



On behalf of the Reeve, council and staff, we would like to take this opportunity to wish Springfield and our surrounding communities, a safe and happy holiday season.

Reflection over the past twelve months sheds light on all that Springfield has to celebrate, and all that has been accomplished. Council owes a great debt of gratitude to our wonderful volunteers, who work so diligently throughout the year, towards the betterment of our municipality. We are grateful to our community groups, organizations and partners for their commitment in working on various community initiatives.

The Springfield Times 2015 winter edition aims to provide Springfield residents access to timely information ranging from community happenings, to council updates, municipal notices and community organizations. The Springfield Times represents a collective community effort in recreation and community services; this publication is intended as a sounding board for those in our community, from the volunteers that sit on our community club boards, to the parents that coach their children's hockey team, to the many community members who so tirelessly volunteer their time and energy to better this place we call home. As always, staff and council are working hard to meet the needs of the community and we value your input. Contact information is on the back page of this publication and available on the municipality's website.

Best Wishes, Springfield Staff and Council Springfield Staff and Council

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# Community Funding Opportunities



#### **Springfield Community Grant Application**

The Municipality of Springfield Parks and Recreation Department awards grants to various non-profit community groups requiring financial assistance. The intent of this funding is to increase access to recreation programming for all residents in Springfield by reducing barriers to participation and facilitating the delivery of activities/programs that address existing gaps.

The overriding purpose of the said municipal grants is to financially supplement the activities of Springfield community based organizations that endeavour to promote sport and recreation activities, community events, arts, culture, community spirit and improved quality of life for Springfield residents.

For more information please visit the municipal website, www.rmofspringfield.ca or contact Shawn Wilkinson, 204-444-4119, <a href="mailto:swilkinson@rmofspringfield.ca">swilkinson@rmofspringfield.ca</a>. The deadline for applications is the last Friday of November each year.

## Creating a Community Committed to Healthy Active Aging



#### **Springfield Age Friendly Initiative Grant**

The Springfield Age-Friendly Committee will be offering a number of community grants this fall of up to \$250 towards Age Friendly initiatives.

These grants will be available to non-profit Community based organizations that operate within Municipality of Springfield.

The intent of this funding is to increase community access, safety and wellness for residents in Springfield. Organizations that endeavor to promote community events, arts, culture, community spirit and improved quality of life for Springfield's senior residents are encouraged to apply for this grant.

For further information or to request a grant application please contact Diane Dumas at 853-7582 / springfieldseniors@mymts.net or Shawn Wilkinson at 444-4119 / swilkinson@rmofspringfield.ca

## Kids First Program



#### What is the Springfield Kids First Program?

The Springfield Kids First program is a fee subsidy program which provides Springfield residents with lower annual incomes the necessary funds to register for recreation programs in Springfield (up to 50% of total program fees). Springfield council and staff believe that participation in recreation programs builds not only healthy residents but healthy communities, while enhancing overall quality of life.



#### Who is Eligible to Join the Kids First Program?

Springfield residents with family incomes below the low income cut-off are eligible for the Kids First program. Participants must be 18 years of age or younger. Only programs offered within the municipality of Springfield are eligible.

Exceptions may occur for unique circumstances, however, in most cases applications will not be considered if your household gross income exceeds those figures indicated in the chart below, without sound justification. For this reason, all families with limited resources available to devote to child and youth recreation programs are still encouraged to submit an application. In special circumstances and with reasonable justification, families may be entitled to funding greater than fifty percent, at the sole discretion of the Director of Parks and Recreation.

Application Deadline: Applications will be accepted on an ongoing basis. Applications will be kept in confidence and reviewed only by the Director of Parks and Recreation. If your application is accepted, you will be notified by telephone and a cheque for 50% of the program fee will be mailed to the program organization, upon receipt of consent.

For more information, or an application form, please contact Shawn Wilkinson, Director of Parks and Recreation, 204-444-4119, or <a href="mailto:swilkinson@rmofspringfield.ca.">swilkinson@rmofspringfield.ca.</a>
Box 219, Oakbank, Manitoba R0E 1J0

### **Springfield Parks and Recreation Department**



## 2014 Winter Programs





The Springfield Parks and Recreation Department is offering a variety of fun and interactive programs for children, youth, senior, and families this winter.

Programs range from Jr. Chef Cooking Program, arts and crafts, gym night, pre-school gym night, scrapbooking, an Easter egg hunt, 3 on 3 basketball, seniors field trips, and more!





Registration begins January 2015, programs start February 2015. Information will be distributed through the schools, and advertised on the Municipal of Springfield website.

Please contact Shawn Wilkinson, swilkinson@rmofspringfield.ca or (204) 444- 4119 for program descriptions and registration forms.





# Springfield Community Clubs

#### **Anola Community Club**

Contact Information:

Name: Betty Ann Merke Phone number: (204) 866-2891

Website: http://www.anola.mb.ca/community club

Anola Community Club, Box 129, Anola, Manitoba, R0E 0A0

#### Organization Overview:

Located in the town of Anola, the Anola Community Club is home to the Anola Heat and Baton, Mohutniy Ukrainian Dance Ensemble, Selo Ukrainian Dance, Anola Soccer Program, youth and middle years' dances and free Movie Mania events. Community summer camps, fitness programs, craft shows, community socials and weddings round out the diverse community programming offered here. The Anola Community Club also boasts a brand new outdoor hockey rink with heated shack that can also be used for basketball and ball hockey during the summer months.

The Anola Community Club holds 300 people. To book the facility, call (204) 866-2891-please leave a message and someone will get back to you as soon as possible.

#### **Cooks Creek Community Club**

Contact Information:

Name: Gerry Koreman Phone number: 444-5110 Email: gkoreman@mymts.net Website: cookscreekcc.ca



#### Organization Overview:

The Cooks Creek Community Centre is located on 28 acres of land at the corner of Cooks Creek Road (Hwy 212) and Zora Rd. The facility features a beautiful brand new play structure, soccer pitches, 4 baseball diamonds, horseshoe pits and a bocce ball pitch. The air conditioned hall has a large commercial kitchen with an adjacent hall with an indoor capacity of 100 people. Capacity can easily be increased with outdoor beer gardens and/or a banquet tent.

The active volunteer board of directors are all located in the Cooks Creek area and we look forward to meeting the needs of the community. Our focus is on expanding the hall by adding an indoor gym, a commercial stage and increasing the capacity to 350 people. Our main fundraising event is our 400 club which has been running for approximately 10 years. These are cash calendars valued at \$50.00 each with a less than 1 in 6 chance of winning! Our first draw was held at our pancake breakfast on September 28, 2013.

We are always looking for ideas to maximize the use of the hall, particularly activities or programs during the day to entertain the kids and seniors within our community (Mom and Tots program, after school program, afternoon coffee etc.). Contact us if you would like to try starting any indoor or outdoor program, activity or event. If you have a seminar or topic in mind that might be of interest to others, we are very much interested in your ideas.

#### **Upcoming Activities and Events**

•The Ice Rink @ CCCC ~ We are pleased to announce that we will be building an outdoor ice rink and warm up shack at the Club!!! Very exciting for young and old! Please contact Jon Thompson if you would like to be a part of the building or the caring of the rink. jonthompson78@hotmail.com

#### **Dugald Community Club**

Contact Information:

Name: Norene Hendry Phone number: 204-853-7461 Email: quicksilver@mts.net Website: www.dugaldmb.ca

Dugald Community Club, 544 Holland St, Dugald, MB R0E 0K0

#### Dugald Community Club Overview

Dugald Community Club is a 170 person capacity, wheelchair accessible and air conditioned hall. Our facility is available to rent for those special occasions: anniversaries, socials, weddings, meetings, and birthdays. We recently added WIFI. Outside we have an outdoor rink, three baseball diamonds, pergola and a skateboard park – all ideally situated across from the school playground. Our hall is great for big or small occasions. For more rental information and prices, please review our website or call Sandie or Cathy at 204-853-7349.

#### Club Info:

- Our AGM saw 3 new directors join. Welcome Kyle (helped us out the last 2 years) and Paul who are joining our rink crew to keep the ice rink up and running and Pam who brings a much needed knowledge of fundraising with her.
- ·Some of the club's future plans include BMX Park, improvements to the skate park, mulch walkway along the south side of the grounds joining Gillespie St. with Holland St., blacktopping of the outdoor rink and extension of the stonework at the front entrance with addition of more benches and planters.

### **Upcoming Events:**

- ·January16th-Family Movie Night.
- ·Pancake Breakfasts are back!!! Start at 9am, yummy buffet and choice auctions, come out and meet your neighbours.
- Feb 21- for the Heart & Stroke Foundation
- ·Mar21- for Variety Heart Centre Children's Hospital April 18- for Canadian Cancer Society
- April 24th OR May 1st (date to be confirmed shortly) Time and Talent Auction hosted jointly by the Dugald United Church & Dugald Community Club. Spaghetti dinner as always enjoyable, followed by an auction. Donations of time/ talent/ items can be made at any time just call Bruce at 853-2113 or Sandie at 853-7349 and they will put it on the auction list. Then be sure to come out and bid on someone else's great
- ·May 9- for MS Society this is a new cause to our breakfast fundraisers Choice Auction prizes are always needed if you have something to donate or want to help out contact Sandie at 853-7349.





