

THE SPRINGFIELD TIMES

NEWSLETTER OF THE SPRINGFIELD RECREATION COMMISSION

FALL 2012

**THE AMAZING
RACE**

Springfield Sports

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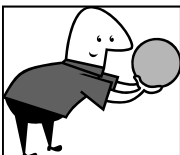
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Oakbank / Springfield

A Volunteer Community Program that does produce results and needs your HELP!!

Visit our websites for more information:

www.citizensonpatrol.homestead.com

www.citizensonpatrol.mb.ca

Or drop by the RCMP (Oakbank) for a registration form.

Privacy Policy: We do not publish or make public any names or numbers of COPP members.

The COPP is organized with the assistance of the Manitoba Public Insurance Corporation (MPIC) RCMP Oakbank & Springfield Police Service.

Our Citizens On Patrol Program has been officially patrolling Springfield since 1999.

PRAIRIE VOICES TOASTMASTERS



Toastmasters - Where Leaders Are Made

People who get ahead in life are those who can communicate effectively. Wouldn't you like to develop this priceless skill?

Toastmasters will show you how to listen effectively, think on your feet, and speak confidently. You will learn valuable leadership skills - all in a supportive, non-intimidating environment.

Visit Prairie Voices Toastmasters and see what Toastmasters will do for you!

The club meets Tuesday nights from 7:15 - 9:00 pm in the basement of the Oakbank Hotel.

Contact John jgowron@mymts.net - 444-3207.

Lyncrest Flight Centre

57 119 Murdock Rd
(near Tinker Town &
Buhler Baseball Diamonds)



The Lyncrest Flight Centre is a Community Club that offers a variety of events related to recreational aviation - from keeping physically fit to practising survival techniques to introducing over 800 youth, elders and families to the exciting world of sport aviation. Events and activities are offered by volunteers; new activities are introduced spontaneously by volunteers. An up to date calendar of events is available at www.lyncrest.org

Meetings

The Lyncrest Flight Centre is 2000 sq ft modern wheel chair accessible facility with large view windows, central heating, wood fireplace and cathedral ceilings, new tables and chairs to seat 80 - terrific panoramic view windows, full kitchen and two large washrooms. The space is rented for meetings, family gatherings, community events, and workshops.

Inexpensive Rental Rates, to book your meeting room contact Bert Elam <bert767@gmail.com>

1. **Springfield Flying Club** meets on the 1st Tuesday of each month at 7:30pm. Everyone Welcome.
2. **Recreational Aviation Association** meets on the 3rd Thursday September to May at 7:30pm. Meetings include guest speakers, demonstrations of aluminum/wood/steel/fabric building techniques, tours of builder's projects and other events – for details see www.lyncrest.org. Everyone Welcome.
3. **Experimental Aircraft Association, 99s Women Pilots Association, COPA Flight 35 and other Aviation-related organizations** meetings are announced on the www.lyncrest.org calendar.

Fly for Food / Golf

The BBQ is set up for informal BBQs throughout the Fall. Drop by and spend a morning or afternoon at the Lyncrest Airport and throw a few burgers or hotdogs on the BBQ!

Flyday Fridays - Throughout August & September fly-outs to Morden Flying Club's Flyday Fridays provide pilots & passengers with a great homemade meal for a few dollars!

Waynners Drive In - Fly in for a hot dog at Beausejour!

Steinbach's Fly Golf Course - Fly in, park at the end of the runway and walk by the golf course to the club house for a great meal before heading back to Lyncrest in time for a gorgeous sunset.

MacGregor's Fly in Golf Course - Fly in to the strip about 200 yards East of the golf course for a quaint meal and even a round of golf!

Scheduled Fly-Ins

15 August - COPA Flight 35 informal fly-out Manitou, MB CKG5. Nice grass strip with lots of parking. Arrive at approximately 6 pm and walk across the road into town for supper at the Spot Lite Cafe. Let us know if you would like to come but don't have an airplane!

18 August - Colette and Ken Pierce's Fly In BBQ, at their farm strip 2 miles South of Beulah.

Everyone Welcome.

