

NEHA celebrates their staff and volunteers

North Eastman Health Association knows how to do a lot of things well, and one of those things is how to show their appreciation. They celebrated their Volunteer/Staff at a barbecue in their honour Monday. Gaily decorated open air tents provided much needed shade where volunteers such as the hard working ladies of the Health Auxiliary enjoyed a barbecue lunch and ice cold lemonade.

The food was served up and prepared by NEHA management and it was a wonderful opportunity to recognize those employees and volunteers with long service awards.

Approximately 70 people were in attendance for the Pinawa event. Separate luncheons will be held at each site in Whitemouth, Lac du Bonnet, Beausejour and Oakbank.



Photo by Don Daymond



'Basket' by Marilyn Berry; 'Nine-patch Garden' by Pam Haugen: Friendship Block Quilters. Photos by L. Huisman



On the trail with Valerie Pringle

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The Paper

Burger Boat under new management



The Burger Boat is offering up all kinds of great food once again, now under the management of Annette and Garry Fraik. All the usual great stuff, along with some new items that are sure to become favourites this summer. Welcome to Pinawa!

SARAH PROGRAM

SEXUAL ASSAULT RECOVERY AND HEALING VOLUNTEER TRAINING

submitted by Holly Parcey

Survivor's Hope Crisis Centre is gearing up once again to offer training for volunteers interested in supporting victims of sexual violence in eastern Manitoba through our SARAH program! A SARAH volunteer provides emotional support as well as information on local resources for the victim of sexual violence following a traumatic sexual experience. Do you have a big heart, a solid shoulder and compassion for victims of violence? After completing the application process the potential SARAH volunteer will be invited to participate in sexual assault crisis intervention

training Tuesday, September 29 (6-9), Saturday October 3 (9-5) and Sunday October 4 (9-5) at the Pinawa Hospital. The full 2.5 days of training must be completed to volunteer with the SARAH program. The SARAH program operates out of all three NEHA hospitals: Pine Falls, Pinawa, and Beausejour – each hospital having its own group of dedicated SARAH volunteers. Applications will be accepted until September 18th. To find out more about becoming a SARAH volunteer in your community please contact Holly by email at sarah@granite.mb.ca or call 753-3150.

Lac du Bonnet Regional Airport a growing concern

by Gordon Mills



Mayor Skinner prepares for a test ride with Provincial Helicopters, operating out of the Lac du Bonnet Regional Airport

Mayor Skinner, Deputy Mayor Patterson and Councillor Rattai attended the annual review of the Lac du Bonnet Regional Airport on Saturday. Provincial Helicopters, based on the Airport, demonstrated their outstanding capability providing test rides and information about their growing business.

Provincial operates a Helicopter Pilot Training program as well and six modern and fully equipped Helicopters for a large range of commercial use.

This year Aviation in Canada is celebrating 100 years of flight in Canada and the Lac Du Bonnet Airport was an early participant beginning its operation in 1926 with the establishment of a Royal Canadian Air Force base on the

site where the Airport is now located.

With the strategic location of our Airport future planning includes the development of a longer runway and specialized navigation facilities for use at night or in bad weather to increase the use of more airplanes as our community grows.

Today, Airports are the business front door that bring adventure, recreational visitors and customers for every business in the region.

Aviation provides fast access for people and materials needed by all manner of industry and they provide assured emergency access in times of crisis.

Our Airport is one of the keys to positive growth for the region.

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IMAGINE - the motto of Borders 2 Beaches

An enthusiastic crowd gathered at Rembrandt's Bistro last Wednesday evening to usher in the Borders to Beaches (B2B) Project – the major thrust of the Manitoba Recreational Trails Association (MRTA) and the Trans Canada Trail (TCT) in Manitoba this year. Premier Doer and Valerie Pringle of the TCT were on hand to launch the B2B Project, funded by three partners – the Canada Infrastructure Fund, the Manitoba government and the MRTA. The local Pinawa celebrities included: Mayor Blair Skinner, Marsha and Steve Sheppard, John and Heather Westdal, Janet Dugle as well as others from all the local South and North Whiteshell, Centennial, Pinawa, Bluewater and Red River Trail Associations. The B2B Project joins the TCT from the Ontario border to the Lake Winnipeg Beaches. It completes this 300 km stretch of trail where many boardwalks and bridges are required through wet spots and across rivers – projects just too large for local volunteers to complete.

