

# Pinawa riders dominate KOM races

by Frank Walton

Last Friday's downpour was right on schedule to "freshen" the courses for the Kids of Mud (KOM) provincial mountain bike races held in Pinawa on Saturday, May 23<sup>rd</sup>. The Whiteshell Cycling Club riders had been practicing hard in the mud and on the granite outcrops for weeks and they were rewarded with 11 top-three finishes against teams from across Manitoba.

The weather on Saturday was perfect for bike racing with clear skies and temperatures in the mid-teens. A total of 139 riders and their families turned up to participate in the races at Pinawa's two race sites.

Races for the younger riders were held at the Devonshire Park site. All the Pinawa male racers finished in the top 10 of the 25 racers in the U9 race with Scott Lamb finishing 2<sup>nd</sup> in a hard fought race right to the finish line. The girls U9 race was dominated by the team of Elizabeth Hayter, Rebecca Tinant and Eve Laliberte who finished first, second and third respectively.

The races for the U11 to U17 age groups were all held on race courses across the diversion dam on the Trans Canada and Red X/C Ski Trails. The race courses started in the parking lot at the end of Hwy 211 and proceeded across the diversion dam and the wooden bridge onto the Red Ski Trail system. The northern loop of the Red Trail system is largely



characterized by granite outcrops and is relatively dry as shown in the picture of Liam Hilliard. The southern loop, however, contains Pinawa's famous 30-m long mud-hole; which can literally swallow inexperienced riders and their bikes. While this latter feature may seem odd to adult "dry-landers", the kids would never allow the organizers to remove this signature feature of the race course. This is kid fun! The picture below shows Cole Henschell fighting his way through the mud.

Pinawa's young Anna Laliberte had an outstanding race, lapping her competition to take first in the U11 girls race. The U11

boys had stiffer competition and finished in the middle of a strong group of 29 racers. Pinawa's older and more mature riders dominated this course with 6 top three finishes. In the U13 races, Abi Voth took a second in the girl's race. Josh Hayter and Cole Henschell took first and third respectively in the boys U13 race. In the U15 category, Hannah Voth and Marrison Buell took first and second respectively in the girls race; and Jon Hayter took first in the boy's race. Overall, it was an outstanding effort by all the Pinawa riders – many participating in their first mountain bike race.

The Pinawa race was co-spon-



Left, Cole Henschell [Derek Owen]; above Liam Hilliard [Frank Walton]

sored by the Whiteshell and Wolseley Wheels Cycling Clubs with a big thanks going to our coaches, volunteers and officials who made this event possible. We would also like to thank the Whiteshell Cross Country Ski Club for the use of their trail marking equipment and to Paul Chambers with his team of Andrew Chambers and Susan Barnett who provided the state-of-the-art timing and data logging system. The cooperation of the LGD in leveling the parking lot at the end of Hwy 211 is also greatly appreciated.

[Next week's edition will have a table of the race results; we apologize for the lack of space this week.]

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by Lori Robb

Did you know?

More women die from heart disease and stroke than from cancer

Most women only have 1 heart attack

On Monday June 15, 2009 the BIG BIKE RIDE season gets rolling with the Strong Women, Strong Hearts ride through downtown Winnipeg; I will be riding along with 28 other strong women to help bring awareness to women's distinct heart and stroke issues.

As a survivor of a heart attack, not only do I consider myself very fortunate, I feel

a responsibility to inform people about heart and stroke issues as they pertain to the women in our lives. Think of all the great women in your life; your partner, daughter, sister, mother, aunt, grandma, best friend; teacher, neighbours; ask yourself how empty your life would be without them.

Wednesday June 3, 2009 I will be at the kiosk in the Pinawa Mall, from (10 am to 2 pm) asking if you will help me raise the \$1,000.00 needed to participate. Let's work together so the Heart and Stroke Foundation can help improve women's odds of a longer and heart healthier life.

## ORV by-law given first reading at Special meeting

A controversial Off Road Vehicle (ORV) by-law was given first reading at a special meeting of Council Monday night. The document was drafted by Councillor Lloyd Rattai and has 20 paragraphs that detail where and when ORVs may be operated within the town limits.

