

Loppet overcomes Arctic chill

by Paul Chambers



Photo by Stu Iverson

Despite the cold weather on the 25th, the Manitoba Loppet turned out to be a great success. This was the 33rd time this annual event has been hosted by the Whiteshell Cross Country Ski Club, and nearly 150 skiers showed up to brave the cold temperatures. The chilly, breezy day forced some race events to be shortened and the 50k event to be canceled, leaving skiers with four distance options instead of the usual five.

Participants were treated to a beautifully groomed course, winding its way across the golf course and along the majority of the other trails maintained by the ski club. The course was more interesting and challenging for skiers this year due to some innovative changes made to the

golf course route. This new route, concocted by our enthusiastic trails chair Romeo Bernardin and long-time club executive member Don Ewing, incorporates as much excitement and elevation change as can be found on the roughly 6 kilometers of golf course trail. These changes will also be part of the course used in the 2010 Western Championships to be hosted by WCCSC next season.

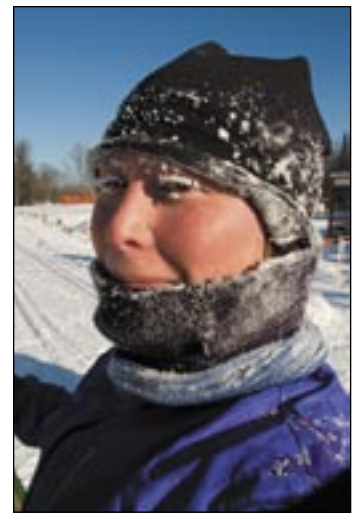
The overall male and female winners (for 25k event) were Steven Scoles of Red River Nordic (1:38:18) and Marlene Boersch of Prairie Storm (2:02:19). The winners of the male and female Whiteshell trophies were Peter Vilks (1:58:32) and Bryn Goodwin-Wallach (2:37:55). Also of note, former Pinawa Resident Stephen Cann placed fourth over-

all with a time of 1:48:41. Congratulations to all of you, and to the other 27 Whiteshell Ski Club members who participated! A complete listing of results can be found at the Whiteshell Ski Club website: <http://www.whiteshell-skiclub.com/Forms2009> Loppet Results.pdf.

The loppet host committee would like to give a big thanks to the Pinawa Club for hosting our event, Linda Krampetz for providing a great meal, Don Daymond for providing emergency medical assistance, and the LGD of Pinawa for building our snow bridge. We also owe a huge thanks to the large number of local volunteers who helped us make this event such a success and a joy for our participants. This event would

Continued on page 5

A Bryncicle



Bryn Goodwin-Wallach, immediately after finishing her race. Photo by Marilyn McNeill

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EDITORIAL

Several years ago I launched the idea to publish a new edition of Pinawa's history, a book that would tell of our beginnings in the early 60s through to our 40th anniversary (2003). Time and circumstances thwarted my efforts, and I agreed to join forces with the town to bring it to fruition. Here we sit two years after that and still nothing. Well, not exactly.

A very small committee of four has been brainstorming and coming to grips with the challenge of how best to approach the book idea. We've come up with the idea of building a living history via a new website, and we're very excited about it.

What is a living history, you ask? The history pages will document Pinawa's birth in the 60s through to the present, through articles submitted by various organizations (some of which we already have, see paragraph 1), photos and historical documents. Contributions from Pinawa's past and present are welcome, and they will have their own special place. There's a forum for folks to drop Pinawa a line (or put out a query for old friends and acquaintances), and even a blog spot. It becomes a living history through the contributions that will be sent in from people from all over the world as word of the site spreads. It will be updated as the town ages, as opposed to waiting for a milestone anniversary.

But what about the book, you ask? As we gather the information for the website, we'll be building a collection of articles and features to include in the book. We've hit upon a way to avoid having to pre-sell the book, and it will be available for purchase through the website and at various locations in town. The beauty is we can work on both projects simultaneously.

As I said, we're very excited about this project, and we're quietly soliciting members of the community to help bring it all together. I'll go out on a limb here and offer a twice monthly update on the project for *The Paper*.