What does it mean for Pinawa? Marsha Sheppard says “it brings \$180,000. of funding to the Pinawa TCT to build an all-season TCT trail from the Pinawa lagoons to the Seven Sisters dike and fixes a wet spot on the Red ski trail route that the TCT uses. We hope the ATV Club organization also will go after funding from the \$25M in grants available to prepare other routes that can get them safely out of town to areas that are attractive to their sport.”

Visit www.tctrail.ca or www.mrta.mb.ca for more info.



Valerie Pringle with John Westdal and Janet Dugle, kicking off the Border to Beaches project

Free Spirit Triathlon gives back to its volunteers



Kyle Wilken, far right, helps dole out contributions to the various volunteer organizations who assist with the Free Spirit Triathlon each year. Call Kyle if you can help out July 5 at 753-8397.

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Health Corner

Ask Your Primary Health Care Provider

Lyme disease

Lyme disease is an illness caused by the bacterium, *Borrelia burgdorferi*, which can be spread through the bite of the blacklegged tick, better known as the deer tick. The bacterium that causes Lyme disease is normally carried in mice, squirrels, birds and other small animals. This bacterium is transmitted to ticks when they feed on these infected animals and then to humans through the bites of the infected ticks. Although, dogs and cats can contract Lyme disease, there is no evidence that they can transmit the infection directly to humans. Pets can, however, carry infected ticks into your home or yard.

Though closely related to insects, ticks are actually a type of mite. Ticks vary in size and color;

blacklegged ticks are very small. Before feeding, adult females are approximately 3-5 mm in length and red and dark brown color; following a blood-meal, females can be as large as a grape. In the pre-adult stages, young ticks are smaller and lighter in color, when unfed. Ticks are usually picked up when brushing against vegetation and once on bare skin they attach by their mouth parts. The risk of contact with ticks begins in early spring when the weather warms up and lasts through to the end of fall. Research has shown that blacklegged ticks can be found in all areas of Canada. It is presumed that these ticks are introduced into these areas by migratory birds. About 10% of these ticks are infected with the Lyme disease agent.

Although the symptoms and health effects will vary from one person to the next, Lyme disease is often described in three stages. The first sign of infection is often a circular rash. This rash occurs in about 70-80% of infected people and begins at the site of the tick bite after a delay of three days to one month. Additional symptoms may include fatigue, chills, fever, headache, muscle and joint pain and swollen lymph nodes. If untreated, the disease progresses into the second stage which can last several months. Symptoms of this stage include migraines, weakness, multiple skin rashes, painful or stiff joints, abnormal heartbeat and extreme fatigue. If the disease continues to progress, the third stage of Lyme disease can include symptoms such as chronic arthritis and neurological symptoms, including headaches, dizziness, numbness and paralysis.

Fatalities from Lyme disease are rare. However, if contracted during pregnancy, Lyme disease can pose serious health risks to the baby, including stillbirth. Lyme disease can be treated effectively with antibiotics. A full recovery is more likely when treatment begins in the early stages of the disease. Undiagnosed Lyme disease may develop into chronic illness that can be difficult to treat.

To minimize your risk of exposure to Lyme disease, find out from your local public health office if there are ticks in your area, especially blacklegged ticks. If you are going to spend time

outdoors in wooded areas, or tall grass that may be tick-infested:

- Wear light-colored, long-sleeved shirts and pants. The light colors will help you see whether there are any ticks on you. Tuck your shirt into your pants and pull socks up over your pant legs. This will keep ticks away from your bare skin.