The meeting was attended by 10 members of the public on both sides of the issue. None were

there as a delegation, therefore there was no opportunity for public input or inquiries.

Councillors Patterson and Rattai moved and seconded the first reading, respectively, while Councillors McMurren and Elcock were opposed. McMurren doesn't feel it's necessary, while Elcock feels more consultation from the users is required. The motion passed.

## Condolences

Sympathies are extended to the family and friends of Andy Gerwing, who passed away May 21, 2009 at 61 years of age. He is survived by his wife Joanne, sons Jeff, Steven and David and their families. Andy was a former employee of AECL who helped found Channel Systems.

Memorial services were held this week. Full obituary notice can be found at [www.passagesmb.com](http://www.passagesmb.com)

## Tooting their own horns

At the Spring Concert Peter Hayward was formally awarded with the Bob Day Memorial Trophy, given to recipients such as Peter who promote and support community bands in the province. Peter, in addition to being a fantastic trumpet player, dedicates many hours to directing and organizing the band and the honour of receiving the trophy is evidence that his reputation spreads far beyond Pinawa's borders. His band members and fellow musicians surprised him with the formal presentation and a gift prior to the conclusion of the concert.



Photos by Stu Iverson



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# Many thanks

by Sigga Schofield

Cancer canvassing is over and I have the results. I have to say I am overwhelmed. I would like to take the time right now to say thank you to two groups of people: the givers and the takers.

The first group is the Givers. These are the people who answer the doorbell. They open their hearts and their wallets. Thank you so much for helping Manitoba. Without you there is no research and no hope. The best part is that the money we collect stays right here in Manitoba helping Manitobans.

The second group is the Takers. These are my volunteers. There would be no Cancer canvassing without these people. For each and every volunteer there is a reason for volunteering. For me I have lost most of my family to this disease. This year is no exception. We also lost our good friend Ian and even our little dog Blizzard this year. This is why I go out. I REALLY HATE THIS DISEASE. This disease gives no quarter and leaves no stone unturned. All of my volunteers have a reason for heading out the door and for that I am grateful.

I have to tell you that I was worried this year. Everyone was and still is talking recession. The weather was, well - the weather. What can you say about it, Welcome to Manitoba. As my first year being the Cancer Area Manager (another title for my resume) I thought if we brought in half of last year's amount I would be happy. Well as the kits started to come in and I started doing the totals I have to tell you that I did my own happy dance in my living room. It wasn't a 49 million dollar happy dance, but for me it felt like 49 million because despite the recession, the weather, all the other cancer donating going on, we surpassed last year's total. So take a moment to give yourself a pat on the back, do your own happy dance. My hat is off to all of you in Pinawa. I thank the givers so much, you have no idea. And my takers, I give thanks that you step up to the plate every year to help a great cause.

Thanks so much.

# Nursery School Graduation 2009



These charming young people have just completed their final year at the Pinawa Cooperative Nursery School. They have all said that they are ready to start Kindergarten as soon as the elementary school will accept them. Pictured are Kaitlyn Elliott, Marcus Holmlund, Adrian Kauenhoven, Nadia Laliberte, Josie Long, Paris Plaetinck, Emi Rasmussen and Paul Shewtchenko.

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**Biblio File**  
by Marg Stokes  
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**LIBRARY TEA & OPEN HOUSE**  
2-4 p.m. Wed. June 10

Explore your Library! Everyone is invited our Tea & Open House celebration on the afternoon of Wed. June 10. Get ready for summer reading and enjoy some good company, food & refreshments. We will also have draws for book prizes that afternoon. If you're new to town or haven't used the Library in years, find out about our range of services. Not really a reader? Don't let that stop you, we offer more than books. You'll find a large selection of VHS & DVD videos, magazines and graphic novels (a.k.a. comics) along with audiobooks on tape and CD that you can listen to in your car or wherever you happen to be. Did you know that we sponsor a series of evening presentations

on all sorts of topics? Our "Bats" evening in April was very popular and we also sold 10 bat house kits (and gave away one completed bat house) to folks who hope to reduce the number of mosquitoes in their yard this year. The Library is also a Wi-Fi hotspot – bring your laptop and use our wireless internet connection, or use one of our public access computers.

