



# PIPE dream a reality for Acsion

submitted

Acsion Industries is pleased that the Government of Canada today announced \$4 million support for the Prairie Isotope Production Enterprise (PIPE) as part of its strategy to address the medical isotopes shortage in Canada. In addition, the University of Winnipeg today announced that PIPE, a non-profit consortium between The University of Winnipeg, Pinawa's Acsion Industries, the Winnipeg Regional Health Authority and through it, Health Sciences Centre Winnipeg, will be housed in the new Richardson College for the Environment and Science Complex when it opens

later this year.

The federal government launched a process last June to find alternatives to replace the isotope supply from the deteriorating Chalk River nuclear facility. The Manitoba PIPE plan is one of four lead projects across the country selected through this process. PIPE's solution is unique in that it uses electron accelerator technology rather than full-scale nuclear reactors. Isotopes are an essential tool used in tests to detect cancers and heart illnesses that tens of thousands of Canadians require annually.

"We are very pleased with the

federal government's decision to include PIPE as part of its medical isotopes strategy," said Dr. David Walker, Chair of PIPE, who was in Saskatoon today as part of the national announcement, along with Chris Saunders, President of Acsion, and Dr. John Barnard, the project's technical program manager. "They have recognized the unique talent and innovative potential that our partnership has to offer. In true Manitoba style, we have brought together some of the best researchers, health professionals and entrepreneurs to produce a made-in-Manitoba solution for an issue so vital to health of thousands of Canadians."

"By hosting PIPE's headquarters in our new state-of-the-art Richardson College for the Environment & Science Complex, we will be attracting leading Canadian researchers who want to tackle the big challenges of our time," said Dr. Lloyd Axworthy, President and Vice-Chancellor, UWinnipeg. "Our faculty and students, as well as PIPE partners, will benefit greatly from the collaboration and synergies made possible by being located together in this facility. Furthermore, we are situated within blocks of leading thinkers from all disciplines - the National Research Council, Canada's Public Health Agency, the National Virology Lab, the Kleysen Institute for Advanced

Medicine, the International Institute for Sustainable Development, Lake Winnipeg Research Consortium, Manitoba Hydro's new headquarters, and the Canadian Science Centre for Human and Animal Health. We are on the leading edge of collaborative scholarship that results in practical, real world applications."

Major advantages of the Manitoba accelerator solution compared to nuclear reactors include no nuclear waste, the speed with which it can be operational (three to five years) and significantly lower capital costs.

"For our part, we are pleased to continue the excellent partnership with The University of Winnipeg that we first established several years ago," said Chris Saunders, President & CEO of Acsion Industries, located in Pinawa. "We are also pleased to be working closely with the Winnipeg Regional Health Authority as part of their efforts to seek out local solutions to global problems. This also marks a great step forward in the efforts of the Pinawa community to build on its infrastructure and intellectual resources. We would also like to thank Minister Vic Toews for his support and advice over the past two years related to this project."

"This is a very exciting project and partnership with poten  
*See Prairie, next page*

## Pinawa Peewees shine at Peewee C All-Star game

by Tom Hessian

It was a very cold morning on Saturday January 22nd with the thermometer registering -37°C when we left the Driveway at 6:20AM. We were on our way to Dominion City to represent Pinawa in the Eastman Peewee C All-Star Game. Seven players from the Peewee Panthers made the trek: Eric Hessian, Josh Hayter, Jesse Elcock, Kevin Lamb, Michaela Spence, David McLean, and Lian Drabyk. The Panthers were joined by six players from Lac Du Bonnet and five

more from Pineview/Sagkeeng to form what we dubbed "Team North". "Team South" consisted of players from the Southern Steelers, Landmark/Lorette, and Springfield.

The opening ceremonies consisted of team pictures, introductions, and the national anthem. The starting lineup for Team North consisted of Josh, Eric, and Kevin up front with Michaela and David on the points and the goalie from Pineview/Sagkeeng starting

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Thank you for purchasing  
**The Paper**

## University classes 'just an idea' at the moment

Last week's Council highlights prompted Whiteshell School District Superintendent/Secretary Treasurer Bob Derousie to clarify a statement attributed to Mayor Blair Skinner in his PCDC report. Skinner had stated that Pinawa Secondary would be offering University 1 courses.

"The School District of Whiteshell has not entered into any agreement nor has it had

any discussion with any university to host University 1 courses at Pinawa Secondary School," said Derousie. "The concept was brought to my attention by a town resident and was received favourably. The resident is reviewing contact information and when made available the District Superintendent will initiate contact to determine interest."