The History pages are just one piece of the new website, though. At the risk of giving things away, if it has to do with Pinawa, you can find it on this website. The official launch is February 14, 2009. (Why February 14? Because I Love Pinawa!)

We will be asking for contributions in written form, and will provide the specifications for scanning photos. Everything can be uploaded to the committee via the website, where it will be edited if need be, then posted. Don't worry if you don't have a computer or a scanner, we can arrange to take care of those details for you. The easier it is for you to contribute, the more likely it is that you will.

When I put out the call for personal reminiscences years ago, I received very few. Our 'pioneers' and the people who moved here prior to the 70s have wonderful and unique stories to tell. Please capture your memories on paper for everyone to enjoy and we'll put them on a very special page on the website. FULL DETAILS NEXT WEEK!



Report from the Legislature

with MLA Gerald Hawranik

Critic for Justice and the Critic for Advanced Education

Manitoba Hydro Construction

Manitoba Hydro is preparing to reconstruct the Hydro Generating Station in Pointe du Bois. A great deal of preparatory work is currently being conducted and the economic impact of all of this activity is already being felt in Pointe du Bois, Lac du Bonnet and Pinawa. As the scale of operations increase, the economic impact will spread to Whitemouth, Beausejour, Powerview-Pine Falls and beyond. The cost of the project is expected to top 1 Billion dollars and much of the goods and services necessary for this project will be purchased in Northeastern Manitoba. Manitoba Hydro has already called for proposals for meal and accommodation services for employees and contractors who will work at the site and last week I took the initiative to send a proposal call to as many accommodation and food services within the Lac du Bonnet Constituency, so that our local business could take advantage of this opportunity. If you did not receive a package of information from me, please call the constituency office and I will send you one.

The reconstruction of the Pointe du Bois Hydro Generating Station is expected to employ at least 500 Construction, Engineering and other workers and is expected to last approximately 6 years. The reconstruction is a once in a lifetime opportunity to our businesses and our community and I hope that many of our businesses take advantage of this opportunity.

This is the largest and most costly infrastructure project ever undertaken in the history of Northeastern Manitoba and it will surely benefit Eastern Manitobans, particularly those in the Lac du Bonnet Constituency for generations to come through construction jobs, employment opportunities and training opportunities.

If you have any questions regarding this article, or any other issues or concerns in the Constituency, please feel free to contact me at 268-4664, write to me at Box 430, Beausejour, MB, R0E 0C0, email me at gerald@geraldhawranik.com or visit my website at www.geraldhawranik.com

Birthdays & Anniversaries

January 28	Vanessa Maslow	January 31	Gertrude Minton
January 29	Joe Ficko	February 3	Liam Hilliard
January 29	Frank Jacobs	February 3	Bev Barnsdale
January 30	Shirley Pellow		

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\$45/yr Foreign
(includes GST & PST)

High school curlers play first competition



L-R - Mike Lauze (skip), Gareth Senkow (third), Joe Stefaniuk (second), James McAuley (lead). The team placed 3rd.

Sixteen Pinawa high school students have been enjoying weekly curling sessions conducted by Deb Smith, with assistance from Jackie Scarlett and Louise Daymond.

Three teams participated in the Sunrise School Division tournament, hosted by Whitemouth School at the Whitemouth Curling Club Wednesday, January 21 to Friday, January 23. Teams from Beausejour, Lac du Bonnet, Pinawa

and Whitemouth competed.

Pinawa's teams acquitted themselves remarkably well against the more experienced Beausejour teams, especially when you consider that for all but two players, the fifth end on Wednesday was their first fifth end of a game, period.

Congratulations to all the players who can now add curling to the games they can enjoy for a lifetime.



L-R - Garrett Thomas (lead), Tyson Daymond (third), Alex Harding (skip), Joe Voth (second).

The only Pinawa girls team in the event. L-R: Katya Melnick, Marissa Borgford, Becca Hayes, Liz Cochrane. Missing from photo: Anna Macdonald.