Mark June 10 on your calendar and discover all our Library has to offer.

**NEW JUNIOR NON-FICTION**

- Paper Folding Fun* by Didier Boursin
- Papier Mache Fun* by Irene Lassus
- A is for Amazing Moments, a sports alphabet* by Brian Herzog
- Super Science Concoctions: 50 Mysterious Mixtures for Fabu-*

**VOLUNTEERS FOR THE WEEK OF May 27-June 3, 2009**

Wed. May 27	Glenna Zetaruk	Gloria McAuley
Thurs. May 28	Barb Jones	Lois Bernardin
Fri. May 29	Evelyn Vandergraaf	Shirley Nelson
Mon. June 1	LIBRARY CLOSED	Les Crosthwaite
Tues. June 2	Carolyn Brady	Ann Sisler
Wed. June 3	Marion Stewart	Paul Crosthwaite, Lyn Ewing

*lous Fun* by Jill Frankel Hauser

**English language series by Brian P. Cleary:**

- Dearly, nearly, insincerely: what is an adverb?*
- Pitch and throw, grasp and know: what is a synonym?*
- Hairy, scary, ordinary: what is an adjective?*
- A mink, a fink, a skating rink: what is a noun?*
- To root, to toot, to parachute: what is a verb?*

**NEW JUNIOR FICTION**

- Boyz Rule!* series by Felice Arena
- Girlz Rule!* series by Jacqueline Arena
- The Bonemender* series by Holly Bennett
- Riding Freedom* by Pam Munoz Ryan

**NEW JUNIOR DVDS**

- I Spy A Rockin'-Bronco and other stories*
- I Spy A Mumble Monster Mystery and other stories*

**CELEBRATE SUMMER RAFFLE**

Watch for our ticket sales to begin in the mall kiosk next week. Our Summer Celebration raffle prizes this year are: first prize, a beautiful piece of garden art; second prize, a deluxe bird feeder from Wildbirds Unlimited; third and fourth prizes, gift certificates from Book Break. Tickets, \$2 each or 3 for \$5 are available at the Library, Book Break, Pinawa Co-op, Solo Market, the Mall Kiosk or from Library Board Members. Draw date is Sat. July 18, just before the Pinawa Birthday fireworks.

**BAT HOUSE KIT ANY-ONE?** We've had a request for another bat house kit but they are only economically feasible to produce in groups of 4 (each house requires ¼ sheet of plywood). So if 3 of you missed the boat last month but would like to purchase a bat house kit for \$30, please contact the Library, and Bruce will get to work.

**PINAWA LUTHERAN CHURCH**

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Sunday School - Sunday 10:15 am



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# Health Corner

Ask Your Primary Health Care Provider

## Asthma

### How is asthma controlled?

Asthma is a lung condition that impairs breathing. Inflammation and airway constriction are the two mechanisms that cause the symptoms of asthma. Inflammation is the main feature.

Diagnosis can be challenging as there is no one single test that can be used. Medical history of symptoms, spirometry and medication challenges can all be used to diagnose asthma. Diagnosing children under 5 years old is an even greater challenge, as young children can not co-operate to perform some of the tests. There are several levels of asthma ranging from mild to the severe.

Management of asthma is based on avoidance of triggers and controlling symptoms with medications. Education of the patient by a health care provider on triggers, medications, and monitoring and knowing what to do in a flare up is a very important part of managing asthma. Learning what a person's triggers are, will help in avoiding those triggers. Some triggers may be smoking, second hand smoke, dust mites, mold, pet dander, cold air, perfume, allergens (things that cause an allergic reaction), certain medication and many more. Infections like the common cold and influenza may cause a flare up of the asthma. Flu vaccines are recommended for people with asthma. It appears to be critical to decrease the amount of dust mites in the house to obtain good control of asthma. Many things can be done in the home to decrease dust mites. Talk to a health care provider for more information. A person with asthma may need to use medication before going out into the cold air and/or exercising. These are only some of the things that can be done to avoid triggers.