## Prairie Isotopes, cont'd

from previous page

tially huge benefits in the area of research and technology, but also for the diagnosis and treatment of patients," said Arlene Wilgosh, President & CEO of the Winnipeg Regional Health Authority.

"Our radiopharmaceutical expertise and experience has set the stage for our role in this important partnership," said Adam Topp, Chief Operating Officer, HSC. "We look forward to working together to create significant impact for all Canadians."

The Honourable Vic Toews, Minister of Public Safety and Regional Minister for Manitoba, congratulated the P.I.P.E. team in a statement Tuesday saying, "I am proud that Manitoba is on the cutting edge of isotope technology," said Minister Toews. "This is just another example of the world-class scientific work taking place throughout our province."

Complete details about PIPE can be found at [www.pipecanada.ca](http://www.pipecanada.ca).

## Two Pinawa women competing at 2011 Scotties

Both Leslie Wilson and Lesle Cafferty are competing once again at the provincial women's curling championships this week in Altona, but for different teams.

Leslie Wilson was picked up by Cathy Overton, and Lesle Cafferty joined Joelle Brown. Contrary to what was reported in the Free Press, Wilson and teammate Raunora Westcott did not 'defect' to join Overton; Team Manitoba had gone their separate ways shortly after returning from the nationals last year. Wilson and Cafferty both play second on their respective teams.

They will play each other on Friday's draw. Highlights at [www.manitobascotties2011.ca/](http://www.manitobascotties2011.ca/)

## Council resolves renovation issues

by Louise Daymond

At a Special Meeting Monday evening, Mayor Blair Skinner reported that all questions Council had posed regarding the renovations project had been answered. All the outstanding expenditures in the work orders are fixed price, he said, indicating that any additions to the timeline will not increase the bottom line. The estimated completion date for the office, hall and council chambers is January 31st. Completion of the office space currently occupied by the Mayor's office and RCMP office will continue with minimal disruption to staff. They were asked to give ample warning should they need to vacate the offices at any time. Bullman Construction stated that they will do landscaping work when the job is complete to restore the grounds to their original condition. DGH Engineering admitted that they were not on site often enough during the project.

A change order for an additional expense of \$1,000 was approved for a door that was not accounted for originally.

Council formalized the loca-

tion for the new firehall: the W.B. Lewis property exiting onto Aberdeen. A resolution was passed to accept a proposal from Genivar to lay out the services. It was agreed that the cost to build at the Bessborough site would likely be prohibitive due to the swampy nature of the terrain. Mayor Skinner strongly recommended this site. "There are fewer unknowns and it facilitates future growth." Construction cannot start until the road restrictions are lifted, which is usually the May long weekend, and is expected to take three months.

The last public item on the agenda was to correct an oversight at the Inaugural Meeting and establish the Human Resources Committee. The Mayor and Deputy Mayor sit on the committee, along with the Union Management Committee and the Resident Administrator. It was first formed in 2009 to establish a Code of Conduct for employees.

Council went in-camera for the last agenda item.

Deputy Mayor McMurren was not at Monday's meeting.

## "Make your mark" campaign kicks off World Literacy Day Jan. 27

Pinawa Secondary School students are making a mark at home and across the world in Haiti. Join us in a dual fundraiser which will raise money towards reading room furniture in room 10 and also towards much needed school supplies for a classroom in Haiti. We are making bookmarks that will be sold for \$2 each. The goal is to make and sell 500 bookmarks, perfect for Valentine's giving!

Watch for bookmark sales around town and please help support this worthy project. To place a special order, call the school (753-2381) or Jennifer at 753-2444.

## Pinawa Peewees shine at Peewee C All-Star game

continued from page 1

in goal. The game consisted of three 20 minute stop time periods. The first period was a back and forth affair with both teams getting good scoring chances. Team South broke the ice with the first goal but Team North quickly tied it up. The goalies for both teams made many great saves to keep the score locked at one. However, late in the period we scored a second goal to take a 2-1 lead heading into the second period.

The second period started off with Lian Drabek in net. Team South came at us hard creating several good scoring chances early in the period. Lian did her best making several great saves. Team South still managed to score two quick goals on rebounds to take a 3-2 lead. By mid period we tied the game at three on a goal by Kevin Lamb but Team South was not to be denied. Late in the period a shot rang loudly off the post behind Lian with the rebound flying out into the slot area where a Team South forward was waiting. Lian played very well throughout the period making save after save but she had no chance on that one. Team South took a 4-3 lead into the third period.