- Wear shoes that cover your entire foot. Avoid sandals or open shoes.

- Spray clothing and exposed skin with an insect repellent that contains DEET. Read and follow the manufacturer's directions for safe use.

- After finishing your outdoor activity, check your clothing and your entire body for any attached ticks.

If you find a tick attached to your skin:

- Use tweezers to remove it. Grasp the tick's head and mouth parts as close to your skin as possible and pull slowly until the tick is removed. Be careful not to twist, rotate or crush the tick during removal.


- Once you have removed the tick, use soap and water to wash the spot where you had been bitten. You may also disinfect the bite area with alcohol or household disinfectant.

- Try to save the tick in an empty pill vial or a doubled zip-locked bag. If you develop any symptoms of Lyme disease, the tick can be sent to a laboratory for identification and this may help diagnose your illness. It may also

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THE **Biblio File**

by Marg Stokes
753-2496

LIBRARY TEA & OPEN HOUSE

2-4 p.m. Thurs. June 18

Be sure to remember our Tea & Open House tomorrow afternoon. Explore your Library, and enjoy some good company and good snacks along with a cup of tea or coffee. You might even win one of our book prizes just for showing up! As well, Pinawa Secondary School is holding an open house for their Courtyard Ecosystem Garden from 1:15 until 3 p.m. – make an afternoon of it.

BOOK SALE

Our ongoing book sale is, well, ongoing! More than a book sale, we also have some videos and magazines as well as some clear plastic VHS cases that are free to anyone who has a use for them. The material changes frequently, you never know what you'll find. These sale items, as our regulars know, are located in the foyer of the Community Centre – browsing and purchasing is not restricted to Library open hours. If you find a treasure when we're not open, either throw some coins through our book drop or pay for it next time you're in the Library. Chances are it won't be there next time if you walk away without it.

CELEBRATE SUMMER RAFFLE

Just one month until the Pinawa Birthday weekend and

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

the draw for our Summer Celebration raffle. Do you have your tickets yet?

NEW CRIME

When She Was Bad by Jonathan Nasaw

Our Lady of Pain by Elena Forbes

Six Seconds by Rick Mofina

NEW FICTION

The Comforts of a Muddy Saturday by Alexander McCall Smith

Attachment by Isabel Fonseca

Cutting for Stone by Abraham Verghese

The Tristan Chord by Bettina von Kampen

The Almost Archer Sisters by Lisa Gabriele

Men of the Otherworld by Kelly Armstrong

Testimony by Anita Shreve

To Whom It May Concern: A Devine Economy of Salvation by Priscila Uppal

NEW NON-FICTION

A Shadow on the Household: One Enslaved Family's Incredible Struggle for Freedom by Bryan Prince

A Place Within: Rediscovering India by M.G. Vassanji

Roads to Quoz: An American Mosey by William Least Heat-Moon

Dust From Our Eyes: An Unblinker Look at Africa by Joan

VOLUNTEERS FOR THE WEEK OF June 17-23, 2009

Wed. June 17	Bette Duclos	Carol Findlay
Thurs. June 18	Brenda Morash	Faye Buchanan
Fri. June 19	Betty McCamis	Sarah Westdal
Mon. June 22	LIBRARY CLOSED	Mike Attas
Tues. June 23	Donna Wuschke	Cindy Litke, Judy Ticknor
Wed. June 24	Glenna Zetaruk	Gloria McAuley

Baxter

Champlain's Dream by David Hackett Fischer

NEW SCI-FI/FANTASY

Requiem for the Sun by Eliz-

abeth Haydon (Symphony of the Ages #4)

The Jaguar Knights by Dave Duncan

Evolution by Stephen Baxter

GOODIES & GRUMBLES

☺☺ Thank you to Tom for replacing my gate that fell off, making him late for a golf game on Sunday afternoon. [SR]