There are 2 different medications: relievers and preventers. Relievers work quickly and relax the airway. Preventers work on the inflammation, they should be taken on a regular basis as prescribed by the health care provider. Preventers work slowly and should not be taken in an emergency.

Keeping track of symptoms in a diary can be a great help to

detect flare ups. Some people may use a meter (peak flow meter) daily to measure the status of their breathing. It is recommended that people with asthma have an action plan and use it as taught by their health care provider. Poor control can lead to airway remodeling, may cause permanent damage.

Written by Myriam Duke RN, BScN, CAE.

Sources:

- Canadian Asthma Consensus Report, 1999
- Adult Asthma Consensus Guidelines Update, 2003
- Canadian Pediatric Asthma Consensus Guidelines, 2003 (updated to December 2004)

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# GOODIES & GRUMBLES

☺☺ for all the considerate drivers who move over for runners and cyclers, especially when they move over a whole lane, gotta be from Pinawa!

☹☹ for the idiot who passed me while I ran along the edge of 211, about 11:30 am May16, he/she came from behind (I had no forewarning) and passed another car so that his/her rear-view mirror missed my shoulder by inches, probably doing well over 100 km/hour. One stagger (I'd already run 25 km and was pooped) and I'd have been dead. I hope he/she knows and obeys the hand signals I sent.

## Birthdays and Anniversaries

May 27 Evelyn Clark	June 2 Stan Andersen
May 27 Jen Newman	June 2 Taran Campanotto
May 29 Hope Human	June 3 Diane McMillan
May 30 Austin Buell	June 3 Amanda Symchuk
May 30 May Dunford	June 3 Ryan Oliveira
May 30 Don Daymond/ Diane Schaffel (twins)	June 3 Garvin Beauchamp
June 1 Christine Cooper	June 3 Wendy Beaudoin
June 1 Lindsay Drynan	June 5 April Hladun

### ANNIVERSARIES

May 29 ... Kirsten Goodwin – Dave Wickberg  
 May 30 ... Dave & Joan Hnatiw  
 May 31 ... Tammy & Paul Human

# SCHOOL SCENE

by Tessa Trueman

There was no school last Monday for both schools, so last week was a 4 day school week.

On Tuesday our school took part in playing wheelchair basketball in special basketball wheelchairs. At lunch there was a student- teacher wheelchair basketball game. And the students beat the teachers (teehee) 12- 8. Playing basketball in wheelchairs was a difficult task because you had to use your arm strength instead of your legs. So it was hard to shoot the ball high enough to get into the basket. I'm sure everyone who tried the wheelchairs had fun spinning around in them.

I know I did.

The Envirothon team travelled to the International Peace Gardens on the Manitoba- North Dakota border on Friday. They had field tests on Friday and had to do an oral presentation on Saturday. The members are Jill Lauze, Liz Cochran, Anna Macdonald, Marie Gebauer and Joe Stefaniuk. The team advisor was Mr. Hansen.

The canoe trippers left for the canoe trip on Friday and returned on Tuesday. When it is raining in May, you know that it is time for the High School Canoe Trip. More details on the trip will be in next week's article.

## Rec Scene

with Shawn Wilkinson, Recreation Director  
 Winnipeg River Recreation District

### PHAT Camp

PHAT Camp (Physical Arts Training Camp) brochures are now available in the Rec Office. PHAT Camp takes place From July 6<sup>th</sup> to July 10<sup>th</sup>, 2009. This years theme is The Way of the Young Legend. Five days of positively fun workshops with professional instructors. Phone the Rec Office for more information, or drop by to pick up a brochure.

### SOCCER REFEREES WANTED!

The North Eastman Soccer Association is still accepting resumes for soccer referees to referee soccer games in Lac du Bonnet. The North Eastman Soccer Association will provide training, with \$20.00 remuneration per game (length of game varies by age).

If you are interested, please contact the Rec Office.

[www.allthingspinawa.com](http://www.allthingspinawa.com)  
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We would like to thank the following companies for their generous contributions to the 2009 Manitoba Provincial Mine Rescue Competition.