#### **Hazelridge Sports Complex**

Contact Information:

Name: Hazelridge Executive Phone Number: (204) 755-3331

Email: hazelridgeesc@gmail.com Website: hazelridgesports.ca

To book ice, please contact Derek at 204-793-4938, or dking@truenorth.mb.ca Hazelridge Sports Complex, Box 103, Hazelridge, MB R0E 0Y0

#### Organization Overview:

The Hazelridge Sports Complex supports and houses Springfield Minor Hockey, old timer's hockey, recreational skating, the Hazelridge Figure Skating Program, summer ball hockey, soccer, pancake breakfasts, community socials, graduations, and a hot lunch program.

zelridge Figure Skating Club

**Upcoming Events and Programs** 

·HSC executive meetings held on the 3rd Tuesday of every month ·Public Skate runs every Saturday from 5:30pm to 7:30pm

·Pancake breakfast (s) will be held on November 29, 2014 / February 14, 2015, ·Skate with Santa / Perogy supper will be on Saturday, December 13, 2014, from

·Hazelridge Skating Club in conjunction with Hazelridge Sports Complex will be hosting a Provincial Synchro competition on January 17, 2015. If you are interested in volunteering, please contact Kristjana Kosheluk, (204) 866-4813

## Oakbank and District Community Club (OBCC)



The Oakbank and District Community Club is located in Oakbank, Manitoba and is home to Springfield Minor Hockey, Springfield Minor Baseball, the Springfield Minor Softball Association, Springfield Ringette, Oakbank Soccer, Oakbank Skating Club, and the Oakbank Old Timers Hockey Association. The community club also provides a home to various community events, as well as the Extreme Junior Hockey Club, the Springfield 98's Senior Hockey Club, the Springfield Sabres High School Hockey Team and the Gryphons Junior B Lacrosse team.

The Oakbank and District Community Club grounds has one hockey rink, one outdoor rink, one meeting room, three baseball diamonds, one full size soccer field, two \(^{3}\)4 soccer fields, and four mini-fields.

For rental information, email Shari at shari@oakbankcc.ca Oakbank and District Community Club, Box 189, 1016 Almey Avenue, Oakbank, MB R0E 1J0 Oakbank Community Club web site - http://www.oakbankcc.ca/





Located in Dugald, the Springfield Curling Club boasts four sheets of curling ice. The club also offers a restaurant with daily breakfast and supper specials. The second story lounge is fully licensed and a great place to watch the curling action and host special events.

For rental information, call 204-853-7729 Springfield Curlng Club, 672 Dugald Rd, Dugald, MB R0E 0K0





Email: Jill.Oakes@ad.umanitoba.ca Website: www.lyncrest.org



Lyncrest Flight Centre provides alternative recreational opportunities for youth, families and seniors. The centre supports activities that inspire, educate, and promote all facets of recreational aviation, including health, safety, skills, training, management and relationship building, and communications. The Lyncrest Flight Centre is a modern, 2000sq ft centrally heated building with a cathedral ceiling and awesome view of the grounds. It is wheelchair accessible, has a full kitchen, two modern washrooms, and new tables and chairs for 80. The wood fireplace and comfortable sofa-chairs add a cozy atmosphere for family and business events. It is the hub of community recreation in the Ward 1 area and a leader in the Lyncrest neighbourhood community.

Evening rentals start at \$150. Heated hangar space is also available for rent! Starts at \$150/month.

Scheduled and non-scheduled events occur year round. Non-scheduled events include our drop in, most days between 11 am and 3 pm (weather permitting), for the following activities:

- · Free cup of coffee
- Monday Zumba and Wednesday Yoga
- · Free flights for youth, seniors and families
- · Fly-Ins and Fly-Outs
- Camping
- · BBO and Potlucks
- Lyncrest Theatre
- Browse through the Lyncrest Flight Library
- Discussion of recreational flying or aircraft building with local experts,
- · Try your hand at flying on the simulator,
- Join a group of cross country skiers (winter) or bicyclists (summer) and head out to Birds Hill Park along the Floodway Trail,
- · Winter survival and Igloo building adventures, and
- · variety of other activities...

# Community Museums





Anola and District Museum has a pioneer village consisting of an original school, blacksmith shop, pioneer house, chapel and Springfield's first fire truck.

Open every Sunday, May to September, 1 p.m. - 4 p.m. and by appointment. Admission charged. Tel. 204-866-3009/866-2922. Location: 725 Weiser Crescent.

#### **Cook's Creek Heritage Museum**

Contact Information:

Name: Liz Hogue Phone number: 204-444-3247

Email: info@cchm.ca Website: cchm.ca

Open daily (expect Monday & Tuesday) - 10:00am to 5:00pm

We are closed for the season.



We are a Prairie Museum dedicated to Manitoba's Pioneers from Eastern Poland, Western Ukraine and Eastern European Slavic Countries. The Museum is situated in the oldest settlement of Galician people in Western Canada. The early settlers brought many religious articles, traditional costumes and farm tools with them. In 1968 Father Alois Krivanek, of St. Michael's Parish, realized the importance of preserving these articles and preserving the heritage of the area. The Museum offers an opportunity to bring back memories of the past and a chance for visitors to increase their love and knowledge of our Canadian history, which will be passed on to future generations.

"Without the memories of the past there can be no dreams of greatness for the future."

#### Upcoming Events: Mark your 2015 calendars!!

Saturday, March 21, 2015- "Pysanki" Workshop - Easter egg decorating that the whole family can enjoy. Watch our website for more details as pre-registration is required!

·Monday, April 13, 2015 - Annual General Meeting Church basement, 7 PM

·Thursday, May 7, 2015- Reviving the Past Men's Group 10 AM to 3 PM

·Wednesday, May 20, 2015 – Museum opening day

·Sunday, August 30, 2015 Heritage Day noon to 5 PM

#### "Reviving the Past"- Museum Men's Group

Are you interested in tools and implements of the past? Are you interested in carpentry, mechanics, and restoration? Or are you just interested in helping out? Our Blacksmith Shop and Museum has artifacts in need of restoration, identification, labelling and cataloguing. Our "Men's Group" will continue to meet in 2015, once a week, on Thursday, from 10 AM to as long as you wish to stay, to work on small projects and to gather information on how these tools were used. We need your help and your stories. Coffee break and lunch will be provided.

"Polski Czat" "Informal" Polish language study group

Are you interested in learning conversational Polish or practicing what you know? Join us at the Museum for a very informal "Czat" sessions. We meet twice a month on the first and third Monday at 7 PM. Please call for dates and times. The only prerequisite is a good sense of humour! Novice and seasoned Polish speakers most welcomed. If you have any questions about these programs, please contact us at board@cchm.ca. Or

Call Liz at 204-444-3247.

Summer Employment Opportunities

Interested college and university students are invited to submit their resumes for summer employment at the Museum. Please forward resumes to board@cchm.ca

The deadline is April 18, 2015

# Springfield Organizations

#### **Evergreen Lodge**

Contact Information: Sandie King phone number: (204) 853-7349

#### Organization Overview:

Evergreen Lodge is a +55 residence located in Dugald which consists of 14 suites. Some of the residents gather together for various events in the common room.

Springfield Congregate Meals Program offers dinners on Mon., Wed. and Fridays at 5pm. Open to +55er's but you need to sign up in advance so drop by and check out the menu.





#### **Anola and District Over 50 Club**

Contact information:

Name: Shirley Krawchuk Phone number: (204) 422-5223

The Anola and District Over 50 Club delivers programs that promote community involvement, socialization, physical activity, friendship and partnerships.



## Springfield Organizations

#### **Springfield Regional Committee Another Time Around Shop**

Contact information

Name: Doreen Bonneteau Phone Number: (204) 444-5100

SHOP HOURS: Tuesday - Fridays 11:00 AM to 4:00 PM and Saturdays from 11:00 AM to 3:00 PM.



The shop offers gently used clothing for infants and baby needs, tots, teens, men and women; seasonal clothing and home decor; shoes, boots, linens, household gadgets, knick knacks and kitchen needs, books, kids toys and paraphernalia.

Donations are welcome, by dropping off at the shop or at the Blue Box in the Family Foods parking lot in Oakbank. You may also contact the shop at 444-5100. Please note, we do not except furnishings or electronics as there is limited space.

All proceeds from sales are returned to our communities and the store is run strictly by volunteers of the Springfield Regional Committee.

Volunteers are always needed. We provide opportunities to children and families who are eligible to experience summer camps, art programs and music lessons. As well, we can provide sports equipment and art supplies for children registered in programs. Contact us for more information.

#### **OUR MOTTO:**

"The shop that pays it forward to the Springfield communities' families and children"

#### **Citizens on Patrol Program**



The objective of the program is to foster a closer co-operative between the ordinary citizen and the police. By assisting the police to reduce the level of crime in the community, both groups, together, are helping to improve the quality of life within the community. How can I join?

For volunteer information, please visit our web site, www.citizensonpatrol.homestead.com, or drop by the Oakbank RCMP Detachment for a volunteer form. All the necessary training is provided for new members in the area of personal safety, observation, note taking and communication techniques.

We work in partnership with Manitoba Public Insurance Corporation, RCMP Oakbank, and Springfield Police Service.