☺☺ to our congenial neighbor who returned our trash can to the top of the driveway every Thursday for the past year. [OL]

**DEADLINE FOR ADS AND ARTICLES:
FRIDAY AT 5 PM UNLESS PRE-ARRANGED**

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Sunday, June 21st 9-1pm

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Bridge Bites

from The American Contract Bridge League
by *Brian Gunnell*

“A Trump Demotion”

If you've been following this month's series of articles, then by now you are familiar with trump promotions. They are not so difficult once you get the hang of them, but it takes real talent to organize a trump demotion! Observe this tragic E-W performance:

♠ T64	♠ QJ3
♥ T832	♥ QJ976
♦ 3	♦ AJT
♣ AQJ87	♣ 65
North	
♠ AK	
♥ Q97652	
♦ T9432	
♣ K	
South	
♠ AK98752	
♥ 54	
♦ K84	
♣ K	

E-W Vulnerable			
West	North	East	South
	Pass	Pass	1♠
Pass	2♠	Pass	3♠
Pass	4♠	All Pass	

Looking at the N-S hands, playing in 4♠, you can see three top losers in the red suits. Of course, when playing the trump suit, Declarer will play the ♠A first. Most (89%) of the time trumps will be 2-1 and there will be 10 easy tricks. But this deal is in the unlucky 11%, and so Declarer is destined to go down one.

But, no! Here come E-W, galloping to Declarer's rescue! West's opening lead is the ♥K, followed by the ♥A. This sequence of plays cleverly shows a double-

ton in the E-W methods (with a longer suit, this pair would lead the Ace first). Then a Diamond switch is won by East's Ace, and a Heart comes back. Declarer ruffs

resignedly with the Nine and, when that unexpectedly holds, the jig is up! Declarer now has no trouble working out the trump position, and crosses to Dummy (twice if necessary) to finesse East out of his ♠QJ3. Making 10 tricks!

It was not too smart of West to advertise a doubleton Heart when he had no trumps with which to ruff the third round. And

East, knowing the trump situation, might have done better not to play that third round of Hearts (although a suspicious Declarer would surely have smelled a rat if East had *not* done so). So, there you have it, the dreaded trump demotion!

Visit www.acbl.org for more information about the fascinating game of bridge or email marketing@acbl.org.

Birthdays and Anniversaries

- | | | | |
|---------|-----------------|---------|----------------|
| June 18 | Katie Sheppard | June 21 | May Heinrich |
| June 19 | Robert Gowryluk | June 21 | Rebeka Hayes |
| June 19 | Tony Wiewel | June 22 | Sabrina Currie |

June is Thyroid Month.
Thyroid Foundation of Canada
provides Education and Support on Thyroid disease. For more information call 1-800-267-8822.

PINAWA LUTHERAN CHURCH
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WORSHIP SERVICE: SUNDAY 9:15 am
Bible Study - 1st & 3rd Thursday 10:00 am
Sunday School - Sunday 10:15 am



For building use contact
Ron at 753-8437

A Taste Of The East - Cre8ery Art Gallery
125 Adelaide St., 2nd Floor, Winnipeg, MB

Opening Reception
Thursday, June 18, 6:30 - 9:30 pm


Exhibition hours:
Tuesday - Saturday noon - 5 pm
Monday & Thursday evenings
6 pm - 10 pm

Show runs until June 30, 2009
Show includes carefully chosen examples of work from prominent & emerging artists in Eastern Manitoba.

Media displayed will include acrylics and oils, photography, glass porcelain and fibre.

Brenda McKenzie
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Gail Penner
Darlene Omichinski
Arlene Omichinski
Noella Semko
Annemarie Layman
Michele Campbell
Pat Findlay
Kim Gwozdz
Mark Kosatsky
Lori Zebiere
Dianne Letherdale Johnson

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The Pinawa Christian Fellowship
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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

What's wrong with this picture?

There are no end of beautiful, scenic spots in which to enjoy a lovely picnic around town. But why leave your garbage behind?