18-19 August - Camp under the wing of an airplane at Lyncrest. Hot dogs and marshmallows on the campfire and pancake breakfast followed by the Annual BBQ.

19 August - Springfield Flying Club hosts annual BBQ - best homemade burgers, corn and salad!

Fly / drive / bike / hike in.

21 October at noon - Chili Luncheon. This annual event includes homemade chili and draws a full house.

October - Shoal Lake Fly In for Food! Everyone Welcome.

Continued →

FREE Flights for Fun

Youth, Seniors and Families are welcome to arrange for free sightseeing flights - contact jill_oakes@umanitoba to book a flight to check crops from the air, look over drainage patterns, aerial survey of home sites or just a great recreational flight around the municipality.

Formal Free Flying events include:

15 September Women AirBorne Free flights for women & girls. 210 Women & girls were airborne in 2011, setting the World Record. We plan to break that record again in 2012! Pre-registration required - book your seats now by contacting jill_oakes@umanitoba.ca

22 September COPA for Kids day at Lyncrest. Youth aged 8 - 17 are invited to take free airplane rides.

Aviation Library

Each week several people drop in to browse or borrow books and videos from the recreational aviation library open whenever volunteers are present - typically from noon to 3:30 most days. Aviation magazines are handed out to everyone interested!

Zumba or Other Exercise Routines

Mondays (Free) and Wednesdays (Fee to pay Zumba Instructor Cindy) - 6:00 - 7:00 pm at the Lyncrest Flight Centre Community Club. Register now for Fall programs.

Workshops

Moccasin Making Workshop - pre-register to participate in a workshop designed to make moccasins useful for winter travels. Contact jill_oakes@umanitoba.ca to register by October 15th.

Aircraft Model Building Workshop - pre-register for the annual model building workshop offered by Gil Bourrier and designed for youth-adult pairs. Participants actually build a model, learn about the basic theory of flight, and take home their project! This is a very popular event with enrolment limited to 20 so register early.

Tours

Book an airport tour to get an inside look at planes ranging from modern to antique, from experimental aircraft to mass produced; see what the inside of a wing or fuselage looks like; write a story about the history of aviation; practise communicating on the air-ground radio; apply your artistic talents to create innovative designs for aircraft; calculate math problems related to fuel consumption and wind; create a play about flying or airplanes; and sit in some amazing aircraft to experience first-hand how the control surfaces work. Finish off the tour with a pot of coffee or hot chocolate and a hot dog!

Antique Bi-Plane Rides! Chance of a Life-Time as this Aircraft will soon be returning to Brandon's Commonwealth Air Museum.

At Lyncrest Airport, the Recreational Aircraft Association led over 80 volunteers to restore the Tiger Moth belonging to the Commonwealth Air Museum, National Historic Site in Brandon, MB. Flights offered throughout **August, September & October** in this open cockpit biplane 1940s trainer used in the British Commonwealth Air Training Plan. Bring a piece of history to life by booking a ride OR organize a commemorative event with your local Legion, Historical Society or Educational Group by involving the Museum's Tiger Moth, Cornell, Stinson and Harvard. Contact the Community Liaison Officer 261-1007. Check out upcoming events at <http://tigermothrestoration.blogspot.com/> or follow the link from our Lyncrest Events page for the Tiger Moth Restoration photo blog.

Photography

Drop in and introduce yourself to the volunteers in the Lyncrest Flight Centre community club, have a cup of coffee from the bottomless coffee pot, help yourself to a cookie, and see if there are aircraft on the ground or airborne to be photographed!

Other Events

The community centre welcomes new initiatives – if you would like to book the hall, or wish a certain workshop was offered, or can volunteer to lead a group, contact jill_oakes@umanitoba.ca 261-1007 and check www.lyncrest.org for new events.





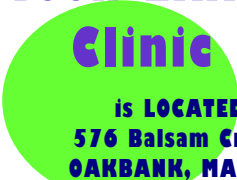
CONNECTING TEENS WITH RESOURCES



Health Services for Youth
12-19 Years of Age

FOR MORE INFORMATION CALL:
(204)-444-6140 (Mon, Thurs, Fri) or
(204)266-3999 (Tues, Wed)

Teen Links
Clinic



is LOCATED at
576 Balsam Crescent
OAKBANK, MANITOBA
IN THE BASEMENT OF SEASONS
Please Use North-West Door
(Door closest to Springfield Collegiate)

FREE & CONFIDENTIAL!