Between periods the spirits were high in the dressing room as all the players felt we could come back. The third period started with the Lac Du Bonnet goalie in our net and what a third period it was. Team North relentlessly chased Team South all period. Kevin was hungry for goals and tied the score at four with a hard slap shot. It was his second of the game. Team South was not

phased by our attack and quickly scored two more goals to take a 6-4 lead. Shortly after that Kevin scored his hat trick goal to make it 6-5. Team South answered right back to make the score 7-5. That's when Pinawa's #1 line of Eric, Jesse, and Josh took over. Their attack was over powering with David and Michaela backing them up. Time after time our defensive pairing pinched in and held the puck in the zone. Eric and Josh worked the corners hard to gain possession of the puck. It all led to a goal at the eight minute mark of the third period by Jesse to make it a 7-6 game. Jesse scored again on the same shift to tie the score. The momentum had finally swung in our favor. Or so we had thought. One minute later Team South scored to make it 8-7. With 10 and one half minutes to go in the game we were chasing again. Most of the play was in the Team South zone. We had scoring chance after scoring chance. The line changes kept on



Kevin, Eric and Josh battling for the puck.

rolling. Then with five minutes left a rebound popped out to one of the Lac Du Bonnet forwards. A shot on goal and a save. The puck floppy in mid air in front of team South's net. The Pineview/Sagkeeng forward swung and batted the puck out of mid air into the net and the game was tied!!! There was pandemonium on our bench. Eric, Josh, and Jesse took to the ice and attacked the puck. David stops a clearing attempt. Josh gets the puck in the corner. A centering attempt and the puck is deflected into the corner. Eric and Jesse go after it. Eric digs it out

for Jesse. He shoots on goal. He spins and shoots his own rebound. The goalie makes the save, but no! The Puck slips between his arm and body and barely crosses the line. With three and a half minutes left, Team North takes the lead 9-8 on Jesse's hat trick goal!

From that point on it was all defense as Team South could not penetrate our zone. On their last shift Michaela and David would not even let them cross the blue line. Lian loudly cheered Team North to victory. The final buzzer went and the celebration was on. What a game it was.

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Editor Louise Daymond. Contact us at [thepaper@granite.mb.ca](mailto:thepaper@granite.mb.ca)  
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**CHECK OUT THE GREAT HOCKEY ACTION AT THE ORVILLE ACRES ARENA THIS WEEKEND!**

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**PUBLIC NOTICE**

# Share Your Views on establishing the Asatiwisipe Aki Traditional Use Planning Area

The Poplar River First Nation has asked the Manitoba government to designate an area of provincial Crown land, located approximately 400 kilometres north of Winnipeg, as a traditional land use planning area. This proposed designation would be made through a new regulation under *The East Side Traditional Lands Planning and Special Protected Areas Act*.

Traditional area planning is part of the Manitoba government's commitment to protect and preserve the cultural and natural values of the area east of Lake Winnipeg. It is a process in which First Nations play a significant role in developing and implementing strategies for the use, management and sustainable development of their traditional lands.

The proposed Asatiwisipe Aki Traditional Use Planning Area regulation describes the boundaries of the proposed planning area and the proposed management plan that would apply to that area.

**Make Yourself Heard**

An open house is being held to review the proposed planning area regulation and management plan. You are encouraged to attend and meet representatives of the Manitoba government and Poplar River First Nation.

The meeting will be:  
February 4, 2011  
10:00 a.m. to 6:00 p.m.  
Southeast Resource Development Council  
360 Broadway, Winnipeg, MB (Main floor boardroom)

**Comment Sheets Available Online**

If you are unable to attend the meeting, the proposed regulation, management plan and a comment sheet are available at: [www.manitoba.ca/conservation](http://www.manitoba.ca/conservation), or call Manitoba Conservation at 204-945-6784 or (toll free) 1-800-214-6497. You can also mail, e-mail or fax your comments.

**Asatiwisipe Aki Planning Area Proposal**  
Manitoba Conservation, Land Programs Branch  
Box 38, 200 Saulteaux Crescent  
Winnipeg, MB R3J 3W3

**E-mail:** [eastsideplancomments@gov.mb.ca](mailto:eastsideplancomments@gov.mb.ca)  
**Fax:** 204-945-4552

All comments must be received no later than March 23, 2011.