#### **Springfield Food Bank**

Gerry Raynard / Lori Beer Phone number: 204-866-2654 / 866-3403 Anola United Church / Springfield Food Bank Phone number: 204-866-351



#### Organization Overview:

The Springfield Food Bank officially opened in February of 2008 after the need for such a facility was brought to the attention of the Reeve and the municipal council. At the request of the RM and with overwhelming support from the community, the food bank was established to serve all residents of Springfield who were in need of assistance. It began and continues to operate out of the basement of the Anola United Church on Weiser Crescent, directly behind the seniors' Residence in Anola. The facility is open on Saturday mornings from 10:00am to noon.

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The Springfield Food Bank relies on the generosity of the community to sustain its operations. Monetary donations are gratefully accepted at the RM Office; cheques should be made payable to the RM of Springfield. Tax receipts are provided. Food items are also welcomed and can be dropped off at the food bank on Saturday mornings, or at any of the drop-off bins in the community. Please note that for the health and well-being of our patrons, we are unable to accept expired food items.

#### **COMMONLY ASKED QUESTIONS:**

#### O. Who can access the Food Bank?

A.Anyone in the RM of Springfield that is finding it difficult to provide adequate meals for themselves or their family.

#### Q.What can I expect to receive from the Food Bank?

A.The type of food items vary from week to week. We try to provide peanut butter, soup, salmon/tuna, cereal, rice, pasta, pasta sauce, canned fruit and vegetables, baked beans, ground beef & bread. Again, this will vary from week to week depending on the donations received. Baby food is also available.

#### Q.What happens when I arrive at the Food Bank?

A. You are greeted by the 2-3 volunteers who operate the food bank and you are asked to provide your Manitoba Health card. The health card number is recorded, along with the number of adults and children shown on the card. NO NAMES ARE RECORDED. You are asked your general area of residency (Anola, Dugald, Hazelridge, Oakbank) and for government reporting purposes, you are asked what type of income (not amount) you have. This might be employment income, farm income, self-employed income, social assistance, disability income, etc. You are then provided with a pre-packaged food hamper and are able to select a number of items based on your family's preferences. The entire process usually takes less than ten minutes.

### Q.How often can I access the Food Bank and what if I am unable to come on a Saturday morning?

A. You are able to visit the facility every two weeks to receive a food hamper. If you can't come on a Saturday morning, simply contact one of the coordinators (Gerry Raynard 866-2654 or Lorri Beer 866-3403) and we will do our best to make alternate arrangements for you.

# Springfield Parks

#### **Aspen Lake Park**

Located in Oakbank at the Corner of Aspen and Holly. This park features a large play structure, Dynamo Biggo Duo Swing, Satellite Walk, Apollo Spinner, rock wall, and wheelchair accessible surfacing

#### Jodi Park

Located in Oakbank. Access from David's Place, Jodi Way and Sage Place. This Park features a large play structure, swings, wheelchair accessible surface, outdoor fitness equipment, and paths.

#### Kin Park

Located in Oakbank at the corner of Palmtree Bay and Buckthorn Dr.

This park features two full size tennis courts with tournament style nets and an outdoor rink.

#### Elm Park

Located on Elm Dr in Oakbank. This park offers a 2-5 play structure, Dynamo Swings, Spinners and Rockers, and wheelchair accessible surfacing. As well, this park also boasts a full size basketball court, play equipment and a BMX Hill.

#### **Lions Park**

Located on Laurel Bay in Oakbank. Lions Park offers both beach volleyball courts and play equipment

#### **Prairie Grove Park**

Located on Prairie Grove Road. This parks offers play equipment and a baseball diamond.

#### **Cooks Creek Community Club Park**

Located at the Cooks Creek Community Club. This brand new park features a large play structure, Dynamo swing, spinner, and wheelchair accessible surface.

#### Gillespie Park

Located in Dugald. This park features a play structure, picnic tables and benches.

#### **Hunter Paar Park**

Located in Vivian. This Park features a 2-5 play structure, swings, and sand box.

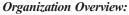
#### **Legion Memorial Park**

Still in development, this park contains an armoured personnel carrier and strives to soon include similar pieces commemorating the Air Force, Navy and Merchant Marines. This park is located in Dugald, at the Springfield Library.

#### **Springfield Agricultural Society**

Contact Information:

Name: Marilyn Bouw Phone number: 204-866-3707 Email: mhbouw6@gmail.com Website: springfieldagsociety.com



Springfield Agricultural Society exists in large part to promote awareness of agriculture among residents of the R.M. of Springfield and to celebrate rural life. The highlight of our year is the annual Springfield Country Fair, held on the third Saturday of July. On our grounds, located at the corner of Highways 15 and 206, we host the Springfield Curling Club and the ball field for the Springfield Braves and other baseball teams. As well, this is the location of the Cairn honouring those who contributed toward the first shipment of grain from the R.M. in 1876 and the site for the memorial marker for the Dugald Train Disaster erected by Springfield Women's Institute. We look forward to developing connections with other community groups to enrich the rural lifestyle of Springfield residents.

#### **Upcoming Events:**

On Saturday, July 17, 2015 we will welcome one and all to the 133rd Springfield Country Fair. We hope that the families of the Rural Municipality Springfield and its neighbours will come and share in the fun-filled, family-friendly events provided by our dedicated team of volunteers. There will be an opportunity for young and old to be entertained and to celebrate a rich experience of our rural community with us.

The friendly "Huck-a-Boot" competition is the trademark of our fair, and is open to all ages. Some other activities that were provided at last year's fair were the Pancake Breakfast, the Clown Magician Show, Dale McKay- country singer, Pony Rides, Bouncers, Mini Golf, Barrel Train Rides, Children's Crafts provided by the local 4-H club volunteers, a Scarecrow Building contest, Pet dress-up contest, children's Tractor Pull, Cribbage and Bingo, Face Painting, LEGO Building contest, Bicycle Decorating contest and a beef dinner. All the events except the meals are included in the very low entry fee of \$3 per person, \$10 per family. We are able to provide this with the support of our many community sponsors, for whom we are very grateful.

Please consider becoming an exhibitor at the fair: the Springfield Country Fair book will be available at local outlets in May in Anola, Oakbank and Dugald, including the Springfield Library and is also available online at springfieldagsociety.com. Check us out to see how many opportunities there are for "friendly competition". These include Quilting, Artistic Work, Junior Hobbies, Baking, Sewing & Knitting, Crocheting, Embroidery, Jellies, Jams, Pickles and Relishes, Garden Vegetables and Fruits, Plants and Flowers, Seed Grain & Forage (Hay bales, etc.), Engineering and the Springfield Pride Photo Contest.

Your \$5 Springfield Ag Society membership fee is likely to be "won" back many times over, and includes free entry to the Fair. We look forward to seeing what the community's creative efforts will bring us every year. Come and meet up with old friends, make some new ones, and share the joy and privilege of Country Living!

There are many big jobs and little jobs involved in bringing you a Country Fair, and we wish to send a very special Thank You to our many volunteers. They are the key to the success of any community event. We welcome the support of more community members as we celebrate our 133rd Springfield Country Fair!

#### Prairie Voices Toastmasters Club 5351



Contact Information:

Name: Kurtis Brown Phone number: 204-444-7217

Email: kbrown@oakbankcu.mb.ca Website: http://5351.toastmastersclubs.org/

#### Organization Overview:

Prairie Voices Toastmasters 2015 season welcomes Springfield residents to stop in at the Springfield Public Library on Tuesday nights at 6:45PM in the Conference Room. Our dynamic and award winning club offers you the opportunity to hear great speakers and participate in a fun-filled meeting each week. Polish your speaking, leadership and listening skills in an engaging learning environment. Enjoy educational presentations, or compete in club contests.

Prairie Voices welcomes everyone from students to seniors and those who, in their journey, want to develop speaking techniques for their careers, or just for fun. In addition to the above, you can learn about parliamentary procedures which we practice at our regular meetings, as well as being able to arrange workshops for you and your group.

Check our webpage (5351.toastmastersclubs.org) for events, times and locations. There is no better time than now to start your journey toward speaking excellence!



### Connecting with the Community We Are Stronger Together!



Contact Information:

Name: Judy Dunn Phone number: 204-444-5228 Email: jd4mdam@gmail.com Website: c/o www.AndrewDunn.org



#### Organization Overview:

This is a free weekly Mental Health and Wellness Group, designed for anyone living with a Mood Disorder, or may be dealing with Anxiety, struggling with stress in their lives or living with other mental health problems and is looking for a welcoming, supportive and non-judgmental environment.

Springfield Connections is an AndrewDunn.org initiative that proudly works in partnership with the Mood Disorders Association of Manitoba. Connections welcomes and appreciates the Anxiety Disorders Association of MB and the Manitoba Schizophrenia Society, for their co-facilitation support.

#### Services, Upcoming Activities and Events:

We offer games and crafts; enjoy outings, celebrate occasions and monthly potlucks luncheons together. Connections offers mental health support, information and resources, as well as recovery-based workshops. We welcome all supporting family members and friends to the program.

Please note, are located at the Springfield Library in the Multi-purpose Room on Wednesdays from 11:30 – 3pm. Please call Judy at 204-444-5228 or email jd4mdam@gmail.com for more information.



