879





THE
Biblio File
by Marg Stokes
753-2496

Pinawa Public Library
Community Centre on Vanier
Tues-Fri 1:30-4:30;
Mon-Fri 6:30-9:00; Sun 1-3pm
www.pinawapubliclibrary.com

**BATS IN YOUR BACKYARD or
"BATTY IN THE LIBRARY"**

Last Wednesday evening, Morgan Hallett, Senior Park Interpreter, North Whiteshell treated a large crowd to a very informative and entertaining presentation on bats. She gave an introduction to the bats that live in Eastern Manitoba including their descriptions, and their adaptations and challenges for survival. A draw was made at the presentation to give one lucky person a bat house to help attract these "natural" mosquito traps. Linda Huisman (our winner) is the person who will hopefully have the yard with the fewest mosquitoes this summer. As a fundraiser for the Pinawa Public Library, Bruce Goodwin has pre-cut a dozen bat house kits and is willing to take orders for more. The kits are com-

plete with everything you'll need to make your bat house, except for paint and caulking. The cost is a fee per bat house.

NEW CRIME – for all you "crime buffs" who have been chomping at the bit for some new reading material.

Executive Privilege by Philip Margolin

The Dante Trap by Arnaud Delalande

Head Wounds by Chris Knopf

Black and White and Dead All Over by John Darbtib

Everybody Knows this is Nowhere by John McFetridge

A Spoonful of Poison by M.C. Beaton

Three Weeks to Say Goodbye by C.J. Box

Angel's Tip by Alafair Burke

VOLUNTEERS FOR THE WEEK OF Apr 22-29, 2009

Wed. Apr. 22	Glenna Zetaruk	Gloria McAuley
Thurs. Apr. 23	Barb Jones	Lois Bernardin
Fri. Apr. 24	Sandra Ramsden	Shirley Nelson
Mon. Apr. 27	LIBRARY CLOSED	Mike Attas
Tues. Apr. 28	Donna Wuschke	Cindy Litke/Judy Ticknor
Wed. Apr. 29	Anne Quinn	No Volunteer

The Fire Kimonoby L/J/ Rowland

The Murder Stone by Louise Penny

Moriarty by J. Gardner

Hell Bent by W. Tapply

The Cleaner by Brett Battles

Bleeding Heart Square by Andrew Taylor

The Last Goodbye by Reed Arvin

West Side by John Mackie

NEW SCI-FI

Dragons of the Dwaven

Depth (Lost Chronicles Vol. 1) by Margaret Weis

The White Mountain by David Wingrove

The King of Beyond by David Gemmell

Matter by Iain M. Banks

The Cleaner by Brett Battles

NEW WESTERNS

Ambush of the Mountain Man by William W. Johnstone

The First Mountain Man: Preacher's Quest by William W. Johnstone

Consultation, cont'd

from page 5

events and community resources on Channel 12; articles on schools activities in the local papers; inviting the community to school events; and a monthly activity calendar that includes a schedule of when facilities are booked by community groups. It was suggested that there should be a community liaison person or someone assigned at each school to be the link between the schools and the community to share informa-

tion, investigate ways to access resources, and develop and maintain reference documents of use to both the School District and community groups. An annual community information night was also recommended, where the School District, community groups, and the Recreation Commission could provide information about and promote activities and programs that will be happening throughout the year.

**NOTICE OF ANNUAL
GENERAL MEETING**

**Pinawa Community Development Corporation
Annual General Meeting**

April 28, 2009

7:00 p.m.
Vanier Centre
Vanier Drive

Annual Memberships are \$10.00
Membership entitles you to vote at the AGM.
Members can nominate candidates or be elected
to the board.

Memberships and Board Nomination forms are
available at the PCDC office located in
the Pinawa Mall, 753-5170

IS YOUR SUBSCRIPTION DUE

**PLEASE RENEW BY EXPIRY DATE ON LABEL
TO AVOID DISRUPTION IN SERVICE**

**ROMAN CATHOLIC
St. Francis of Assisi
Parish of Pinawa**



SUNDAY MASS 9 a.m. ~ 37 Burrows Rd (Burrows & Vanier)

Priest: *Father Mirek Szydal* Lac du Bonnet, 345-2900
Parish Council Chair: Ben Metselaar 348-3757

Rec Scene

with Shawn Wilkinson, Recreation Director
Winnipeg River Recreation District

Spring and Summer Programmes

Drop in Recreation Basketball in finished for the season. Basketball will resume in the fall. Check the Rec Scene in September or call the Rec office for more information. Baseball, Soccer, Flag Football and more start soon. Call the Call the Rec Office today, 345-8816.