Whoever littered this lovely view would not have chosen to sit there in the first place if they had

come across it looking like this.

Please keep our trails and shorelines free from litter and debris. Pets can easily be injured by cut glass or fishhooks, as can anyone out rafting shoeless on a sunny afternoon.



Photo by Nancy Bremner

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Lyme disease,

continued from page 4

help public health workers identify areas of higher risk for Lyme disease.

➤Contact your health care provider right away if you develop a rash or any other symptoms of Lyme disease.

Submitted by: Laura Gmitter-ekSource: Health Canada

Here's a thought ...

Several neighbourhoods in Pinawa might be eligible for this:

If you provide the food, water, shelter and space wildlife need to survive, you can apply to the Canadian Wildlife Fund for backyard certification. I'm sure the deer would be thankful. They couldn't be any more plentiful.

Sharon's
4 Willingdon

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Family Hair Care

UPCOMING EVENTS

HEALTH AUXILIARY SPRING LUNCHEON THURS., JUNE 18TH
Alliance Church from 11:30 am to 1:00 pm

PINAWA PUBLIC LIBRARY TEA & OPEN HOUSE
2-4 p.m. Thursday June 18 Explore your Library!

ST FRANCIS OF ASSISI RC PARISH FUNDRAISER
Cookbook sales "... more than just recipes ..." at the Mall Kiosk

FOOD FOR THOUGHT - POTLUCK PICNIC THURSDAY, JUNE 18
Pinawa Beach 11:30-1:30

CELEBRATE CANADA PICNIC MONDAY, JUNE 22
F.w. Gilbert School Gym
Hot dog lunch/entertainer/silver collection 11:30-1:00

SCHOOL BOARD MEETING JUNE 23 @ 7:30 PM

ALZHEIMER WALK WITH THE GRADE 3 CLASS SENIORS WISHING TO JOIN US CALL 753-2559.

PINAWA WALK WEDNESDAY, JUNE 24TH FW GILBERT SCHOOL 10:30 AM
Take Steps Now! - to show people with dementia you care! The Alzheimer Society's annual Memory Walk is our biggest fund raiser of the year! Ask a friend and put together a team - it's really a fun event! You can register online and collect pledges at <https://www.alzsecure.com/1memorywalk2009/private/home.php> or call: 204-268-4752 or email: alzne@alzheimer.mb.ca

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

UPCOMING EVENTS ARE PLACED FREE OF CHARGE
Entry fees, admission prices, sales item prices are all considered advertising.
Rule of thumb: if you charge, so must we (but we're very reasonable!)

Volunteers are needed for the Free Spirit Triathlon
Sunday July 5.
Please call Kyle Wilken 753-8397.

Not exactly how I learned

TEACHER: Maria, go to the map and find North America .

MARIA: Here it is.

TEACHER: Correct. Now class, who discovered America ?

CLASS: Maria.

TEACHER: John, why are you doing your math multiplication on the floor?

JOHN: You told me to do it without using tables.

TEACHER: Glenn, how do you spell 'crocodile'?

GLENN: K-R-O-K-O-D-I-A-L'

TEACHER: No, that's wrong

GLENN: Maybe it is wrong, but you asked me how I spell it.



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Thur 9:00 am - 7:30 pm
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Frogs in Their Elements

by Peter Taylor



Amphibians are animals that (in most cases) spend part of their life in the water and part on land. I was able to illustrate this point with three photographs of Wood Frogs, taken within five minutes along the Trans-Canada Trail near Pinawa on a recent afternoon (June 7). One was hiding in leaves on the forest floor, one was floating on a small woodland pool, and the third dove to the bottom of a pool when I disturbed it. The dark "highwayman's mask" is a helpful mark to identify this species.



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19 Awanipark \$229,900: 1460 sqft, 20x24 garage, gorgeous 90x200 lot.

For info on these or any Pinawa Properties please call.



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

www.pinawahomes.com