Photos by Fred Senkow



GOODIES & CRUMBLIES

A huge thank-you to Paul Chambers and the crew for doing such a great job on the Loppet

Sharon's

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Biblio File
by Marg Stokes
753-2496

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

VOLUNTEERS FOR THE WEEK OF Jan 28-Feb 4, 2009

Wed. Jan. 28	Glenna Zetaruk	Gloria McAuley
Thurs. Jan. 29	Audrey Miller	no volunteer
Fri. Jan. 30	Evelyn Vandergraaf	no volunteer
Mon. Feb. 2	LIBRARY CLOSED	
Tues. Feb. 3	Carolyn Brady	Ann Sisler
Wed. Feb. 4	Marion Stewart	Paul Crosthwaite, Lyn Ewing

CHINA – TEN YEARS LATER
with Anita & Ron Drabyk
7 p.m., Wed. Jan. 28 in the
Library

Be in the Library tonight for Anita & Ron's presentation about their most recent trip to China. Their talk 10 years ago after their first stay China was fascinating, enjoyed by a large and enthusiastic audience and we are very pleased that next Wed. they will present highlights from their trip last summer. Please help welcome the Chinese New Year by joining us for a very interesting evening – coffee & tea will be available, everyone most welcome.

EVENING STORYTIME

In an early celebration of Family Literacy Day (Jan. 27), Jackie hosted an Evening Story-

time last Wednesday. Thanks so much to Amy and Rachel Froese for their stories and time. The children were captivated by the tales they told. Watch for another evening storytime coming up this spring.

BARGAINS ON THE SALE TABLE

Our used book sale table is bursting with new additions. At the moment we are offering a large selection of children's books. As well, videos are beginning to appear as we downsize our VHS collection to make room for new DVDs and we will also be discarding magazines from 2007 at \$2.00/bundle. Check our sale table for new bargains appearing daily.

NEW DVDS

Beginning to Throw on the Potter's Wheel

Beginning Handbuilding (Uma Thurman, Janeane Garofalo)
Ain't Misbehavin' (*Memoirs of a Geisha*)
Dragonfly (Kevin Costner) (*First Daughter* (Katie Holmes))
Willow (George Lucas, Ron Howard) (*White Squall* (Jeff Bridges))
We Were Soldiers (Mel Gibson) (**The Jane Austen Collection:**)
Notting Hill (Julia Roberts, Hugh Grant) (*Sense and Sensibility*)
War Games (Matthew Broderick, Dabney Coleman, John Wood, Ally Sheedy) (*Emma*)
The Truth About Cats & Dogs (*Mansfield Park*)
Persuasion
Pride and Prejudice
Northanger Abbey

CRIBBAGE RESULTS

Jan 20th - 1st place Ken & Faye Kasprick - 718
2nd place Carl & Shirley Kaminski - 707
3rd place Doug & Bonnie Edkins - 705
24 hand Ken Kasprick
28 & 29 hand carried over

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

The School District of Whiteshell

is seeking community input to:
assist in our long term planning;
identify community partners;
strengthen current relationships;
and **build new partnerships.**

Interested residents are encouraged to attend a

COMMUNITY CONSULTATION WORKSHOP

at the Pinawa Community Centre

- CONTINUATION SESSION -
Saturday January 31/09
from **9:30 a.m. – 3:30 p.m.**

Lunch to be provided.

Please RSVP to derousie@sdwhiteshell.mb.ca
or call the School District Office at 753-8366

Thank You



I wish to give a special thank you to Bill Guy who picked me up at the hydro station on Friday, January 23rd after a skiing accident and took me to the Pinawa Hospital. I also am very appreciative of Marilyn, and the nurse and Doctor who looked after me.

Thank you from Diane Loesch

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Health Corner

Ask Your Primary Health Care Provider

Alzheimer's Disease

Alzheimer's disease is a progressive, degenerative, disease of the brain which causes thinking and memory to become seriously impaired. It is the most common form of Dementia. Dementia is a syndrome consisting of a number of symptoms that include loss of memory, judgment and reasoning, changes in mood, behavior and communication abilities.

The disease was first identified by Dr. Alois Alzheimer in 1906. He described the two hallmarks of the disease:

"Plaques," numerous tiny dense deposits scattered throughout the brain which become toxic to the brain cells at excessive levels.

"Tangles," which interfere with vital processes eventually choking off the living cells. When the brain cells degenerate and die, the brain markedly shrinks in some regions.