## **Sunrise Performing Arts Centre of Excellence Inc. (the SPACE)**

Home of..... Cooks Creek Dance Academy
Springfield Theatre Company

Springfield Community Performing Programs

#### **Contact Information:**

Name: Wendy Bobby Phone number: (204) 444-3567

Email: office.sunriseperformingarts@gmail.com Website: www.sunriseperformingarts.ca

#### **Organization** Overview:

Sunrise Performing Arts Centre of Excellence Inc.

Purpose & Activities

- a) To educate and increase the public's understanding and appreciation of the arts by providing performances of an artistic nature in public places and by providing seminars on topics related to such performances; and
- b) To advance education by establishing and operating schools.

SPACE mandate

The mission of The SPACE is to educate and increase the public's understanding and appreciation of the arts by providing performances of an artistic nature in public places and by providing seminars on topics related to such performances; and to advance education by establishing and operating schools.

The SPACE oversees the subsidiaries of Cooks Creek Dance Academy, Springfield Theatre Company, and Springfield Community Performing Programs. All programs under the SPACE's mandate are focused on providing arts education to children, youth, adults and seniors. Program educational opportunities are open to all regardless of ability or economic background.

#### **Cooks Creek Dance Academy**

Purpose: To provide dance education opportunities

**Springfield Theatre Company (STC)** 

Purpose: To provide youth theatre education opportunities
Springfield Community Performing Program (SCPP)

Purpose: To provide performing arts opportunities to the greater municipality

#### **Sunrise Performing Arts Centre of Excellence Inc.**

The SPACE

Home of...Cooks Creek Dance Academy,

Springfield Theatre Company, Springfield Community Performing Program
The SPACE is a not-for profit Charitable organization bringing the world of performing

arts to the rural community of Springfield, Manitoba and surrounding area

#### **Cooks Creek Dance Academy (CCDA)**

Providing an environment for individuals to enrich their lives through dance.

2014-2015 Recital—May 24, 2015 at Pantages Playhouse Theatre2015-2016 registrations accepted beginning of May, 2015

Classes September to May/June

Pre-Ballet/Tap Combo (ages 3-6), Tap/Jazz Combo (ages 6-8)

Ballet (Pointe/Syllabus/Non-Syllabus), Hip Hop, Jazz, Tap, Lyrical, Musical Theatr

#### **Springfield Theatre Company (STC)**

Theatre opportunities for youth ages 8-18

STC presents.... "Beauty & the Beast Jr."

Performances—February 17th & 19th – 21st at Oakbank United Church

Tickets \$10.00 ~ available at the SPACE

#### **Springfield Community Performing Programs (SCPP)**

Providing performing arts opportunities to the RM of Springfield and surrounding area Registration 8 Week Session\$85.00

**Preschool Dance Programs**: ages 3: Thursdays; Romp N Stomp 10:00;

ages 3-4, Kinder Ballet 10:45; Pre-Tap/Ballet Combo 11:30

Next Sessions: November 13 to January 15, and January 22 to March 12

Adult Classes: ~Spanish~ Monday at 5:00 start dates: November 17 & January

26<sup>th</sup>~Adult Beginner Tap~ Tuesday 5:00 start dates: Nov 18 & Jan 27<sup>th</sup>

- ~Adult Advanced Tap~ Tuesday 7:00 start dates: Nov 18 & Jan 27<sup>th</sup>
- ~Adult Ballet~ Wednesday 6:00 start dates: Nov 19 & Jan 28<sup>th</sup>
- ~Adult Hip Hop~ Wednesday 9:00 start dates: Nov 19 & Jan 28<sup>th</sup>



### Introductory Classes Sponsored by: "Healthy Together Now" Starting in the New Year

- ~*Youth Hip Hop Ages 8 12* ~ at The SPACE
- 4:00-5:00, Thursday Jan 15<sup>th</sup> March 19<sup>th</sup>
- ~Youth Acro -8 & up~ at The SPACE 3:00 4:00, Sunday January 11th March 8th
- ~Zumba Chair Gold ~Location: Anola CC 9:30-10:30, Monday Jan 5<sup>th</sup> for 10 weeks
- ~Chair Drums Alive ~Location: the SPACE 11:45 am- Tuesday Jan 6<sup>th</sup> for 10 weeks

#### To Register or for more information contact the SPACE

(204) 444-3567

office.sunriseperformingarts.@gmail.com

www.sunriseperformingarts.ca

573 Main Street, Oakbank MB

#### Andrew Dunn.org

Contact Information:

Name: Judy Dunn Phone number: 204-444-5228 Email: jd4mdam@gmail.com or info@andrewdunn.org

Website: www.AndrewDunn.org

#### Organization Overview:

#### MISSION STATEMENT:

AndrewDunn.org was established to educate the public and create awareness of mental health issues and suicide.

We are a grassroots organization that partners with other agencies to provide information and reduce the stigma that surrounds mental illness.

Our goal is to become a foundation. We strive to make a difference in how people perceive mental illness, to inform the public of available resources and to advocate for effective treatment.

#### **ABOUT US:**

AndrewDunn.org hosts a walk/run event each year on the day before Mother's Day to raise awareness and funding to support mental health and suicide awareness initiatives. Our organization is working on several Mental Health Initiatives, including one of our community support initiatives, a weekly Mental Health and Wellness Group in the RM of Springfield, Springfield Connections. Also through our fundraising efforts, our organization has supported and/or sponsored local, provincial and national mental health educational conferences, the MHERC (Mental Health Education Resource Centre) Library, anti-stigma projects, including a theatrical event planned for the spring of 2015 and an annual art exhibit in Eastman. In addition, some of our committee members sit on regional and national Suicide Prevention and Awareness committees and advisory committees.

#### **Upcoming Activities and Events:**

Please mark your calendars and save the date for our 9th Annual Andrew Dunn Walk/Run on Saturday, May 9th, 2015, hosted from One Insurance Arena in Oakbank, MB!! Details to follow in the Spring Edition of the Springfield Times, or contact Judy Dunn at 204-444-5228 or email jd4mdam@gmail.com or visit www.AndrewDunn.org

The Andrew Dunn Organization is proud to be working in partnership with the Mood Disorders Association of MB to accomplish some of our many goals and objectives, including the Springfield Connections weekly Mental Health and Wellness Group in Springfield to help fill the need for more mental health supports and programming.

Mood Disorders Association of MB









#### **Mood Disorders Association of Manitoba**

In 1983, the Society for Depression and Manic Depression of Manitoba was founded by Gwen Finnen as a self-help organization. In 1998, the organization changed it's name to the Mood Disorders Association of Manitoba Inc.

#### **Our Mission Statement:**

We are a self-help organization whose purpose is helping others help themselves through peer support, education, and advocacy.

We promote public awareness about mood disorders and empower people to develop and manage mental wellness.

We offer support to people with mood disorders and their loved ones, helping them understand and accept their condition, educate them concerning their treatment options and their participation in their recovery.

We accept individuals where they are and as they are and support them on their journey towards healing.

#### **Upcoming Activities and Events:**

One to one support, support groups, educational/awareness programs, displays and presentations.

#### What We Do:

Peer support, education, advocacy, resource centre (in Winnipeg) and self-help groups (special interest support groups available in Wpg). MDAM also have many volunteering opportunities.

MDAM proudly partners with the Andrew Dunn Organization on several awareness projects and mental health initiatives in the RM of Springfield, which includes the Andrew Dunn Walk/Run and the Springfield Connections Mental Health and Wellness Group.

#### **Contact Information:**

Name: Judy Dunn – Eastman Region Outreach Manager Phone number: 204-444-5228 Email: jd4mdam@gmail.com Website: http://www.mooddisordersmanitoba.ca/



#### Ladies Time Out

Oakbank Baptist Church

**Contact Information** 

Name: Marie Dueck E-mail:dueckmb@mts.net (204) 444-2469

#### Organization Overview

Ladies Time Out is an exciting opportunity for women of all ages to come together for friendship, coffee & muffins, Bible Study, brunches, guest speakers, special features and more. Childcare is provided.

#### **Upcoming Events**

· Winter Session runs from January 21 - March 25

Join us Wednesday mornings from 9:30 - 11:30 at the Oakbank Baptist Church

Registration January 21, 2015 at 9:30

#### **Mohutniy Ukrainian Dance Ensemble**

**Contact Information:** 

Name: Lavina Harding Phone number: (204) 866-2243

Email: gemni62@live.ca

#### Organization Overview:

Mohutniy Ukrainian Dance Ensemble is a group of adults that have been promoting the Ukrainian Culture through dance for the last 14 years. We have dance practice every Wednesday night from 7:00 – 9:00 p.m., and before performances, we practice on Sundays, or as required, at the Anola Community Club.

Our dancers perform at many festivals, weddings, anniversaries and celebrations, usually in Manitoba and Saskatchewan. Our registration takes place each year in September. If you would like more information, are interested in having us perform at an event, or want tickets to our performances, please call Dave Turchyn at 204-392-3221, Lavina Harding at 204-866-2243, Bill Hnytka at 204-866-2818 or Ron Chay at 204-755-2821.

#### **Upcoming Activities and Events:**

January 17, 2015, Beausejour's Malanka!