- Pregnancy Testing
- Morning After Pill/Plan B
- Birth Control (Pill/Depo/Patch)
- Condoms
- STI Testing & Treatment
- Pap Testing

Primary Care:

Physical Illness
 Eating Disorders
 Chronic Health Conditions
 (Asthma, Diabetes)
 Referrals
 (Dietician, Mental Health,
 Specialist)
 Immunizations

Mental Health:

Bullying
 Relationships
 Stress
 Family Problems
 Drugs, Alcohol, Smoking
 Peer Pressure

Where: 576 Balsam Crescent, Oakbank, Manitoba
 When: Every Wednesday
 Time: 11:00 am to 6:00 pm
 Who: Nurse Practitioner & Public Health Nurse
 NO PARENTAL CONSENT REQUIRED

Check out our website for more information:
www.teenlinksclinic.webs.com



North Eastman Health Association Inc.
 24 Aberdeen Avenue, Box 339
 Pinawa, Manitoba

Anola Play & Learn

For Babies & Toddlers, Parents & Caregivers

Thursday Mornings from 10 am - Noon

Anola Community Club

September - June

Come and join us for music, reading, guest speakers,
snacks & more.

All welcome!!!

Or anolaplayandlearn@gmail.com

Website: www.anolaplayandlearn.com

MOMS & TOTS



Springfield Moms and Tots

If you have a baby, preschooler or are a caregiver interested in meeting other Parents in the community then come for a morning of play and socialization as you guide your child through their first experiences interacting with peers.

**We Meet Every Wednesday Morning in Oakbank
9:30 - 11:30 am**

We provide a healthy snack for the kids, arts and crafts, educational speakers, outings within the community, a music program and free playtime.

Come out and meet your neighbours!

**For more information and our scheduled activities
please visit our website at springfieldmomsandtots.ca
or contact Lori Kalyniuk @ 444-3743.**

LADIES TIME OUT

Ladies Time Out

is an exciting opportunity for women of all ages to meet other women and develop friendships. You will enjoy a variety of experiences such as chatting over coffee & muffins, crafts, special features, videos, Bible study, brunches, guest speakers and discussion.

Childcare is provided.

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

Call Marie for more information at 444-2469.

**Our Fall registration date is
Wednesday, September 26th and runs until November.**

Come join us!!

SPRINGFIELD PUBLIC LIBRARY

**Located on Hwy 206 just North of Hwy 15 (Dugald Rd)
Telephone 853-2039 Fax 853-7995.**



Summer Hours to - September 1

Tuesday & Wednesday 10:00 am - 8:00 pm

Thursday & Friday 10:00 am - 5:00 pm

Saturday 10:00 am - 2:00 pm

**Fall Hours resume Saturday, September 8
(when we are open Saturdays until 4:00 pm)**

*** Closed Sundays & Mondays ***

Donna Walby Lawson

manager@springfieldlibrary.ca

Leanne Henry

staff@springfieldlibrary.ca

Cherie Denorer

cheriedenorer@gmail.com

Chrisine Robinson

staff@springfieldlibrary.ca

Please note that all information is subject to change. Call the library to confirm details or check our website: www.springfieldlibrary.ca.

“**Springfield Library Corner**” in The Clipper weekly gives up-to-date info on programs and services.

Our Library Board is always available by email: board@springfieldlibrary.ca

Chair: Vince Bennici Vice Chair: Marlene Gouge
Councillor: Karen Lalonde

ALL PROGRAMS ARE FREE OF CHARGE UNLESS OTHERWISE INDICATED. REGISTRATION AND INFORMATION PACKAGES ARE ON THE PATRON SERVICES COUNTER AT THE FRONT OF THE LIBRARY NEXT TO THE CIRCULATION COUNTER.