At this time, we do not yet know what causes Alzheimer's disease, or how to stop its progression. Researchers have discovered that Alzheimer's disease:

- is not a part of normal aging,
- affects both men and women,
- is more common in people as they age, as most people with the disease are over 65,
- is not caused by hardening

of the arteries,

- is not caused by stress.

Scientists are looking at three areas:

- **Family history**

For a few families there is a definite connection between family history and Alzheimer's disease. While for others, a family history of Alzheimer's disease puts them at a greater risk than someone with no family history. Though knowledge in this area is growing, the connection to heredity is not fully understood.

- **The External Environment**

The cause of Alzheimer's disease may be in our environment, perhaps something in the water, soil, or air.

- **The Internal Environment**

Alzheimer's disease may be caused by something within the body. It could be a slow virus, an imbalance of chemicals, or a problem with the immune system.

Researchers today believe that there is no single cause of Alzheimer's disease. Instead, they believe it is caused by a combination of factors. There is still much that we don't know about the disease, but researchers continue to look for a cause.

Alzheimer's disease develops when the risk factors for the disease combine and reach a level

that overwhelms the brain's ability to maintain and repair itself. So reducing as many of the risk factors that you can makes good sense. By making healthy lifestyle choices, you may be able to reduce your risk and improve your brain's ability to sustain long term health.

Living with Alzheimer's disease at any stage can be very challenging. Whether you are the person with the disease or someone who supports them, it is normal to feel a variety of emotions including grief and loss throughout all stages of the disease. It is impor-

tant to acknowledge your feelings, care for yourself and seek the practical help and emotional support that you need.

The Alzheimer Society in your community can provide educational resources to help you learn more about the disease, referrals to help you access the practical support you need and the one-on-one group support, to help cope with the emotional impact of the disease. Contact your local Alzheimer Society or visit www.alzheimer.ca

Submitted by: Brigette Budgell RN

2009 Loppet, cont'd

from page 1

event would not be possible without the help of our sponsors, and they deserve thanks as well for supporting our event:

- RRR Realty
- Aquatic Life
- Sheppard Environmental
- Ken Young Dental Corporation
- Sunova Credit Union

- Granite Internet Services
- Solo Market
- PCDC
- Olympia Cycle & Ski (Portage Avenue, Wpg)
- Bikes and Beyond (Henderson Highway, Wpg)
- Lifesport (Pembina Highway, Wpg)

Winter Yoga Schedule 2009

8 week class
Start week of Feb 2

Evenings
Monday 7-8:30 pm *
Tuesday 7-8:30 pm Restorative Class
Wednesday 7-8:30 pm *

Mornings
Monday 9:30 -11:00 am Beginner (Chair Yoga)
Tuesday 9:30 -11:00am *
Wednesday 9:30 -11:00am *

* Classes, for those who has taken yoga before.
Restorative class - focus on poses that release fatigue, stress and strain.
Beginner Chair yoga— great for Seniors

Register by Jan. 30th.
Darlene @ 753-2607

www.unfoldingwellness.ca
Browse for details of a Self Care Workshop coming up

I would like to take this opportunity to thank the special people of Pinawa for the phone calls, hugs, cards, floral arrangements, baking & meals brought to us during & after Wayne's illness. Thank you to the people who sent donations to our excellent cancer care program here in Pinawa. To all our family and friends who rallied around us at that difficult time.

To Marcia thank you for the breakfasts, lunches & dinners you brought to the hospital on Wayne's final days. To the nurses, nurse's aids, and Doctors, who took care of Wayne at home and then in the hospital a special thank you.

Thank you to Dr. Spence for his very special phone call.

Once more thank you

Penny, Wendy, Michael, David & Amy

Novice come close

by Tom Hilliard

Pinawa Panthers Novice hockey team headed south to Iles des Chenes on Sunday for a game against the 4th place Black team. The Black, with a record of 8-1, should on paper have put the Panthers (2-7) away easily. But Pinawa played an almost flawless game, and although they lost on the score sheet, they won a moral victory.

The game was back and forth from beginning to end. Scott Lamb opened the scoring in the first period, giving Pinawa the early lead. Iles des Chenes evened it up before the end of the period. The second period saw Scott once again surprise the Black by putting Pinawa up by one. IDC replied by potting 2, leading 3-2 heading into the final period.