- |                         |                     |
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| Dr. Esser               | Macmor              |
| Don Sikora              | Acklands Grainger   |
| Town of Lac du Bonnet   | ABC Fire and Safety |
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*Thank you for making the 2009  
 Manitoba Provincial Mine Rescue  
 Competition a success.*

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# Whitemouth Walk for ALS raises awareness and \$13,500

by *Brian Campbell*

Friday, May 15<sup>th</sup> was unseasonably cold, dark and rainy, with snow in the forecast; a perfect day to stay indoors. But that was not what was happening at Whitemouth School, where people were gathering en-mass to join in the annual Walk for ALS. More than 400 people came out to support the Walk, including, students and teachers from the Whitemouth School, students bussed over from Beausejour School, family and friends of Rick & Joan Fewster, as well as other members of the community.

After speeches from Whitemouth Walk coordinator Jennifer Staerk, ALS society of Manitoba Executive Director Diana Rasmussen, Rick Fewster, who currently lives with ALS and Rick's eleven year old Granddaughter Tia, the walk began in force.

With more than 400 participants sporting white "Walk for ALS" t-shirts walking together down the streets of Whitemouth, the Whitemouth Whiteout rivaled the days of the Jets' Winnipeg Whiteout. Spirits remained high, weather notwithstanding, and cold, wet, but happy and excited, everyone returned to the school for hot dogs cooked and served by the local Lion's Club and 4H Club. One participant even suggested going out and doing it again.

The Whitemouth Walk for ALS was a tremendous success and with money still coming in has thus far brought a total of \$13,500 plus and rising. Congratulations and thank you to everyone who made it possible.



Friends and family of Rick and Joan Fewster

The Winnipeg River Midget A Hockey Club would like to thank the following businesses for their contributions during Midget A Hockey Provincials held in Pinawa this past March.  
 Many thanks as well, to all the parents and volunteers who helped make this a successful event.

**Gold Sponsors**

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- Chicken Chef
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- Arsenault Trucking
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- Weibe Trucking
- Ray's Mobile
- Pinawa Lion's Club
- Symchuk's Carvings
- Pinawa Co-op
- Pinawa Community Development
- Journeyman's Home Inspection
- Baking by Dawn

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- Blue Water Physiotherapy
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# Prescription for a great career



*If you've had a prescription filled at the Pinawa Pharmacy in the last oh, 30 years or so, chances are that Barb Dreger was the pharmacist deciphering the scrip and answering your questions. Congratulations on your 38 year career in Pharmacy, Barb and thank you for providing such a high level of service during that entire time.*



Please join us for a Complimentary Bus Tour of the 55+ Independent Living Units located in Morden and Carman. These buildings are also projects of Bridge Road Developments and closely resemble the Ironwood Plan.

Wednesday, June 10th, 2009  
 Departing from the Pinawa Shopping Centre at 8:00 am  
 Approximate return time is 6:00 pm

Spots available on a first come first served basis.  
 Call Bill Early - 753-2101 to reserve your seat.  
 Hope to See You There!



## Bridge Bites

from The American Contract Bridge League  
 by Brian Gunnell

## "A Couple of Upper-cuts"

This month we take a look at "trump promotion". Put yourself in the West seat, defending 4♠.

♠ T9  
 ♥ J  
 ♦ AQJ32  
 ♣ Q5432  
 North

♠ J87  
 ♥ A  
 ♦ 98754  
 ♣ AKT8  
 West

♠ 64  
 ♥ KQ986532  
 ♦ 6  
 ♣ 76  
 East

♠ AKQ532  
 ♥ T74  
 ♦ KT  
 ♣ J9  
 South

### Both Vulnerable

South West North East  
 1♥ Pass 4♥ Pass  
 6♥ All Pass

To start with, please locate a sheet of paper or your morning slice of toast (marmalade side facing up). Place it diagonally across the diagram, so that only the West and North hands are showing. As West, your opening lead is the ♣A on which Partner plays the Seven and Declarer the

Nine. Next, you cash the ♠K (everyone following the suit), then the ♥A. You've cashed your three winners, where's the setting trick? A Diamond ruff? No, Partner had two Clubs, and can hardly have more than two Spades. He cannot have 2=9=0=2 distribution, with that shape he would surely have pushed on to 5♥. The only other possibility is a trump trick. Yes, indeed! The magic card here, amazingly enough, is the Spade Six! You lead another Club, and if East ruffs with the Six he forces Declarer to overruff with an honor, promoting a trick for your ♠J! This form of trump promotion is known as an upper-cut, and East must ruff with the Smashing Six to deliver the knock-out blow.