Programs for Children:



Storytime: For preschoolers aged 2 - 5. Each Fall, Winter and Spring, we hold sessions that run for 8 weeks on Wednesday mornings from 10:00 to 11:00 am. A parent or guardian's presence is required to assist individual children's needs.

Mind & Body: For children aged 4 & 5. This program was developed to prepare children for Kindergarten. Sessions run for 8 weeks and include an hour of literacy and numeracy development through songs and games. Each child has their own workbook and are actively engaged in a “classroom” setting until recess - a 15 minute snack break. After parents join in for the creative movement portion which helps develop balance, coordination and team play. Taught by Melinda Ives. Space is limited register early!

Baby Rock ‘n’ Read: A new program under development, we hope to offer this exciting new program for babies and “parents.” For infants approx. 3 mo to 18 mos, repetitive verses, songs and reading while sitting in a circle, infants soon develop name & sound recognition through repetition. Registration not required; this is a drop in program, but please call to confirm dates and times.

Continued →

Drop in Programs: We hold regular craft workshops throughout the year for such holidays as Christmas and Easter. Held on Saturdays, we announce the date and time on our info board at the end of our driveway, on the website and in the Library Corner. Free to members.

Jewelry Workshops: Hosted by Nicole.



If you have a group that would be interested in attending, Nicole is available to teach this art for birthday parties and other events. Call Donna for details.

Art Gallery: Springfield Public Library is becoming famous for its impressive collection of original art created by local artists. All items are for purchase, from sculptures and multimedia paintings by Ida MacKenzie and Genevieve Henderson to hand crafted guitars by Ray Gander. If you are a budding artist and would like to display your work, please see Donna to make arrangements.

Genealogy: We are looking to hold a genealogy workshop for those working on their family history. If you are interested, please contact Donna with dates and times that work best for you. The Manitoba Genealogy Society has offered to host this workshop, and our Archivists, Jack & Yvonne Mavins have written books on this subject, and are willing to assist.

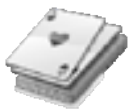
eReaders: With a wide variety of eReader devices, holding a workshop turned out to not be the best solution. If you are having difficulty accessing the eLibraries catalogue, follow the link on our website, stop by to see us, or give us a call. We will direct you to the appropriate contact.



PLEASE: when purchasing your device, get all the direction you can from the sales person you are dealing with at the store. They are best able to advise you as to the

Springfield Archives: Located right in our premises, the archives hold all records since Springfield Municipality was founded. From Land title information to local family history, the archives have it all. The archives are all run by dedicated volunteers led by Jack & Yvonne Mavins. (204-853-7447)

Canasta in the Tea Room:



Every Tuesday & Thursday beginning at 1:00 p.m.
A friendly group awaits you.
New members are always welcome.

Wii Tournaments: Teens! Check us out on Facebook or on our website for information on upcoming Wii tournaments coordinated by our Teen volunteer, Adam Dewitt. If you have any other ideas for programs for teens, give Donna a call. We want to develop programs that welcome teens to the library, and could use your input.

Seniors: Diane Dumas of Springfield Service to Seniors has dropped off surveys at local senior's facilities seeking more information on how we can better serve your needs. If you are unable to visit the library, but would like books delivered to you, see your recreation director if you live in a senior's residence, or give Cherie a call here at the library. We would also love to host bowling tournaments here using the Wii game format, and are looking for "teams." Cherie is in charge of programs here; if you have any other ideas, let us know.

Puzzle Exchange: Take a puzzle from our collection to the lake or for your home... a great way to spend some time with your family on rainy days. Keep the puzzle as long as you like no check out required.
We welcome donations of puzzles in great condition with no missing pieces.

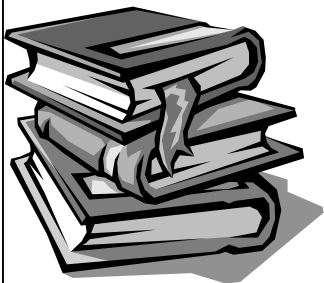


Tech Time with John: John Gowron offers his assistance with your computer questions on the 2nd & 4th Wednesday of each month. Registration is not required, but if you intend to attend, please give us a call if possible.