In the third, Anna Laliberte was tripped heading for the net, resulting in a rare penalty. On the ensuing Pinawa powerplay, Aidan Ticknor scored the equalizing goal, assisted by Madeline Tinant. Unfortunately, IDC scored again with only 5:01 on the clock and, try as they might, the Panthers could quite come up with another goal, leaving the final at 4-3 for the Black.

Cole Petersen played another strong game, and is really hitting his stride in the net. The defence also played another strong game, keeping Pinawa in it until the end. The two forward lines seemed to gel nicely, coming close on several occasions. Pinawa's next game is this coming Sunday at 2:00 PM at Orville Acres Arena vs. Steinbach Blue.

HOCKEY ACTION NEXT SUNDAY - 2 PM NOVICE, 3 PM ATOMS ORVILLE ACRES ARENA



Pinawa Panther Atoms in action.

Photo by Ron Drabyk

Pinawa Panthers Atoms played Lac du Bonnet in front of a large local crowd Sunday. One highlight of the game was Aidan Chapel's first goal. Quintan Podaima also had his first goal of this season. Eric Hessian, Kevin Lamb, Josh Hayter, Jesse Elcock, Kennedy Elcock, Quintan Podaima and Evan Buell scored or assisted in the rest of the goals. Mats Strandlund and Bob Nelson played a solid offensive game. The defense including Harry Leach in goal with David McLean, Eric Hessian, Abi Voth, Michaela Spence and Lian Drabyk keeping the puck in the opposition's zone. The opposition's goalie, Mason Molinski, held up well under the pressure. The Lac du Bonnet offense was able to score one goal. The Pinawa Atoms play next Sunday (February 1) at 3:00 against Springfield, following the Pinawa Novice game.

Thomson, James Lloyd

April 5, 1922 – January 15, 2009

Veteran of WWII, RCAF; retired from British American Bank Note Company, Ottawa; Past Master Chaudiere Lodge #264

It is with great sadness that we announce the passing of Jim (Tommy) Thomson on January 15, 2009 in the Pinawa Hospital, Pinawa, Manitoba at the age of 86. Loving husband of 66 years to Audrey (predeceased on December 29, 2008). Dear father of Richard Thomson (Vivian) of Pinawa, Manitoba, Judy (John) Moore of Newmarket, Ont., Betty (Ken) Desjardine of Brampton Ont. Much loved Grandfather to Clem Thomson (Darcy) of Winnipeg, Cam Thomson (Mona) of Calgary, Alberta, Bruce Thomson (Karen), Ian Thomson (Jen) all of Winnipeg, Manitoba; Amanda Moore of Newmarket, Shauna (Shawn) Finnegan of Peterborough, Stephanie Copeland (John Burchell) of St. Catharines. Proud Great grandfather to Travis, Cody, Ethan, Lane and Liam Thomson, and Hailey Copeland-Burchell. The youngest child of the late James and Ida (Gintie) Thomson (nee Cummings). Predeceased by his sisters Lillian Moodie (Howard) in 1952 and Marjorie Morrice (Charles), December 24, 2008. Jim and Audrey were born, wed and lived in Ottawa until they moved to Pinawa, Manitoba in 2004. He was a gift to us all and will be greatly missed as much as he was cherished.

The funeral was held Saturday January 24, 2009 in Ottawa.

In lieu of flowers the family asks that donations be made to Resident Council, Whitemouth Personal Care Home, Box 160, Whitemouth MB, R0E 2G0.

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DUPLICATE BRIDGE RESULTS

Mon. Jan. 19 Pairs

1 Bonnie Edkins / Doug Edkins	2 Walter Cochrane
2/3 Leon Clegg / Mike Rutherford	3 Barb Jones
2/3 Donna Wuschke / Marg Stokes	4 Lyn Grant
	5 Sharon Brehm

Wed. Jan. 21 Individual

1 Esther Wright	7 Donna Wuschke
	6 Ron Brehm

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Sunday School: Sunday 10:15 am

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Friday 8:00 am-6:00 pm
Saturday 10:00am-2:00 pm

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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

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LAC DU BONNET Part-Time Accounting position. Requirements: Service Oriented with Office Experience, Accounting, Computer, Analytical, and Strong Oral/Written Communication Skills. Forward resume: Brian@HnatiukAssociates.com or 345-0340 01-14x3npd

POWDER PUFF SKIERS

10 am at the end of 211 Jan 29
Call Elaine 753-2515

UPCOMING EVENTS

DREAMS OF CHINA - PINAWA PUBLIC LIBRARY PRESENTATION
TONIGHT 7 pm with Ron and Anita Drabky. Year of the Ox. Refreshments.