March 21, 2015, Mohutniy 14th Anniversary ZABAVA (social), a hot evening meal, fabulous silent auction prizes, a live band and live performances by Mohutniy, in the Anola Community Club!

We look forward to seeing you and hope you enjoy the music and the dancing!

#### **Selo Ukrainian Dancers**

**Contact Information:** 

Rod & Bonnie Picklyk Phone number: (204) 697-8233

Email: seloukrainiandancers@mts.net

#### **Upcoming Events:**

• The Selo Zabava adult social evening, Saturday, February 7, 2015. Live band Sloohai and hot lunch

For tickets, contact (204) 866-4114 or (204) 878-4100

• Saturday, May 30, 2015, 29<sup>th</sup> annual yea rend show.



## Support Group for people with Dementia alzheimer's \bigcolor{\rm S} association \bigcolor{\rm S}



Having a diagnosis of Alzheimer's disease or a related dementia, or supporting a person with this diagnosis, can be incredibly demanding.

People in this situation experience a variety of feelings.

The demands of the disease can make it difficult to stay in touch with friends and family, and can lead to loneliness and isolation.

Our weekly support groups for people with dementia provides participants an opportunity to: Learn about living with dementia and its progression,

Share feelings and common experiences, exchange practical coping strategies, and participate in discussions.

In Selkirk, there is a bi-weekly support group for people with dementia available starting November 2014.

Please call Jackie Dokken at 204-268-4752 or email alzne@alzheimer.mb.ca for further details.

#### The Happy Shufflers

Contact Information:

Name: Edna McdonaldPhone Number: (204) 444-3638

#### Overview:

We play Canasta in the Library twice a week, Tuesday we start at 12:30 and Thursday we start at 11:30, anyone is more than welcome to join and we would be happy to teach the game to anyone who isn't familiar with it but would like to learn how to play.

#### Anola Enhancement Association

Contact Information:

Name: Mildred BrownPhone number: (204) 866-2242

Email:spotdog@mymts.net

#### Organization Overview:

The Anola Enhancement Association is a non-profit organization that works towards the beautification of our community through various projects. Some of these projects include welcome signs, Canada Flags along Highway 15 and Weiser Crescent, seasonal holiday lights, purchase and placement of community park benches and planters, the annual "Parade of Lights" and fireworks display. We meet monthly the last Thursday of the month at the Anola Community Clubs and welcome new members.

#### **Upcoming Events:**

The Anola Enhancement Association will be hosting their annual spring fundraiser dinner in April. Watch for posters with the date and time.



#### **Tapout Martial Arts**

Contact Information:

Name: Chris Belbas Phone number: 204-444-3378/204-292-2343

Email: tapoutma@mymts.net Website: www.tapoutmartialarts.net.

Organization Overview:

Kids Brazilian Jiu Jitsu program ages 4-12yrs. Beginners Tuesday and Thursdays 5:30-6:30pm. Intermediate-advanced Monday and Wednesdays 5:30-6:30pm.

Adults Brazilian Jiu Jitsu

Beginners Tuesday and Thursdays 7-9pm Intermediate-Advanced Monday and Wednesdays 8-9pm

Co-ed Tai Boxing

Monday and Wednesdays 7-8pm.

Programs are instructed by Professor Chris Belbas Certified Behring Brazilian Jui Jitsu Instructor.

The programs provide excellent benefits. It helps kids and adults with confidence, respect, discipline, focus, cooperation and how to achieve whatever you put your mind too. Upcoming Activities

Kids and Adults BJJ programs involve grading for stripes and belts. Tournaments are also part of our curricular activities.

#### SPECIAL JANUARY!! JOIN FOR 4 MONTHS GET 1 MONTH FREE!!!

#### Oakbank Parents for Ukrainian Education

Contact Information:

Cheryl Fidler Phone number: (204) 444-6068 Mary Ellen Klippenstine Phone number: (204) 803 1946

Email: opuecommittee@gmail.com

Organization Overview:

Enrolling a student in a second language program enhances that child's academic, personal, social, educational, and economic opportunities. The educational challenges of the program encourages children to develop excellent listening and study skills. The curriculum developed by the department of education is designed to enable children to succeed WITHOUT requiring parents to have any Ukrainian language skills.

If your child is registering for kindergarten or grade one, consider enrolling in a second language option program. Oakbank Elementary School offers an excellent English/Ukrainian

bilingual program.

·Anyone can register. Knowledge of Ukrainian is not necessary for enrollment

This is not an Immersion program, but rather a bilingual program

·Enrollment is available only to student at the kindergarten and grand one level

·Language Arts, Science and Math are taught in English

·Students still receive basic French

**Upcoming Events:** 

Kindergarten registration is from January 19 to January 23, 2015

Further questions can be directed to Oakbank Elementary School, 204-444-2473



#### **Springfield Sports Club**

Contact Information: Name: Andrea Harmatiuk

Email: springfieldsportsclub@gmail.com Website: www.springfieldsportsclub.ca

#### Organization Overview:

The Springfield Sports Club (SSC) offers recreational sports for adults (18yrs+) in the RM of Springfield. Our 5th season is already underway, but new members are welcome to join anytime. Please check our online schedule for exact times/dates. Our sports programming is geared to accommodate most fitness levels so everyone is encouraged to come out any try it! Forget the drive to the city for sports and instead support a local initiative.

#### Services, Upcoming Activities and Events:

Stay warm and active this winter with the SSC! The club meets each Wednesday from 8-9pm at the Oakbank Elementary School Gym. We offer a variety of sports throughout the year including: dodgeball, Pickleball, basketball, volleyball, badminton, indoor ball hockey etc. Sports change approximately each month and all sports/games are self-referred with an emphasis on fun and participation. The cost is \$3/night or \$25 for a 10 night pass. The current schedule is posted online at: www.springfieldsportsclub.ca

#### **Springfield Yoga**

Contact Information: Name: denise loewen Phone number: (204) 228-2322 Email: springfieldyoga@springfieldyoga.ca Website: Springfieldyoga.ca

#### Organization Overview:

Springfield Yoga offers a variety of classes aiming to meet the needs of both the beginner and experienced yoga student. Classes are held in a private room at the Springfield Public Library in Dugald MB all ages and experience levels are welcome.

There are currently two classes running, a beginner yoga class and a chair yoga class, they are on-going so join any time!

During the beginner class posture and breath are introduced with an emphasis on standing and other foundational poses. This class offers an opportunity to learn modifications that will allow those with injuries and other special considerations to adapt to the classical poses while offering a challenge to others. These classes are held on Thursday evenings from 7:00-8:00 pm During a chair yoga session the body is taken through a series of yoga like positions while sitting on or standing beside a chair. This class is designed for those with an aversion to the floor, yet nice for all as it tends to have a more meditative quality.

#### Class is held on Monday mornings from 10:00-11:00 am

#### **Upcoming Activities:**

As the winter progresses more classes may be added to the schedule, these could include a daytime beginner class, an evening intermediate class and, my personal favorite, a monthly meditation group, so please stay tuned via the website or call for more information.

#### Whole Body Health & Fitness Centre

Contact Information:

Name: Karen & Richard Insley Email: admin@wholebodyhfc.com Phone number: Studio: 204-853-2055 Website: www.wholebodyhfc.com

Cell: 204-612-9255 Fax: 204-22.5470



Whole Body Health & Fitness Centre creates holistic health, weight loss, wellness and fitness solutions for children, adults and seniors.

Our mission, through education, research, public awareness initiatives and community wellness programs, is to improve the nutritional health, mental health and fitness levels of our clients.

#### Services

1. Holistic Nutrition

Weight Loss, Food Coaching, Nutritional Counseling

2. Personal Training

Individual and Small Groups, On-Site and In-Home Programs

3. Group Fitness

Bootcamps; Cardio; Drums Alive; Yoga; Weights; ABS; Toning

4. Supplements, Proteins Shakes, Weight Loss Aids

Natural, 100% Certified Organic, Gluten Free, Soy Free, Sugar Free We also stock an organic line of children's supplements too

5. Diagnostic Testing

Food Allergies; Celiac; Heavy Metal Toxins; Candida

6. Older Adult Specialists

We run Senior & Older Adult Fitness Classes.

Providing FUNctional exercises; promoting core and back strength; mobility and flexibility; improved golfing and curling abilities.

We run a free class once a week plus other classes too.

#### **Upcoming Activities and Events:**

1. Active Kids Schools & Daycare Programs

Drums Alive Academic Fitness Beats; Kids Gym Equipment; Mini-Me

Bootcamps; Dance & Cardio; Trampolines; Circuits.

We work with local schools and daycares to provide "field trips" and activity sessions.

2. Kids Spring & Summer Activity/Fitness Camps

Book now to reserve your spot for our FREE Spring Break program.

Ask us about our Summer Camp Programs.

Boost your kids self-esteem; confidence; fitness levels; coordination; balance; gross motor skills; teamwork; sporting ability; strength.

3. New Year Weight Loss Challenge

30, 60 & 90 Day Weight Loss Challenges.

Combined nutrition and fitness programs.













Thrive Fitness is bringing fitness and fun to locations across Springfield again this winter! We know you don't want to drive to the city to get your fitness fix so we bring the party right to YOU in your own community!