North Eastman Soccer Association

Registration night on Tuesday April 28th, at the Lac du Bonnet Community Centre, from 6:30pm – 7:30pm. Games begin the week of May 12. Players and Coaches needed! For more information, please contact the Rec Office today.

Junior Garden Club

Are you kids looking for a summer activity that is stimulating, healthy, social, active, and fun for all ages? Agassiz Junior Garden Club is looking for kids who would like to learn how to grow a small garden, do exciting garden related projects, make new friends, and win prizes for their flowers and vegetables at the Flower Show in August. Membership is free and monthly meetings are from May to August. For information about the club contact Jennifer at 348-7676 or Heather at 367-2832.

Lac du Bonnet Bowling Club

Another bowling season has come to a close. Our next season will begin in September. Anyone 14 to 18 years of age (called senior bowlers in the youth league) are welcome to join the LdB League, although there is a maximum of 3 (senior bowlers 14-18 years old) allowed on a team. We will have anywhere from 2- 4 open time slots in the evening for full teams of five. Any 14 to 18 years olds who would like to sign up, please call the Community centre at 345-6737, and leave a message for Jenny.

The bowling lanes are open Mon-Thurs, 9:00am to 4:00pm, Fridays 9:00am – 9:00pm and Saturdays 12:00noon – 5:00pm until April 24th. After the 24th, the lanes will open Tuesdays 3:00pm – 9:00pm. We're trying to get a ladies league going for that evening from 6:00pm – 8:00pm. We need 4 teams minimum to make a league for 10 weeks. We will also be open Thursday from 3:00pm – 9:00pm for public bowling. Fridays will be 4:00pm-9:00pm and Saturdays will stay the same until further notice. As always, please reserve a time slot for bowling and remember that we do offer bookings for private parties on weekends.

SCHOOL SCENE

by Tessa Trueman

Hey everyone! Did you know that LIVE sponsors a child through World Vision? Well, yes we do. His name is Mubarik Majeed and lives in Ghana. LIVE was formerly sponsoring a different child named Rangga Tricahya from Indonesia, but unfortunately Rangga has been withdrawn from the program. I'm sure most of you didn't know that LIVE was sponsoring a child in the first place.

Speaking of LIVE, LIVE visited Fort Whyte on Saturday to be educated on where our food comes from and the environment. We visited a year-round garden tour where we sampled some mint, visited a cold-climate solar-powered greenhouse (we were the first school group to see it), saw some bison (from a distance), goggled over some prairie dogs (I know they may be cute, but personally I really don't like them; watch them when food is near), and planted some heirloom pumpkin seeds. It was a very good day indeed.

On Monday, Mr. Reynolds from the Manitoba Robot Games came to our school (just Grade 8's on Monday morning), and the elementary school in the afternoon to make robots. Our school is making sumo robots. Once the sumo robots are complete, we will have a sumo battle thing. I wonder what the outcome will be since almost everyone has the same design.

Dance, dance, dance! There will be a Mardi Gras dance on April 23 from 4- 7 pm. Tickets are \$7 each. There will be a dinner, a live band, and a surprise skit!

With their own "Sister Act" and a repertoire of more than forty numbers, loaded with harmony, choreography, rhythm humour and boundless energy!



will be Performing in Concert
Saturday May 2, 2009
7:00 pm
Pinawa Community Centre

Sponsored by the Pinawa Christian Fellowship

Tickets: \$15 in advance, \$20 after noon May 2
Available at Book Break, Solo and from
Betty McCamis 753-2967



PINAWA ALLIANCE CHURCH

Living the Call Together
#1 Bessborough (at Burrows)

SUNDAYS 11:00 AM Worship Service

Sunday School 9:45 AM

Men's Prayer Meeting Mon. 6:00 AM
Ladies Prayer Meeting Wed. 9:00 AM

Pastor Brad Nelson 753-2927
office@pinawaalliance.com



Health Corner

Ask Your Primary Health Care Provider

Epidemic proportions!

What am I?

- In 2000 an estimated 150 million people had this?
- In 2025 an estimated 350 million people will have this?
- Adults use to only get me but now some children have me?

I am...Type 2 Diabetes.

Although experts predict that the number of people with diabetes will continue to increase, it is important to know that 30 to 60% of new diagnosis could be prevented according to Clinical practice guidelines for the prevention and management of people with diabetes released this past fall.

What is type 2 diabetes?