PINAWA SECONDARY BAND PROGRAM CITRUS FRUIT FUNDRAISER
Door-to-Door Sales, Feb. 2 - 17. For Info call Donna @753-2465

PINAWA HEALTH AUXILIARY MEETING FEB 3 7:00 P.M. AT THE LEWIS CENTRE

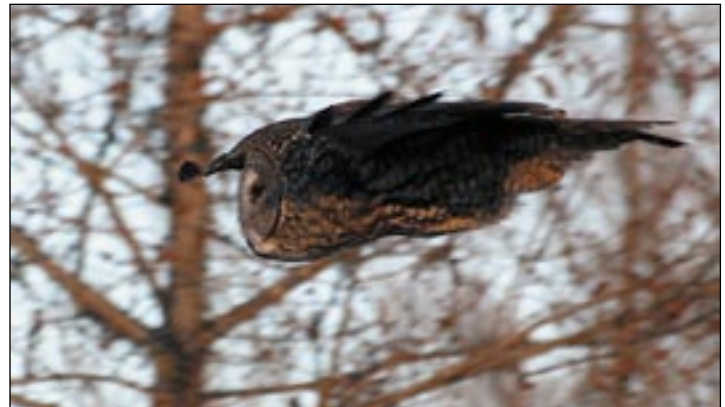
THE 50 PLUS LUNCHEON WILL BE HELD AT THE ALLIANCE CHURCH ON
Wednesday, February 11th at 12:00 noon. We will socialize after the luncheon

HURRIED WOMAN SYNDROME - A PRESENTATION FOR WOMEN AGED 25-55
Have you felt symptoms of chronic stress, including tiredness, increased appetite, weight gain, trouble sleeping, lack of motivation, feelings of guilt, or low self-esteem? Join Lisa Kroeker, NP, NEHA. FREE! To register call 345-8647. Choose either Wednesday Feb 25, 2009 at 7:00pm-9:00pm. NEHA Boardroom, Lewis Centre, Pinawa. OR Thursday, March 19, 2009 at 7:00pm-9:00pm. Mrs. Lucci's Café, Lac du Bonnet.

ANNUAL PINAWA LADIES' BONSPIEL MARCH 6, 7, & 8 THEME: IN THE JUNGLE
Beat the bushes and enter your team for a roaring good time!
Contact: Myrna 2649 or Pam 2171

A Flying Microphone

by Peter Taylor



Radio telescope, satellite dish, parabolic microphone, all are high-tech instruments that use a dish-shaped structure to focus and magnify a weak signal onto a special sensor, which converts the signal to a form that a computer can understand. Amazingly, the principle of these instruments was perfected long ago by Ma Nature. This shot of a Great Gray Owl emphasizes the dish-shaped face that focuses the distant sounds of mice under the snow, and the big head that houses the sensors and data processor. Eyes, wings, bill and talons all play key roles in securing an energy supply for this well insulated, mobile microphone. The importance of an owl's hearing is emphasized by the fact that this individual was blind in one eye but apparently thriving.



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We still have some 2009 calendars available.

If you would like one, please call Elaine at 753-2515



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1 DUFFERIN 1195 sq ft 3 bdrm home w/maple cabinets, FAE heat Central Air main floor laundry - \$197,500



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



53 CAMERON RD. 1348 sq. ft, 3 bdrm home w/full bsmnt, oak cabinets, open concept on gorgeous wooded lot. \$245,000 +gst



43 CAMERON RD. Enjoy style and comfort w/ open design, 3 bdrms, ensuite, custom oak kitchen, full bsmnt & Tripane Low E-Argon windows - \$240,000

For info on these or any Pinawa Properties please call:



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