**ONLINE  
EDITIONS  
ARE BACK**

*And Louise is blogging again  
... www.thepinawapaper.com*

## BIRTHDAYS

Birthday Listings  
are provided free of charge

- Jan 26 Allan Hutchison, Jr.
- Jan 27 Dorothy Wilken
- Jan 28 Vanessa Maslow
- Jan 29 Joe Ficko
- Jan 29 Theresa Mason
- Jan 29 Frank Jacobs
- Jan 30 Shirley Pellow

*An Invitation*

**A baby shower  
we are hosting**

**An invitation we are posting  
So come along and celebrate  
If you're free on that date  
Come and join in all the fun  
Food and games for  
everyone**

When: **Saturday,  
January 29th**  
Where: **Pinawa Alliance  
Church**  
Time: **2:00 - 4:00**  
R.S.V.P : Let us know if you're  
coming by calling  
**Jennifer Donnelly (753-2023)  
or Sonja West (753-2396)**

**Come meet Anett's daughter  
(Amy Elisabeth),  
have some snacks and play  
some games.**

If you'd like to bring a baby  
gift, a monetary gift would be  
preferred.

**Hope to see you there!**

THE  
**Biblio File**  
by Marg Stokes

Pinawa Public Library 753-2496  
Community Centre on Vanier  
Tues-Fri 1:30-4:30;  
Mon-Fri 6:30-9:00; Sun 1-3pm  
[www.pinawapubliclibrary.com](http://www.pinawapubliclibrary.com)

**SLEEPYTIME STORYTIME  
TONIGHT!**

Celebrate Family Literacy Day a day early and join Jackie and the Grade 6 readers for Sleepytime Storytime tonight, Wed. Jan. 26 at 6:45 p.m. Come in your jammies for bedtime stories and a snack. Please note that afternoon Storytime is not on this afternoon but will resume next week.

**RECYCLING VOLUNTEERS**

This week ends our month at recycling. Many thanks to all our volunteers, including this week's recyclers. Start time is 1 p.m.

Sat. Jan. 29 – Kathy & Gary Hanna

Sun. Jan. 30 – Lori & Rod Myskiw

**AUTHOR JOAN THOMAS**  
2 p.m., Tues. Feb. 15

**at the Library**

Mark your calendar - we're looking forward to an afternoon with Winnipeg author Joan Thomas. Joan has been writing fiction since about 2000. Her 2008 novel *Reading by Lightning* won the Commonwealth Prize for Best First Book (Canada and the Caribbean) and the Amazon.ca First Novel Award. Her second novel, *Curiosity*, was published in April 2010, and was recently nominated for the ScotiaBank Giller Prize.

On Tues. Feb. 15 at 2 p.m. Joan will be in the Library with a slide presentation and will read from *Curiosity*. She will have a few copies of her novels available for purchase, and a copy of *Reading by Lightning* as a door prize. Please join us for a great

VOLUNTEERS FOR THE WEEK OF JAN 26-FEB 2, 2011		
Wed. Jan. 26	Glenna Zetaruk	Gloria McAuley
Thurs. Jan. 27	Barb Jones	Lois Bernardin, Otto Seida
Fri. Jan. 28	Sandra Ramsden	Glenys Perry
Mon. Jan. 31	LIBRARY CLOSED	
Tues. Feb. 1	Carolyn Brady	Phyllis Briercliffe
Wed. Feb. 2	Esther Wright	Ann Sisler
		Paul Crosthwaite, Lyn Ewing

afternoon.

**CANADA READS 2011**

Hosted by Jian Ghomeshi on CBC Radio One Feb. 7, 8, and 9, this year's battle of the books will debate the following:

*The Best Laid Plans* by Terry Fallis, defended by CNN anchor Ali Velshi

*The Birth House* by Ami McKay, defended by design guru Debbie Travis

*Unless* by Carol Shields, defended by actor (Corner Gas!)

Lorne Cardinal

*The Bone Cage* by Angie Abdou, defended by former NHL player Georges Laraque

*Essex County* by Jeff Lemire, defended by musician Sara Quin

We have the first three titles in this list and the last two are on order and expected soon. For background on these books, authors and defenders, and all sorts of other Canada Reads information, visit <http://www.cbc.ca/books/canadareads>.

## 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**

Abe Petkau's family wishes to express gratitude and appreciation to the community for its support and many acts of kindness. In the midst of our shock and sorrow we feel generously supported by your care and concern.

Thank you to the emergency personnel for their professional response at a difficult time.