When someone has type 2 diabetes the body does not produce enough insulin or does not use insulin properly. Insulin is a

hormone produced in the body that allows carbohydrate (otherwise known as sugar) to enter the body's cells. Carbohydrate is the cells main source of energy. We get carbohydrates from many sources including: milk; grains and fruits. About half of our energy eaten in a day should come from carbohydrates. If our body does not produce enough insulin or can not use insulin, sugar stays in the blood thus causing an increase in your blood sugar.

Someone who has type 2 diabetes has either:

- A fasting blood sugar of 7.0 mmol/L or higher, or
- Elevated blood sugar taken anytime of the day higher than 11 with symptoms of elevated blood sugar. These symptoms can include frequent thirst, frequently urinating and unexplained weight

loss.

If you think you may have diabetes ask your doctor to check your blood sugar.

Prevention of type 2 diabetes

There are many risk factors for type 2 diabetes. Some risk factors you can not change such as: being over 40 years of age; high risk ethnic background or having a strong family history of diabetes. But there are things that you can keep in check to keep yourself healthy and lower your risk.

These include:

- ✓ Kick start your metabolism with breakfast and keep your metabolism going through the day by spacing your meals 4-6 hours apart.
- ✓ Eat your veggies like your Mom said. Vegetables, fruit and whole grain products are great sources of fibre and have many health benefits.
- ✓ Portion your plate so that ½ your plate is vegetables, a ¼ of it is starchy foods (grains, potato, pasta, and rice) and ¼ of it is protein (lean meat, poultry, and fish). Complete your meal with a cup of milk and a small fruit.
- ✓ Choose low fat food

choices such as lean meats and low fat dairy products as well as using low fat cooking methods such as barbecuing and baking.

- ✓ Snacks are great. Make them lower in fat and a source of fibre (2 grams or more).
- ✓ Drink at least 6 to 8 cups of water per day.
- ✓ Get 30 to 60 minutes of moderate activity a day (if you have been inactive or you have high blood pressure or a heart problems, speak with your doctor before starting any physical activity program).

For more tips on a healthy lifestyle or diabetes, check out the following web sites: Dietitians of Canada at www.dietitians.ca or North Eastman Health Association at www.neha-diabeteseducation.ca

If you have diabetes, make sure you see your nurse and dietitian every year for your annual diabetes check up. They will review your diabetes care and provide you with new information on how you can control your diabetes.

Submitted by: Trevor Forkheim, Clinical/Community Dietitian

Card of Thanks

Deepest gratitude from the Galeschuks and Hesselinks for all your warmth and caring expressed in so many ways over the last few weeks, after Dad's death. We have been comforted by your thoughtfulness, concern, prayers, stories, cards, hugs, flowers, donations, companionship and food. Both your empathy and sympathy have been greatly appreciated.



We also wish to express our humble thanks to the neighbours, EMS responders, hospital staff, School District family, and friends that responded most immediately to our needs that evening. You were amazing. We will never forget you.

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TUESDAY THURSDAY 9am to 2pm @ Whiteshell Centre (Book Break)

UPCOMING EVENTS

CHILI SUPPER FUNDRAISER FOR AFRICA 2009 - APRIL 22

@ Pinawa Alliance Church 5:00pm to 7pm - All Welcome
 Tickets available at the door: Nancy 2903, Martha 2791, Connie 8227

PINAWA HEALTH AUXILIARY PIE SALE

THURSDAY April 23, 2009 - Pinawa Mall, 10:00 am
 Donations of baking greatly appreciated
 Phone Christine: 753 8303 or Shirley 753 2549

LAST HOME ROUTES CONCERT IN PINAWA APRIL 25 @ 7:30

Ruth Minnikin sounds like a young girl and an old woman. She writes storytelling, baroque-folk songs, has been in the international music scene for ten years, featured as a guest singer/musician on over 45 albums and has three solo CDs. She's a touring machine that produces handmade CDs and visual art!!
 Call Fred or Darlene Hare to book tickets 753-2607.

MANITOBA COMMUNITY BAND FESTIVAL CONCERT

Sunday April 26, 2:00 pm, Community Centre auditorium.
 Admission at the door, free to students.
 4 guest bands from Winnipeg plus our own Eastman Community Band
 Info. Peter Hayward, 753-8338

KNOWLEDGE IS THE BEST MEDICINE

April 29, 2009 9:30 - 11:30 am at the Lac du Bonnet Health Centre.
 Call Pat at Two Rivers office to register 345-1227.