Join us anytime for ZUMBA and ZUMBA GOLD (low impact), a fun, easy-to-follow Latin dance fitness party for all ages and abilities that can burn up to 800 calories in an hour! Shimmy your way to a shredded core with BELLYFIT, the complete fitness for women that combines belly dance and African dance rhythms with yoga and pilates in one fun class. DRUMS ALIVE brings the fun of dance fitness and drumming together to create a fun, energizing program that's good for both your body and your brain.

CHECK OUT our newest programs! YOGA FITNESS and our NEW 30 MIN CIRCUIT CLASS that awesome with those looking for a quick but effective way to shed the pounds, tone up and get stronger!

## JOIN US ANYTIME!!! Check out the schedule on our website to find a class in your community... ANOLA \*\*DUGALD\*\*OAKBANK

For more information contact:

Allie DePaulo @ 866-2969 OR Cindy Thoroski @ 755-2524

Website: www.thrivefitnessmanitoba.com Email: thrivefitnessmanitoba@gmail.com



#### **Anola Play and Learn**

Contact information: Phone: Contact 755-2018

Location: Anola Community Club Email: <a href="mailto:anolaplayandlearn@gmail.com">anolaplayandlearn.com</a> Website: www.anolaplayandlearn.com

#### Overview:

· Thursdays 10am-noon · September - June

Drop in 0-5yrs Craft snack story rhymes free play

· Bright Beginnings Funded



Contact Information:

Name: Roslyn Smyth Phone number: 204-444-5389

Email: springfieldminorbaseball@gmail.com Website: www.springfieldminorbaseball.ca

#### Organization Overview:

Springfield Minor Baseball Association (SMBA) is a not-for-profit organization providing boys and girls ages of five to 17 the opportunity to enjoy the game of baseball, learn life lessons of discipline and sportsmanship, as well as be engaged in a team environment. We also offer a program on Saturday afternoons during the months of May and June for kids wanting to try baseball with skills camps free of charge to anyone who would like to come out. We call it "Sandlot Saturdays".

#### **Upcoming Activities and Events:**

We are very excited to be running our first ever winter indoor camp for our players. The camp is running from November to March for a total of 15 weeks at the Skylight Complex in Birds Hill. Focus is on core skills all while keeping it fun. We are even hoping of have some guest appearances from the University of Winnipeg players. While registration is over, if there are interested players wishing to attend just the pitching clinic days or even want to come by for a drop-in, \$15/class. Email Roslyn at springfieldminorbaseball@gmail.com.

Our 2014-15 executive team are a keen and active bunch. We have finally filled the majority of positions to make the individual jobs more manageable. We are still looking for a Secretary and a Special Event Coordinator. Any interest on these positions can be direct to Roslyn at the email/phone listed above.

Kristy Peterson is heading up our "Ball Diamond" sub-committee. The primary purpose of this committee is to increase the number of ball diamonds in our community. Our Springfield Braves program fielded 20 teams last year with only 2 diamonds to call home. This environment makes it very difficult to accommodate games and the recommended number of practices for the sport. Anybody wishing to help on this committee can contact Kristy at mikekris@mymts.net.

Prep work has already started for the 2015 season. Spring registration dates will be held on Monday March 2nd and 9th at OBCC. Please keep watching our site for registration forms and fee schedule. Kids who are 14 and older may want to consider Umpiring. As details become available they will be posted to the site.

#### **Health Benefits of Probiotics and Cultured Foods**

Do you know that 80% of our immunity is found in our digestive tract and if it is not healthy, we are not healthy. Conditions such as food sensitivities, viral infections, Inflammatory Bowel Disease and colon cancer may occur. Other conditions unrelated to the digestive tract may also be common with an unhealthy gut flora such as autoimmune diseases, arthritis and autism spectrum disorder.

January 21 at 7:00pm Cost: Donation Location TBA Please RSVP Lisa Rigaux at 204-612-1914.



#### PARKSIDE POOL

Contact Information:

Name: Tim Holden Phone number: 204-444-3987 or 204-232-5434

Email: parksidepool@gmail.com Website: www.parksidepool.com

#### Organization Overview:

Red Cross Training Partner and Lifesaving Society Corporate Affiliate offering swimming and water safety programs in the RM of Springfield community.

#### Upcoming Activities and Events:

- Red Cross water safety information helps children identify the risks, so they can enjoy a safe and fun water experience, in, on, and around the water.
- ·Start swimming today to build water safety skills, fitness and have fun!
- ·Red Cross Swim Preschool Red Cross Swim Kids Red Cross Swim Strokes

Contact us for January/February session specials or to be added to the spring session contact list. Adult swim programs coming soon contact us for more information.



### **Springfield Services to Seniors**

"Serving Springfield Seniors since 1985"

AGEFRIENDLY
Manitoba

Springfield

Creating a Community Committed to Healthy Active Aging

Contact Information:

Name: Diane Dumas Phone Number: (204) 853-7582

Email: springfieldseniors@mymts.ca

The Springfield Services to Seniors office is located at the Springfield Community Library, 60 024 Highway 206 ~ just north of Highway 15

Office hours: Monday to Friday 8:30 a.m. to 4 p.m.

Springfield Services to Seniors is a community based support program run by the Municipality of Springfield. It provides ongoing support services to assist seniors or those physically challenged to maintain or enhance their independent lifestyle.

#### Programs and services available:

- ·The Driver Escort Program provides transportation to medical appointments, recreational events or shopping.
- •The Handi-Helper Service is designed to provide fee-for-service workers at reasonable rates to assist with Housecleaning, Yardwork, Snowclearing and Minor Home Repairs.
- ·Friendly Visiting or Friendly Phone Calls can provide those who are shut-in or lonely with companionship and support.
- ·Foot Clinics are held either monthly or bi-monthly at all five Senior lodges in Springfield. An in-house clinic is also held for the residents of Oak North Condos. Home visits are provided as needed.
- ·Lifeline is a personal response system that is there for you, when others can't be. It can provide that extra peace of mind that you and your loved ones may need, enabling you to continue to live independently in your own home. Assistance is just a push of a button away 24 hours a day/7 days a week.
- Emergency Response Information Kits (E.R.I.K.) contain all necessary information that would be required by emergency personnel should medical emergencies arise.
- ·Assistance with Completion of Forms is available on request.
- •The Community Volunteer Income Tax Program is provided each year.
- ·Home or Community Visits are available on request.
- ·Seniors Information is available on request.
- Referrals are made to other community service organizations as required.
- ·Health and Wellness Events are arranged as needed or requested on issues pertinent to Seniors needs.
- ·Volunteer and Fee-for-service opportunities are always available!
- ·Senior Shopping Trips 1st and 3rd Friday of the month \$5.00 per person
- ·Seniors Exercise Programs
- ·Chair Yoga
- ·Zumba Gold Chair
- ·Pickle ball (Anola & Oakbank)

#### **Springfield Men's Drop In Group**

Every Tuesday from 1 to 4 p.m. Dugald Community Club 544 Holland Street Starting January 13th 2014 Call 204-853-7582 for information All ages welcome! Come join us for a cup of coffee!



#### Men in the Kitchen

Start date: January 20, 2014 When: Tuesday(s), 10:00am to 1:00pm Location: Dugald Community Club Register: Call Diane, 204-853-7582

Join us for a fun filled and educational 8 session program for men. Get to know more about that room called the kitchen and become your own master chief!

#### Participants will learn:

- ·How to prepare meals for one or more
- ·How to handle leftovers and avoid waste
- ·Foods to better manage chronic health conditions
- ·How to read food labels What to watch out for
- ·Learn to make all of your favorite comfort foods...and so much more

#### **Bowling Trips**

Senior Bowling Trips are typical offered on the first and third Monday of the month. Call (204) 853-7582 or (204) 444-4119.

#### Upcoming bowling dates;

January 5 / 19February 2 / 23March 9 / 23April 13 / 27

Springfield Handi Van

The Springfield Handi Van is available for group charters and medical appointment. Email, swilkinson@rmofspringfield.ca. or call (204) 444-4119 for details.

## Great books, and so much more!! WINTER PROGRAMS & EVENTS 2014 / 2015

Contact Information: Manager of Library Services: Donna Walby Lawson

Phone Number: 204-853-2039 / Cell 204-330-1969

Email: manager@springfieldlibrary.ca Website: www.springfieldlibrary.ca

Located on Hwy # 206 just North of Hwy # 15 (Dugald Road)

#### LIBRARY HOURS:

Fall to Spring:

\* Tuesday & Wednesday

\* Thursday & Friday

10:00 a.m. to 8:00 p.m.

10:00 a.m. to 5:00 p.m.

10:00 a.m. to 4:00 p.m.

\* Sunday & Monday CLOSED

We also close at 2:00 p.m. on the Saturday of Long Weekends. We are closed over the Christmas holidays on December 24-26th, December 31st and January 1, 2015.

**GETTING THE WORD OUT:** For current information, please view our electronic info sign inside the library, check our website, our submission "Springfield Library Corner" in The Clipper Weekly, the Highway sign at the end of our drive, or call the Library.

### \*\*\*MEMBERSHIP IS FREE TO THE RESIDENTS OF THE R.M. OF SPRINGFIELD\*\*\*

We have close to 28,000 catalogued items, including books, movies, audio books and magazines. To search our catalogue, visit our website springfieldlibrary.ca and click on the "SEARCH CATALOGUE" banner.