**Daien Denture Clinic**  
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**Whiteshell Cross Country Ski Club  
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35th  
Manitoba Loppet  
Sunday, January 30, 2011  
at the Pinawa Club & Ski Trails**

**Join us as a Racer, Volunteer or  
Supporter**

## Cribbage Results

Jan 19th

- 1 - Ken Kasprick and John Turenne 713  
2 - John Stefaniuk and Olga Petryk 712  
3 - Ed and Linda Huisman 702

24 hand won by Dwayne Kasprick, 28 & 29 hands carried over



### DR. ABRAM PETKAU

It is with great sadness that we announce the death of Abe Petkau on Tuesday, January 18, 2011.

Dr. Abram Petkau is survived by his wife Jane, children David, Marilyn (Glenn), Heather (Colin), Brian and by his sisters Helen Janzen, Marianne Clarke and grandchildren Kelsey, Dane, Stephanie and Meagan as well as numerous nieces, nephews and friends. He was predeceased by his brother Henry and his sister Agnes.



Abe was born in Lowe Farm, Manitoba on June 1, 1930 where he attended a one room school for grades 1-9. He graduated from Hiebert School and went on to obtain a teaching certificate at Normal School. He taught for two years in country schools to save enough money to attend the University of Manitoba where he completed a Bachelor of Science and Master of Science (Physics) in 1956. He financed his studies by living on a shoestring budget and working summer jobs at a paper mill in northwestern Ontario and by marking papers for the Physics department. While attending medical school, he met Jane who was a student nurse and they were married in 1959. Abe graduated from medical school in 1960.

After completing his internship at the Winnipeg General Hospital, he was awarded a post-doctoral fellowship at Yale University in New Haven, Connecticut. Abe accepted a research position with Atomic Energy of Canada Limited (AECL) in 1962 and worked at the Chalk River Plant before moving to Pinawa where he became Head of the Medical Biophysics Branch. Abe, his wife and young children were among the earliest residents of Pinawa.

Dr. Petkau returned to medical practice at the Pinawa Medical Clinic in 1990 where he worked until November 30, 2010. He was dedicated to his research, his patients and his family. He loved intellectual challenges and derived great pleasure from learning. He was passionate about medicine and committed to his work. His faith was foundational to who he was. He saw God's hand even in the smallest particles, remarking that the world at the molecular level was sheer beauty.

A memorial service was held at 2:00 p.m. in the Pinawa Community Centre Auditorium on Saturday, January 22, 2011.

In lieu of flowers, donations may be made in Abe's memory to either the Heart and Stroke Foundation or to Wycliffe Bible Translators: 4316-10th Street N.E. Calgary, AB, T2E 6K3.

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www.soberingfuneralchapel.com

## JACKRABBITS CORNER

with Bruce Goodwin

Our biggest issue this past Sunday was hiding from the wind. The temperature was a modest -13C but our firestarter Don claimed it felt like -72. That's only his opinion though and he really does need to wear a toque. Our little ones know much better.

Many of us spent the session checking out some possibilities for their Loppet track, including some wicked hills heading down from the Golf Course to the Channel. Our Jackrabbits can manage quite well, but some flat land skiers from the prairies are in for a major surprise. We also worked on some unusual technique skills such as the backward slalom. This skill involves skiing down a hill backwards. While it has limited application, I sometimes find my-

self in that position involuntarily and with no recollection of how it came about. I'm not the only one. This week's photo shows Cassidy M. consoling coach Jason W. who is not quite sure where he is after a spectacular crash and burn on a gentle 1 m hill.

Our Club Loppet (an endurance challenge) is next Sunday and many of our Jackrabbits and their coaches will be participating, helping or watching. We may have a smaller session - perhaps just for the Bunnyrabbits. The race will be on the Golf Course, Red and Orange Trails, leaving the Blue and English River Trails for other skiers. If you miss all the action, get ready for more in February when we start our longer tours.

**Pinawa Curling Club**  
**Mixed Bonspiel**  
February 11 - 13

Regular mixed format: 2 women, 2 men, alternating positions  
3 games guaranteed  
entry fee \$160.00  
entry deadline, Monday, Feb. 7

Registration:  
Louise Daymond: daymond@granite.mb.ca / 753-2604

## WPG RIVER REC

### Recreation Scene

It's not too late to sign up for some great winter programs!  
**Drop in Fitness Classes in Pinawa**

Want to try something different, but unsure what you would enjoy? Try this physical fitness and activity sampler class. With a different activity each week, you'll be sure to find something you like. This class incorporates dance, strength training, yoga, cardio and more. You won't be able to get enough of our experienced instructor's unique twists on tried and true fitness moves.