BLAZZ DUO AT McNALLY ROBINSON ON GRANT

May 1st from 8 to 10 pm featuring
 Tom Veal - Piano & Vocals and Meg Dolovitch - Bass

THURSDAYS LADIES GOLF STARTS MAY 7TH @ 9:00 AM SHARP

Please sign up in Pro Shop by noon Wed, May 6th. For more info call Pat 2916.

BUS TRIP TO FOLKLORAMA

A few spaces left on Bus Trip to Folklorama, August 11th. Visit 3 pavilions, dinner and bus. To reserve space or for more info regarding the fee, phone Lyn 753-2933.

PINAWA LIONS MEETINGS: FIRST & THIRD WEDNESDAYS OF EACH MONTH
 at 7:00p.m. at Pinawa Motor Inn

UPCOMING EVENTS ARE PLACED FREE OF CHARGE

Birthdays and Anniversaries

April 22	Sean Middleton	April 26	Liz Ellis
April 22	Joe McArthur	April 27	Kelly Hanna
April 22	Carol Sandul	April 27	Christel Aitkenhead
April 22	Ernie Bialas	April 27	Helen Andreychuck
April 22	Dieter Brand	April 28	Alex Simard
April 23	Michael Cavers	April 28	Matt Smith
April 24	Todd Sigurdson	April 28	Tiffany Hnatiw

PINAWA LUTHERAN CHURCH

25 Massey Avenue at Burrows Road
 753-2239

WORSHIP SERVICE: SUNDAY 9:15 am

Bible Study - 1st & 3rd Thursday 10:00 am
 Sunday School - Sunday 10:15 am



Evangelical Lutheran
 Church in Canada

For building use contact
 Ron at 753-8437

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FOR SALE

Computer and electronics, all brand new factory sealed and warranty. Canon SLR Rebel \$582.12, Lenovo Laptop \$600.87. Available from rlimshop.ca/pinawa. Free local delivery. 04-22x1npd

LOOKING TO RENT

PROFESSIONAL family with one child seeks house to rent in Pinawa or area for approx. 14 months. Please call Garth at 204-299-8611. 04-15x3npd

JEWELLRY SALE

GEOGEMS: semi-precious stone & silver jewellery Mother's Day Sale, 6 Tupper Place, Pinawa Apr 30 & May 1: 7:00 - 9:00 pm, May 2: 10:00 am to 4:00 pm Or call 753-8879 04-22x2npd

BUS TRIP

FREE Bus Trip Club Regent April 29. Bus leaves 9 a.m. Phone 345-2664 Roxy. 04-08x2npd

FOR RENT

OPEN space for rent at Industrial Park. Ideal for trailers, boats, vehicles. Call 753 2306 for details. 04-22x4npd

ROOFING

IS it time for a new roof? Call Paul Ruta for a free estimate. 204.348.7693 04-01x4npd

**LIONS HOME TOWN BINGO
EVERY TUESDAY @ THE CLUB
Early Bird Game 6:45**

Don't sweat the petty things and don't pet the sweaty things.

One tequila, two tequila, three tequila, floor.....

Atheism is a non-prophet organization.

I went to a bookstore and asked the sales woman, "Where's the self-help section?" She said if she told me, it would defeat the purpose.

NURSING A HEADACHE

Peter Taylor



A loud thud in the living room told us that an unusually large bird had just hit the window. Sharon looked out and saw a Pileated Woodpecker sprawled in the garden. Fortunately it picked itself up and flew across the road to a neighbour's tree, where it perched groggily for a while before disappearing back into the woods. This gave me a chance for some easy pics of one of our most spectacular resident birds. Both sexes have red crests, but the red patch near the bill identifies this one as a male.



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NEW! NEW! NEW!

19 DALHOUSIE - Gorgeous architect designed home built in 2007 has approximately 2000 sq.ft. of above ground living space. This home has been thoughtfully decorated and carefully planned with a soaring vaulted ceiling, main floor laundry and lots of closets and storage space. Main floor master bedroom has a walk-in closet and 3-pce ensuite and looks out onto a covered porch. Upstairs sunroom has an attractive view of the river. You'll be charmed and delighted with this home! \$349,555



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51 Cameron Rd. Custom built 3bdrm home w/double att/garage, full basement, ensuite. - \$249,900



43 Cameron Rd. Enjoy style and comfort w/ open design, 3 bdrms, ensuite, custom oak kitchen, full bsmt & Tripane Low E-Argon windows - \$240,000 + gst

For info on these or any Pinawa Properties please call:



Karla Elcock 753-8865 remax@granite.mb.ca

Al Shrupka 204-989-9000 al.remax@shaw.ca

www.pinawahomes.com