OUR LIBRARY BOARD is always available for your comments by email at:

board@springfieldlibrary.ca

Current Board Members: Chair: Vince Bennici Counselor: (Pending) Treasurer: Jack Stafford

Secretary: (Pending) Directors: Anne McCombe, Sally Colomy and Terry Hoover.

We also encourage residents who have visited the library to fill in the on-line survey, developed by the Province of Manitoba, on the first page of our website. With your input, we are more able to provide the type of services and programs that best meet the needs of our community.

At Christmas and Hanukah, we wish you all the JOY your hearts can hold this HOLIDAY SEASON. Peace, Prosperity and all Good Things in the NEW YEAR. Stop in and take a break- enjoy coffee, tea and "Goodies" during Christmas and New Year's weeks. From all of us at Springfield Public Library!

**WINTER WONDERLAND:** *LOUIS RIEL FAMILY DAY:* With funding from Healthy Together Now, a continuation of our Snowshoe Lending program, we have received funds to create a winter park on our grounds, and hold a carnival. If you have a live Christmas tree this year, we are looking for trees to "insert" into snowbanks along the trails that will be created once the snow gathers. Trees will then be decorated with hand-made bird treats, and other decorations from our children's craft sessions.

We are in the process of planning our winter carnival, with help from the local Manitoba Metis Association and friends and staff of the library. We anticipate snowshoe races and other games, bannock and pancakes and maple sugar candy making for a start. Please watch future editions of The Clipper and our website for updates.

**VOLUNTEERS:** Cherie Denorer, our Library Services Coordinator trains and schedules our volunteers. We have a great team of dedicated volunteers who commit to a minimum of one two hour shift per week to ensure they remain current with our procedures and practices. Many volunteers commit to much more than the minimum. Interested in volunteering? Call Cherie, or email her at: cdenorer@springfieldlibrary.ca

**TEENS** who have shown an interest have been involved with developing programs at the library for their peer group, as we strive to create "Your Place" for teens. If your high school has a volunteer credit program, Cherie will help coordinate a volunteer schedule to accomplish your goal.

#### Programs and Events:

Please note: Donna Walby Lawson will be away from the office for an extended period of time beginning January 8, 2015. Please contact Cherie for any arrangements or bookings. Thanks.

SPRINGFIELD ART GALLERY: Springfield Library is proud to act as host for the impressive collection of our Signature Artists year 'round. All artists are local, and their works are all available for purchase. Multi-media artist Ida MacKenzie, Painter Genevie Henderson, Fabric Artists Susan Selby and Kay Nemeth, and Stained Glass Artist Terry Hoover, have their work displayed throughout the facility. If you are a local artisan, craftsperson or artist, we would love to display your work. We have a display case, which allows us to rotate the creations of interested artists. Please call Donna or Cherie to arrange display of your work.

**PROGRAMS:** All programs are free of charge unless otherwise specified at time of registration, thanks to funding from: Bright Beginnings, Healthy Together Now, and other divisions of the Province of Manitoba and the R.M. of Springfield. Registration and information packages are found on the Patron Services Counter, located at the front of the library.

We would love to offer more programs, and have some great ideas, but would love to hear from you-both to request more programs, or to offer to facilitate one. Some suggestions have been:

Fishing lures – making your own.

Digital Photography- how to take great pictures, download them and print.

I-pods / MP3 players: downloading music to an electronic device.

Folk Art/Decoupage: This style of decorating, particularly on wooden boxes and small

furniture pieces.

Hair & Make-up: Short cuts and tricks of application.

Wood carving.

Knitting & Crocheting

If any of the above interest you, or you have experience and are willing to help others learn how, please contact Donna.

#### CHILDREN'S PROGRAMS:

**PRESCHOOL:** Winter sessions begin in December or January, and run for 8 weeks.

Baby Rock 'n' Read runs concurrently with Mind & Body, in 3 eight week sessions until Spring. Melinda Ives facilitates this program. Baby Rock 'n' Read introduces literacy while babies bond with their caregiver in the company of friends. Bright colours, rhyming verses, music and songs, while sitting in a circle helps infants develop name and sound recognition through repetition. Registration not required, and "Drop-ins" are welcome, but we encourage you to call and let us know ahead if you plan to attend. Program time is Friday mornings from 10:00 to 10:30.

**Storytime:** A favourite for preschoolers aged 2-5 years. Three 8-week sessions run on Wednesdays from 10:00- 11:00 a.m. A parent or guardian's presence is required to assist with individual children's needs. Miss Cherie engages the children's imaginations through storytelling and craft activities. Space is limited for this popular program, so please register early.

Mind & Body: Studies prove that children who experience parental involvement while learning have greater success in general, performing more adeptly in school, and other general activities. If children's parents are working, please consider a substitute guardian who will be welcome to participate with your child. Mind & Body has evolved to incorporate a program that focuses on family interactions. The first and most important play partner and teacher is a child's parent and caregiver. By creating playtime together, a love of learning develops. Facilitated by Melinda Ives, M & B introduces 4 & 5 year olds to games, activities and story time to introduce and develop literacy, numeracy and motor skills through play. Melinda is an amazing facilitator, who engages children in every aspect of this program.

Runs Fridays for 8 week sessions. Please call or stop in to register. To be of benefit, child must be 4 years old when they start this program. On Professional Development Days, parents may bring their school aged children along to M & B. Parents advise Melinda ahead of time how many "extra" participants she will have on P.A. Days so she can prepare.

**Kids in the Kitchen:** We have been fortunate to continue receiving grant money from various Provincial departments to continue this fun program. For school aged children ages 8+, KITK has been developed by a nutritionist and encourages kids to explore the various aspects of meal selection and planning, preparation and finally, the satisfaction of eating foods

they have prepared in the company of friends. Sally Colomy facilitates, providing delicious recipes and natural techniques of encouragement for her students. We will adapt the class schedules to accommodate all who are interested. Please fill out a registration at the Patron Services Desk.

**Wii for Teens** / **Tweens:** On the 1st, 2nd and last Wednesday evenings of the month, from 6:00-7:45, we invite teens and tweens to come by for a Wii challenge in the Tea Room; Bring your friends.... No need to register. Snacks are provided. Please advise circulation attendant of any allergies so we will remove any snack accordingly. This is an unsupervised program, therefore, attendees must be a minimum of 11 years old to participate.

\*\* NEW\*\* Heat Press- T-shirt/ Skull cap design: for teens and young adults. Watch for dates of workshops. Plans are to have you bring your own T-shirt, if you like. Or, we will provide fabric and pattern for skull caps, etc. Keep watching our website. Nikita Giesbrecht facilitates. Please ask Donna or Cherie for more information.

#### PROGRAMS AND SERVICES FOR ALL AGES:

•NEW!! Snowshoe Lending Program: We are so excited to be the

only library in Canada that lends snowshoes to its members. Purchased with grant monies from Healthy Together Now in an effort to increase family bonding time and physical activity, we were rewarded with a huge response from our members. Due to the demand, this winter snowshoes will be lent for a one week period, to allow other families the opportunity to try them out. We provided information on outdoor safety, and suggestions of areas close by that are enjoyable to "hike along" on snowshoes at 6 sessions throughout the RM. Beginning in December, 2013, we got the program rolling, and were overwhelmed with members requesting to use the equipment. We are planning on creating a Winter Wonderland on our grounds, to increase the enjoyment level for those who choose to borrow the shoes for a short session on site. Donna is available to instruct users on the grounds, and welcomes you all to come in for a coffee, tea or hot chocolate which can be purchased at our Circulation Counter, while you warm up after your outdoor experience!

- Toy Lending Library: Year 'round, we have over 60 games, toys, sports equipment and interactive books we lend out for a 2 week period. This provides an opportunity for parents to let their children try out an item without the expense of purchasing it to find their child loses interest in a short time. A selection of toys available for borrowing, are on the shelf at the north end wall of the library, along with the catalogue showing the whole collection. Please do not remove toys from the shelf, but see the Circulation Clerk who will retrieve your choice of equipment / toys from the storage area. On Saturdays, if staffing and space allows, we display toys in the Tea Room or MPR for better viewing.
- PLEASE BE AWARE that when equipment is borrowed, we provide a detailed description of all components included. We carefully check returns, to be sure all materials are included. Although we commit to care, we suggest that prior to taking the borrowed item(s) home, you take the items aside, and count all pieces, and check for damage before leaving the library. This prevents any discrepancies from occurring if upon return, we find there are



components either missing or damaged.

**GREAT COLLECTION OF DVD /BLUE RAY MOVIES:** In addition to our collection of books, magazines, and other items, we order movies as soon as they are released to DVD for our members. Please note that we charge a small fee for move rentals (\$1.50 per WEEK) which helps us towards the cost of maintaining the collection.

**PUZZLE EXCHANGE:** Our entire puzzle collection has been donated by our members. Please feel free to borrow puzzle(s) for an unspecified period. You are welcome to take as many as you like, and take all the time you need to finish them. We have been assured that all puzzles are complete, however, if you borrow a puzzle to find that there are missing pieces, please do not return it to the library, rather, dispose of it to avoid another "Puzzler" from disappointment. If you have complete puzzles you would like to donate, feel free to drop them off anytime.