Mondays, every week until March 28 from 5:15 pm to 6:15 pm at the Pinawa Lutheran Church

### Traditional Painting

It's not too late! Our second session takes place Saturday February 26th 2011 at the Lac du Bonnet Secondary School. Traditional painting is a step-by-step method incorporating the use of an oil painting medium as the old masters once did. This method allows you to add a lot more detail to your work while building confidence and self-esteem as you develop your own personal style and enjoy a relaxing pastime. No experience is necessary. All supplies are included. Participants are advised to bring a lunch and one roll of paper towel.

**Sign up TODAY! Filmmaking**



Photo Courtesy of: Freeze  
Frame: Media Arts Centre for Young People

### Workshop for Teens in Pinawa and Lac du Bonnet

This dynamic workshop will help you to learn the visual language of video and film in a fun and exciting environment. Pick up a camera to learn different camera techniques and simple in-camera and editing special effects from demonstrations by experienced filmmakers. Make your own film in just one day! Please bring a lunch. At the Vanier Teen Centre in Pinawa, Monday January 31st, 2011 from 9:30 am to 3:30 pm and at the Lac du Bonnet Community Centre, Friday February 4th from 9:30 am to 3:30 pm.

### Animation Workshop for Kids in Pinawa and Lac du Bonnet

This workshop will focus



## PINAWA ALLIANCE CHURCH

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### FALL/WINTER Schedule

**11 AM Worship Service**  
Men's Prayer Meeting Mon. 6:00 AM  
Ladies Prayer Meeting Wed. 8:30 AM

Pastor Brad Nelson 753-2927  
office@pinawaalliance.com

on animation by going through all the steps required to create an animated video using plasticine. Workshop includes in story development exercises, such as: imagining a story, drawing and creating characters and scenery. Make your own video in just one day! Please bring a lunch. At the Lutheran

Church in Pinawa on Monday January 31st from 9:30 am to 3:30 pm and at the Lac du Bonnet Community Centre on Friday February 4th from 9:30 am to 3:30 pm.

Contact: Anna or Kim at 345.8816 or wrdcom@gmail.com for more information and to register.

## Pinawa Duplicate Bridge

### Pairs Bridge Mon. Jan. 10

- Janet Dugle / Keith Olson
- Ken McCallum / Chris Saunders
- Marg Wikjord / Esther Wright
- Frank Barclay / Lorne Swanson

### Individual Bridge Tues. Jan. 11

- Edith Olson
- Esther Wright
- Doug Edkins
- Donna Wuschke
- Agnes Swanson

Duplicate Bridge at the Pinawa Club  
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



## North Eastman Health Association Inc.

Association de santé du Nord-Est inc.

Corporate Office  
24 Aberdeen Avenue  
Box 339, Pinawa, MB R0E 1L0

Tel: (204) 753-2012  
Fax: (204) 753-2015  
Toll-free 1-877-753-2012  
Email: neha@neha.mb.ca

### PINAWA HOSPITAL - LAB RENOVATION and KITCHEN HVAC UPGRADE SAFETY & SECURITY RENOVATIONS TO PROCEED IN FEBRUARY 2011

The North Eastman Health Association is very pleased to announce the Safety & Security renovations to address the current operational and functional deficiencies at the Pinawa Hospital Laboratory and Kitchen have been approved by Manitoba Health.

The scope of the project includes expansion of the current Laboratory space, as well as upgrades to the kitchen HVAC system. The funding for this project is approximately \$450,000.

Work will be commencing on the Pinawa Hospital Lab and Kitchen HVAC Upgrade Renovation early February 2011. Expected duration of the project is 20 weeks.

During this period, the main entrance to the Primary Health Care Clinic will be closed and the Public is asked to access entry to the Clinic and Lab Services via the:

➤ Pinawa Hospital Main Entrance

Your cooperation during this time is appreciated. Thank you.



# Health Corner

Ask Your Primary Health Care Provider

## "Pass the Thing-A-Ma-Jig": Is it Alzheimer's?

(Part One of a two part series)

As we age, it is not uncommon to forget the names of common articles or the names of people. Phrases like, "put it on the thingy," or "I was just talking to What-His-Name," become more common. It is called naming difficulty or word-finding difficulty. But is it Alzheimer's disease?

Alzheimer's disease is a disease of the brain that affects many older adults. Alzheimer's disease is an actual progressive degenerative disease of the brain, meaning that it slowly progresses with time. As the brain becomes more diseased with plaques and tangles, symptoms become more apparent. Not just memory is affected. Often our language, our concentration and our ability to

plan and organize start to deteriorate. Mood and behaviour may also change.