Ruffing with the Feeble Four would be no more than a tickle under Declarer's chin.

**A Second Upper-Cut!** Next, imagine that East is Declarer, playing in 4♥. South cashes the ♠A, ♠K, and leads a third Spade, which North ruffs with the ♥J. Another upper-cut, promoting South's ♥T? No, Declarer simply pitches away his Diamond loser and makes his contract. Let's have a do over. After cashing the top two Spades, South cashes the ♦K, and then leads the third Spade. Now Declarer really is done for, this time the upper-cut sets the contract.

Visit [www.acbl.org](http://www.acbl.org) for more information about the fascinating game of bridge or email [marketing@acbl.org](mailto:marketing@acbl.org).

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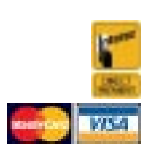


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# UPCOMING EVENTS

**F.W. GILBERT VOLUNTEER TEA FRIDAY, MAY 29TH FROM 10:45-11:45 A.M.**  
 RSVP - 753-2559

**COFFIEMAN'S AFRICAN DANCE AND DRUMMING WORKSHOP AT THE**  
 Community Centre this Saturday, May 30th from 10:00 a.m. to 12:15 p.m.  
 For info call Donna @ 2465

**PINAWA PLAYERS ANNUAL GENERAL MEETING - SATURDAY, JUNE 6**  
 4 pm - Backstage at the Pinawa Community Centre

**BLOOD DONOR CLINIC AT LAC DU BONNET COMMUNITY CENTRE**  
 Monday, June 15th 1:00pm to 3:30 pm and 5:30pm to 8pm  
 Call 1-888-2-DONATE to book an appointment or www.blood.ca

**PINAWA PUBLIC LIBRARY TEA & OPEN HOUSE**  
 2-4 p.m. Wed. June 10 Explore your Library!

**50 PLUS CLUB WINDUP TUESDAY, JUNE 17TH, 2009**  
 Cocktails 5:00pm 5:45 Supper  
 Entertainment - "Remember When" plus Sing Along  
 See ad on page 4 for ticket details

**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](mailto:alzne@alzheimer.mb.ca)

**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

## 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](mailto:pcf@granite.mb.ca)  
 online calendar: [pinawacf.blogspot.com](http://pinawacf.blogspot.com)



## 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](mailto:office@pinawaalliance.com)

# BUSINESS DIRECTORY

*These local businesses pay only \$7.25 per week including tax!  
 Get in on this great deal - minimum 4 week run.  
 Your customers are looking for you!*

**GRANITE**  
 INTERNET SERVICES INCORPORATED  
[www.granite.mb.ca](http://www.granite.mb.ca)  
 21 Aberdeen Avenue  
 in the Lewis Business Centre  
 Open Monday through Friday  
 9 AM to 5 PM  
 Internet • Computer Parts & Servicing •  
 Photo Copying and Printing Supplies •  
 Web Site Design & Hosting  
 Call 753-2071

**WIEBE TRANSPORT**  
 Trucking and Backhoe  
 TOP SOIL - GRAVEL - LIMESTONE  
 === 31 YEARS IN BUSINESS! ===  
**WE DO LOT CLEARING**  
 now available: screened top soil  
 Phone Ernie Wiebe  
 348-2586 or 345-3363

## Hiller Contracting

### > CONSTRUCTION <

- Foundations I.C.F.'s
- Framing
- Garage Packages
- Skid Steer Services
- Mini Excavator Services
- Indoor Storage

**Martin: 348-2277**  
**Cell 345-3542**

17-24 Aberdeen Ave  
 Pinawa, MB ROE 1L0  
 Phone: 753-2653

## CORE ACTION

FITNESS AND REHAB CENTRE

Certified Personal Trainers:  
 Janet Lamb  
 Yolanda Spence ♦ Adriana Luke  
 Registered Massage Therapist  
 Janet Lamb, RMT, CPT