Continued →

Room Bookings: Looking for a room to hold a meeting or event? Our Multipurpose room now has new furniture; tables and chairs that are much nicer, and will hold up to 80 people with room to spare. Our Tea Room is available for smaller groups up to 24. The room is free of charge to non-profit organizations during library hours, or \$15 per hour for regular use. Please call us to check availability and details.



Book Sales: We have ongoing book sales year 'round. At the front of the library, we have paperbacks for sale on the spinning racks, with hard cover or larger books on the book sale cart. These books are priced reasonably for quick sale.

We also have our **“Red Basket Books.”** These are in “New” condition and are priced accordingly. At times, we receive a duplicate book in our order, and we pass these on at a great savings to you. Our annual book sale in June is always fun, as we celebrate our anniversary with cake and coffee for our patrons. We hold Amnesty Week at the same time, forgiving late fees in the hopes of having long overdue books returned. All proceeds from the sale of books are used to purchase more books for the library and we value your support in this fund raiser.

Wish List: We have a binder on the patron services counter for you to request books. If we do not have a title or series in our collection that you would like us to order, please record the details in the binder for consideration. We always look to purchase the books that our members request wherever possible. Please check our catalogue before listing the item to be sure we don't already have it.

If you have an idea for a program or service that we do not offer at present, or a concern about our service, we welcome your comments. Please email or call us.

“THANK YOU”

From



After hosting our most successful fundraiser to date, by raising approximately \$50,000 on May 12th and approx. 800 in attendance, we would like to send our most heartfelt appreciation to all of our supporters:

THANK YOU to our Corporate Sponsors:

RBC

CG Power Systems Canada Inc

Oakbank Credit Union

Season's Funeral Chapel

Focus Hyundai

Transcona Veterinary Hospital

Oakbank Hotel

KGS Group Consulting Engineers

CIBC/Wood Gundy - The Cristall Pollack Braun Group

Valeant Pharmaceuticals

Oakbank Co-op

Back at the Ranch

One Insurance

McPhillips Toyota

Dunn Family Auto

Oakbank Pharmasave

“THANK YOU” to Emcee Ace Burpee, Entertainers, Robb Nash, Big Daddy Tazz, and to all of the many companies, groups and individuals that helped to make this year's event a success! Our appreciation goes out to the Springfield Kinsmen & Kinettes, the Citizens on Patrol, the Emergency Services of Springfield, the RM of Springfield, the Town of Oakbank and One Insurance Arena. “Thank You” to our volunteers, to the Mood Disorders Assoc. of MB. and to all that attended and participated in this year's event!

In no way is this a complete list, but we send thanks to all of you that believe in our cause. You have nothing without your mental health. See you next year!

Please visit our website www.andrewdunn.org

Please visit our website andrewdunn.org

Moving Forward ... Changing Lives ...

Annual Purina Walk for Dog Guides

Birds Hill Provincial Park

Sunday, September 23rd

Birds Hill Park (East Beach)

Walk begins at Noon



To some these Dog Guides are their eyes, to others, they are the means to live independently...

Lions Foundation trains five different types of Dog Guides to help Canadians with disabilities:

- ~ Canine Vision Dog Guides for people who are blind or visually impaired
- ~ Hearing Ear Dog Guides for people who are deaf or hard of hearing
- ~ Special Skills Dog Guides for people with a medical or physical disability
- ~ Seizure Response Dog Guides for people who have epilepsy
- ~ Autism Assistance Dog Guides for children with autism.

For a pledge form contact Bev 444-2693 or Norm 895-1607 or register on line at www.purinawalkfordogguides.com

There will be silliest pet trick and pet look a-like contests, a fantastic silent auction, a chance to win one of two huge gift baskets, pet focused vendors, agility dogs and a number of dog rescue groups on hand!

Come on out and join the fun !!!

If you are still looking for the perfect dog to join your family, come check out the wonderful dogs available through the rescues!



**WALK YOUR BEST FRIEND
FOR THOSE WHO NEED ONE!!!**

NEW! Monthly Community Meditation

Join Robert and Lisa Tucker for a monthly meditation at Renaissance House. This is an opportunity for you to develop your meditation and mindfulness practice with the support of a mindful community.