At first, mostly short term memory starts to decline, while the person can still remember long ago. As the disease progresses, a person may forget what was said just seconds ago. Often, repetitive questions or repetitive stories start, or appointments are forgotten. The person often becomes disoriented to time, as he forgets the day, the date, even the year. The ability to do simple calculations or to draw a clock begins to deteriorate. Organizing a grocery list or remembering birthdays may become difficult. The person may slowly lose the ability to look after money or concentrate

on tasks, and driving will eventually be affected.

Sometimes the person with dementia will say "Pass the thing-a-ma-jig," as language deteriorates. Many of us develop word-finding difficulty as we age; however, word-finding difficulty alone is not enough to make a diagnosis of Alzheimer's disease.

There are many forms of dementia; however Alzheimer's disease is the most common type, and makes up about 50% of all dementias. Other dementias such as Vascular Dementia (usually related to heart disease or strokes) are less common, however a large percentage are a combination of both Alzheimer's and Vascular Dementia.

Can Dementia be prevented? As of 2008, 1.5% of the Canadian population was diagnosed with Dementia. That figure is expected to double in the next 30 years

to 2.8% of the population. Age is the most common risk factor for dementia. In 2008, 7% of Canadians over 60 had dementia, while a whopping 49% of people over 90 had dementia. The Alzheimer Society reports that regular exercise, healthy diet, an active social life, intellectual activity, and protecting your head can promote good brain health. Is there a cure? The Alzheimer Society tells us, "While it is not possible to restore function to the brain cells damaged by Alzheimer Disease, there are treatments and strategies that can help both the person with the disease and the caregiver."

A full assessment is important if you are concerned about yourself or a loved one. See your doctor. Stay tuned next week for the Alzheimer Society of Canada's 10 Warning signs.

submitted by  
Melanie Shumilak

**IS YOUR SUBSCRIPTION DUE?  
LOCAL SUBSCRIPTIONS NOW \$40**

## PINAWA CHAMBER OF COMMERCE

### ANNUAL GENERAL MEETING

at the Pinawa Club  
January 26 at 7pm

Short Business Meeting with Election of Officers

Guest Speaker - Ms. Lindsay Dandeneau, Business Consultant, Manitoba Entrepreneurship, Training and Trade, Small Business Development Branch, Canada Manitoba Business Centre

"Climb Out of the Crab Bucket"

Lindsay will provide an overview of the core competencies for any business big or small. Discover how thinking outside the box will enable you to transform your business strategy and "climb out of the crab bucket".

Dessert and coffee courtesy of The Pinawa Chamber  
Membership renewal available



Canadian Cancer Society  
Canadian Cancer Society

MANITOBA DIVISION

## REGIONAL REPRESENTATIVE

This part time position based in the Northeastman Region will be responsible for building effective relationships with individuals, groups and organizations in the region; and for the effective selection, training, development and direction of volunteers to support the mission of the Canadian Cancer Society.

### Qualifications:

- Proven volunteer management skills
- Experience in community mobilization/development
- Excellent interpersonal and communication skills
- Strong organizational skills and the ability to work independently
- Competent computer skills including use of email
- Available to work flexible hours
- Valid driver's license and access to a reliable vehicle

Resumes can be submitted to Senior Manager, Volunteer & Community Engagement

by fax (204-774-7500);  
email: hr@mb.cancer.ca  
or mail to 193 Sherbrook Street,  
Winnipeg, MB. R3C 2B7

Deadline: Monday, February 7, 2011

The Canadian Cancer Society thanks you for your interest in this position. Only those selected for an interview will be contacted.

## UPCOMING EVENTS

UPCOMING EVENTS ARE PLACED for FREE - BUT IF YOU CHARGE, THEN SO MUST WE!

PINAWA HEALTH AUXILIARY WILL BE HOLDING A REGULAR MEETING on February 1 at 7:00 pm at the Lewis Centre.

### PINAWA SECONDARY SCHOOL BAND CITRUS FRUIT DOOR-TO-DOOR SALES

now and until the 3rd of February. Pick-up is at the Backstage Workshop, Wednesday, February 23rd. For info, call Donna @2465.