**DROP-IN SATURDAY WORKSHOPS:** A variety of Drop in sessions are held over the year, particularly craft sessions with themes centered on holidays and special days, such as Christmas Hallowe'en & Valentines' Day. While children are most intent on participating, teens and adults are just as welcome to show their creative side. We always provide coffee, tea and beverages for children and sessions have cookie or cupcake decorating as well.

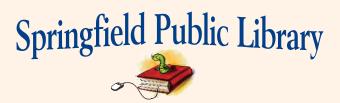
**JEWELRY MAKING WITH NICOLE:** Age specific each session. We will advertise the workshops to indicate whether it is for adults, children, or both. If you are interested in jewelry making and have not attended a workshop yet, please call and let us know what type of jewelry you would like to make, and we will contact you when we have registration.

**NEW: SPRINGFIELD YOGA:** Denise offers Yoga classes at the library on Thursday evenings from 7-8:00, and Chair Yoga on Mondays from 10:00 to 11:00 a.m. Drop-ins are welcome, or you may purchase a package for 10 classes. Denise will also run daytime classes for varying levels of abilities. Please call the Library for more details, or Denise at 204-228-2322.

**NEW: RUBBER STAMPING & SCRAPBOOKING:** We have many supplies for this activity, but have no instructor as of yet. If you are a competent scrap-booker, and would be willing to give tips to those who are interested, please advise us.

**AUTHOR VISITS:** From time to time, local authors, having published a book recently, will agree to make a presentation to the members of SPL. Depending on the subject, we invite children, adults, or all ages to come and enjoy these presentations.

TECH TIME WITH JOHN: John Gowron offers his expertise to members with computer questions on the 2nd & 4th Wednesday evening of each month. This is not specifically for adults, however, most school aged members are not in need of such coaching! To meet with John, please email him at : jgowron@mymts.net to set up an appointment. If you need help, please call the library and we will assist you in making your appointment.



SPRINGFIELD ARCHIVES: Located right in our facility, the archives hold all records since Springfield Municipality was founded. From Land title information to local family history, the archives have it all. Run by dedicated volunteers led by Jack & Yvonne Mavins. Archives Tel # is 204-853-7447.

WISH LIST BINDER: Our "Blue Binder" awaits your wishes. Before entering your requests, PLEASE check our catalogue first to make sure we don't already have a copy of the item you are wanting. Not seeing the item on our shelf doesn't guarantee we don't have it, as it may be checked out to another member, or on the cart to be re-shelved. You may use any of our patron computers, including the search computer located near our DVD section to view our catalogue. If you need help, we are happy to assist. We are willing to consider purchasing or subscribing to the following: Magazines and journals, books, including Large Print, DVD/Blue Ray movies, TV series, audio books, CD's, toys or sports equipment. Please record the item you wish for in the binder, clearly indicating your name and contact information. (Membership number or Tel. No.) We will contact you once the item is delivered, or to advise you that we are unable to obtain a copy.

#### FOR ADULT MEMBERS:

**BETTER THAN THERAPY BOOK CLUB:** Meets on the First Friday of each month. New members welcome. This is a friendly group who loves to share "Pot Luck" snacks as much as the book of the month. Please call Donna if you are interested in joining the group.

**CANASTA IN THE TEA ROOM:** Ongoing... a lively, friendly group that meets every Tuesday and Thursday afternoons, with new players always made welcome. Coffee and snacks are shared, in a "Pot-Luck" manner. Please call Edna at 204-444-3638 or stop by the library and leave your name and number.

**SPRINGFIELD LEGION # 146:** R.M. residents of all ages appreciate the Legion's display of artifacts from WWI and assorted items from various branches of the Canadian Military. The display is in the North end of the library. The Legion supports programs for Veterans and serves military in need. They provide bursaries for children, grandchildren / greatgrandchildren of Veterans, sponsor youth programs and work on Remembrance Projects to honour all past and present Veterans. You do not need to have a family member as a veteran to join Legion #146. Currently, they have a small membership that meets about 6 times a year, and are seeking new members. Please contact Harry at 204-866-2243, Marg at 204-755-2225 or Clint at 204-853-2061 for more info. This may be an opportunity for you to serve your community in honourable memory of our many Veterans.

**SPRINGFIELD GENEALOGY CLUB:** Our Genealogy Club has a link on our website for those interested in sharing information and successes of member show have searched their family's ancestry. Allan Williams, who designed our website, also created the G.Club, and is

our Master of all things "On-line!" If you are interested in learning or sharing your experiences, check it out! Jack & Yvonne Mavins, our Archives staff, are also willing to assist in your search. See the Archives section in the above section for more details.

**NEW: PARLIAMENTARY PROCEDURES:** This group of avidly interested Manitobans meet to discuss procedures of Parliament, in the Tea Room on the 3rd Wednesday of each month from 5:30-8:00, and welcome you to join them. Please call Donna Walby for contact information.

**NEW: ANOLA LOCAL MANITOBA METIS FEDERATION:** Meets monthly on Saturday mornings from fall to spring/ early summer. Call Jackie at 204-853-7749

**BOOK A ROOM:** If you have an event coming up and either do not have the space in your home, parking for everyone, or just prefer to hold it elsewhere, we have very reasonable rates to rent our Multipurpose Room, which is approximately 800 sq. ft., or our Tea Room, about 300 sq. ft.

Rates are as follows: Personal bookings for parties, showers, etc. \$25.00 per hour, with 30 minutes before and after to prepare, and clean up.

Non-Profit group meetings: No charge during library hours. \$15.00 per hour outside of library hours.

For Profit Bookings: \$25.00 per hour with 30 minutes before and after for preparation and tidying up.

Please contact us for a Room Booking Agreement if you wish to rent space. We require 50% of the net fee, or a minimum of \$25 upon booking. (\$15 for Non-profit) Full details are provided in the agreement.

We have many groups using the facility as the community becomes aware of this option. Please note that Annual Contracts are subject to renewal to allow other organizations and groups the opportunity to use the Library's facilities.

#### **HOW DO I....?** ... (IN AND ABOUT THE LIBRARY)

To access your account on line, each Library Member has a username, typically your first initial and last name. For example: dwalby Your password is the last 4 digits of your telephone number. (eg. 2039) Log in to our website www.springfieldlibrary.ca and sign in to your account. You can look at items you are currently borrowing, renew materials with the exception of movies and magazines, put holds on items, and view our catalogue. You can also phone the library, or email Cherie (cheriedenorer@gmail.com) or Donna (manager@springfieldlibrary.ca) for assistance.

If you would like to borrow an item we do not hold in our collection, access the link for Interlibrary Loans from our website, or enter http://maplin.gets-it.net in the search bar of your computer or device. We will contact you once the item is received.

Ebsco Host is a dedicated search engine that is available to library members, and includes games for kids, and reference materials for all ages, such as "Searchasaurus Elementary School" option that is complete with erupting volcanoes, dinosaur guide and compass, and is an easy way for young researchers to experience online searching.

Too varied to list here, please click on the link on our Home Page to access this incredible accumulation of many databases including more than 2,000 journals, magazines, biographies, maps, photos, and NoveList: a readers' advisory service which provides access to 155,000+ fiction titles and a wide range of feature content including author read-alikes, book discussion guides, and reading lists.

The login I.D. for EbscoHost is the same for all members: Login name: springfieldmb Password: volunteer

eLibraries: Our link to electronic readers. Whether you have a Kobo eReader, or use one of many other eReaders or android devices, access eLibraries Manitoba (eLM) from the link on our website. Your member login is the same for eLibraries as in the Library itself.

Please check the website for our policies and procedures. We are pleased to have the opportunity to serve you and look forward to many years of continued service to the community.





#### The Springfield Municipal Office

is open Monday through Friday from 8:30 a.m. – 4:30 p.m.
100 Springfield Centre Drive, Box 219
Oakbank, Manitoba
ROE 1J0
www.rmofspringfield.ca

We encourage community members to contact Springfield staff with any and all inquiries, concerns or comments. We're here to assist you.

> Reeve Bob Bodnaruk – <u>bbod@mymts.net</u> Cell 204-232-1036

Councillor Ward 1 Glen Fuhl – <u>gfuhl@rmofspringfield.ca</u> Cell 204-232-4631

Councillor Ward 2 Shandy Walls – <u>swalls@rmofspringfield.ca</u> Cell 204-330-3657

Councillor Ward 3
Rick Wilson – <u>rickwilsonward3@gmail.com</u>
Cell 204-541-0183

Councillor Ward 4 Heather Erickson – herickson@rmofspringfield.ca Cell 204-330-2069

> Councillor Ward 5 Tiffany Fell – <u>tfell@rmofspringfield.ca</u> Cell 204-793-4349

Municipal Office	(204) 444-3321
Springfield Library	(204) 853-2039
Public Works	(204) 444-2241
Springfield Service to Seniors	(204) 853-7582
Parks & Recreation	(204) 444-4119
Springfield Handi Van	(204) 444-4119
Planning Department	(204) 444-3824
Municipal office Fax	(204) 444-2137
Protective Services	(204) 444-4308

www.rmofspringfield.ca