753-2357  
 @ Whiteshell Centre

## Book Break!

Specialty Coffees  
 Light Desserts  
 Ice Cream  
 Used Books

**OPEN**  
 Mon-Sat 9am -9pm  
 Closed Sundays

*Flowers by Book Break!*  
 Floral Arrangements -  
 Fresh & Silk  
 Gifts  
 Dollar Cards  
 Helium Balloons  
 753-2357

# IS YOUR SUBSCRIPTION DUE

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

**ADVERTISING DEADLINE:**

**FRIDAY AT 5:00 PM UNLESS PRE-ARRANGED  
 EMAIL: [THEPAPER@GRANITE.MB.CA](mailto:THEPAPER@GRANITE.MB.CA)**

**CLASSIFIEDS**

**GARAGE SALE**

MULTI garage sales. Saturday, May 30, 9-2 Dalhousie Road & Lisgar Place 05-27x1npd

**FOR RENT**

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

**CLASSIFIEDS \$2.75 PER WEEK**  
753-2278

**FOR SALE**

1988 EZGO golf cart w/cover in good running order - \$900.00. phone 753-8495. 05-26x1npd

**WANTED**

BOAT WANTED - I am looking for a wide 12' or small 14' aluminum boat preferably with a small motor (6 HP to 10 HP). Please call Jeff at 753-2767 05-20x2pd

**CONCERT TICKETS**

FLEETWOOD MAC June 6 @ the MTS Centre. Sec. 105 Row 2 Seat 16. Sec. 105 Row 15 Seat 16. \$196.75 each. Louise: 753-2278 or thepaper@granite.mb.ca

**FLASHY REDWING**

by Peter Taylor



Red-winged Blackbirds were a common sight at Pinawa bird feeders for much of the past month. Most of them have now dispersed to their breeding areas. Males are a common sight at marshes and roadside ditches, perching high on cattails and wires as they establish territories, while the less conspicuous females are nesting in the vegetation. This male was flitting among cattails near Pinawa recently, and somehow the "outherfocus" managed to keep up with its fast-moving target.



www.rrrrealty.com

**NEW!**



**5 PRESCOTT** - Charming 3 bdrm bungalow is tastefully decorated. Fully developed bsmt and newer windows. Showings start Thursday to Sunday with offers being presented Monday evening. \$145,982. This one won't last!



**4 HUNTER** - EE Flair home with foot thick walls has very low electric bills. Approx 1520 sq ft over two levels with 2 bedrms and bath on each level. Newer shingles, siding and aluminum eavestroughs, fascia and soffits. Large deck, fire pit and storage shed plus detached garage and paved drive. \$156,578



**11 MCGREGOR** - Here's a great opportunity to buy a home at a very affordable price. Fenced backyard. All appliances. Close to golf and beach. \$134,995



**5 MCGREGOR** - Delightfully re-decorated 2 storey home very close to golf, schools and beach. Three bedrooms, 1.5 baths and a fully developed basement. Extra large single garage is insulated and has a pellet stove as a heat source. Nicely treed lot. \$169,987.

**ELAINE GREENFIELD**

753-2515

Serving Pinawa since 1979

**TAMARA TINANT**

753-2681

Newest Member of our Team

**BILL EVENDEN**

753-2167

The Running Realtor

*Pinawa's  
Real Estate  
Company*

**RE/MAX**



**1 Dufferin** 1195 sq ft 3 bdrm home w/maple cabinets, FAE heat Central Air main floor laundry - ~~\$197,500~~  
**PRICE REDUCED TO \$185,000**



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



**48 Grey Cres.** large 4 bdrm 2 storey w/att garage, new windows, hardwood, gorgeous fenced yard and many upgrades ~~\$209,900~~  
**PRICE REDUCED TO \$199,900**



**43 Cameron Rd.** Enjoy style and comfort w/ open design, 3 bdrms, ensuite, custom oak kitchen, full bsmt & Tripane Low E-Argon windows - \$245,000



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

*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