REGULAR BOARD OF TRUSTEES MEETING FEBRUARY 2, 2011 at 7:00 pm in the Pinawa Secondary School Board room

### PARTNER CRIB STARTS AT THE CLUB TUESDAYS @ 1PM

For more info call Ken R 753-2916 Ken K 753-2978

### LAKESHORE AL-ANON HELD THURSDAY EVENINGS AT 7:30 P.M.

in the Lac du Bonnet District Health Centre 89 Mc Arthur Avenue. For more information please contact; Dar 348-3475 or Kathie 753-2194 (evenings)

## GOODIES & GRUMBLES

©© to Carol for her friendly overdue book reminders and the bedtime story she read over the phone last week. from Madeline, Rebecca & Nolan

©© to Bill Macdonald for coming out in -40 weather to help out the Mixed Curling League.

©© to the LGD staff for removing the frozen deer from the Pinawa Secondary School grounds

## 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 WB Lewis Business Centre  
24 Aberdeen Ave.

Contact: the Rev. Robert Murray  
204-753-8439 pcf@granite.mb.ca  
online calendar: pinawacf.blogspot.com

## PINAWA LUTHERAN CHURCH

25 Massey Avenue at Burrows Road  
753-2239

Pastor Jack Frederick 753-2099

### WORSHIP SERVICE: SUNDAY 10:00 am

Bible Study - 1<sup>st</sup> & 3<sup>rd</sup> Thursday of month 10:00 am  
All are Welcome



Evangelical Lutheran Church in Canada

For building use contact  
Ron at 753-8437



Monday-Friday 8:30-5:30 Saturday 9:00-4:00

753-8482

Located at Whiteshell Centre

## Hiller Contracting

### > CONSTRUCTION <

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Martin: 348-2277  
Cell 345-3542



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348-2586 or 345-3363



Find that unique Valentine's Day gift from a wide variety of items branded with the Official Pinawa Logo.

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Open Monday to Friday  
9:00 am to 5:00 pm  
Located in the Pinawa Mall



753-2357 @ Whiteshell Centre

Open Monday to Saturday 9:30 a.m. to 5:30 p.m.  
Closed Sundays



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

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Janet Lamb, Yolanda Spence  
Certified Fitness Instructor:  
Candy Heaps  
Registered Massage Therapist  
Janet Lamb, RMT, CPT

# CLASSIFIEDS

## FOR RENT

3 BEDROOM Rowhouse. Call Carol at 753-2405 09-01x1npd

## PROPERTIES FOR SALE

LARGE, quiet residential lot for sale 15 Stanley - \$35,000. ALSO one acre lots available in Seven Sisters as low as \$20,000 + GST PLUS New Home in Seven Sisters 1,348 sq. ft. \$245,000. Phone 753 2306 08-11x4npd

## ELECTRICIAN SERVICES

NEED a licensed electrician? Call Bob Musey 753-2098 available evenings and weekends. 01-12x4npd

## IS YOUR SUBSCRIPTION DUE

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



www.rrrreality.com

## NEW LISTING



**9 MASSEY** - This is a charming bungalow of 1049 sq.ft. situated close to amenities and having a view of the Winnipeg River! Recently decorated interior. Newer windows and doors. Appliances included. Fenced backyard with storage sheds. **\$149,900**

### 16 HUNTER

Immaculate 3 bdrm bi-level has a lovely 3 season sunroom and deck. Two full baths plus a spacious, bright family room on the lower level. Newer windows and doors and air exchanger. Newer concrete drive 24' x 70'. **\$179,500**



### 5 WILLINGDON

Ideal family home has four large bedrooms and approximately 1730 sq.ft. of living space plus a finished basement! Updated kitchen and bathrooms. Spacious 3 season sunroom looks out on a generous back yard. **\$222,500**



*Although winter is still here - WE ARE SELLING HOMES! If you are interested in knowing what your home is worth, please give Elaine or Tamara a call for a Free Market Evaluation.*

**Pinawa's Real Estate Company**

**ELAINE GREENFIELD**

**753-2515**

Serving Pinawa since 1979

**TAMARA TINANT**

**753-2681**

Newest Member of our Team

# Survival of the fittest



Baby bolts as her mother gives boxing lessons. Submitted by Stan and Doreen Graham.

## NOW TAKING OFFERS!

### TRILLIUM RIDGE

This Extraordinary new development in Pinawa can be your Paradise!

YOUR QUALITY OF LIFE... YOUR PEACE OF MIND.

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**105 Burrows - \$199,900**

Approx 1300 sq. ft. bungalow with sunken family room addition, att/garage, finished rec room and two baths

**PRICE REDUCED!!!**



**40 Cameron Rd. \$220,000**  
Now priced to sell 3 bdrm, 2 storey custom built w/att garage



For info on these or any Pinawa Properties please call:

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

**RE/MAX**

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

www.pinawahomes.com