Dates: Tuesday, August 7
Tuesday, September 11
Tuesday, October 9

Time: 7:00 - 8:30 pm.

A suggested \$5.00 donation will help to cover the cost of tea and cookies!



An Introduction to Meditation

“The only thing that is certain is the present moment.”

The benefits of regular meditation are:
Deep relaxation and stress reduction,
Increased well being,
Greater insight into ourselves and others,
Mindfulness (increased awareness and
living in the present moment)

Participants will be introduced to the fundamental facets of meditation, including the Autogenic Relaxation Technique, breathwork, mantras, re-charging of energy, and more.

This course consists of 4 classes of 1½ hours each.

Dates: Wednesdays, September 12, 19, 26 & October 3

Time: 7:00 - 8:30 pm **Investment:** \$150.00

**Classes are held at Renaissance House
(3 miles north of Oakbank).**

For further information call (204) 444-4881
or Email:

lisatuckerrenaissancehouse@gmail.com

CRAFTEAS.....fun with art

Classes in 2011!!

3 week workshops

**Learn to Draw / Paint Project
w/ Acrylics and water soluble oils /
Portraits... & More**



Classes available for ages 7 yrs to 16 yrs
(\$40 includes supplies) *See below for class details*

Mondays or Wednesdays 6:00 - 7:30 pm

September to December

Start Dates: Mondays, September 10

Wednesdays, September 5

*(Classes get booked up very quickly so please call as early
as possible to secure a place)*

The aim is to allow students enough structure and freedom to be independently creative whilst learning new skills and techniques. Free expression in the artwork of the students is key to their success and confidence.

(additional classes Spring/Summer) Painting on
stones/fabric art/clay modeling)

Call Tracy 444-4255 for details on class dates.

Face Painting for birthday parties and events.

Continued →

CRAFTEAS...fun with art

Private classes at home also available

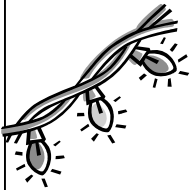
Call for details

(NEW....ask about childrens wall murals....bring favourite characters to life...great for Christmas, Birthday, or just because...face painting for Birthdays and Events)

Email: crafteas@mts.net

On-going workshops teaching children to draw and paint based on the basic idea of shape recognition....learning in a fun environment giving each individual child the opportunity to experience increased self-esteem, creativity and confidence and to develop skills that are transferable to many other subjects.

ANOLA ENHANCEMENT ASSOCIATION



Parade of Lights November 17th 5:00 pm



**(Call Mildred @ 866.2242 if you are interested
in having a float in the parade)**

The Anola Enhancement Association would like to invite everyone to our community for the Parade of Lights. The Parade will start at Hwy 15 & Weiser Cres. across from the Community Club and proceed down Weiser Cres. crossing Hwy 12 to Gass Ave. and ending at the Fire Hall. The Anola Enhancement Association will be at the Fire Hall serving something warm to drink and treats. The evening will conclude with a fireworks display.

This is a great opportunity to visit neighbours and make new friends.

The AEA meets the last Thursday of the month at 7:30 PM in the Anola Community Club. Everyone is welcome!!



Girl Guides
of Canada
Guides
du Canada

REGISTRATION FOR FALL 2012

GUIDING GIRLS TO GREATNESS!!!

Girl Guides of Canada is over 100 years old! Registration is already happening and space is limited! Girls participate in crafts, indoor games, songs, outdoor games and activities, camping, sleepovers, community service and program related activities. All activities are age oriented, from learning the importance of healthy eating, to planning and following through with their own camps.

Sparks (Ages 5-6)	Brownies (7-8)	Guides (9-11)
Pathfinders (12-14)	Rangers (15-17)	Leaders (18 +)

GIRL GUIDES NEEDS LEADERS!!!

Some programs currently do not have a leader, and by fall will have to close. **Units in Anola are immediately looking for assistance** in all age groups. Units in Oak Bank require leaders for Brownies & Guides age levels. Although Girl Guides is one of the best mother/daughter bonding experiences possible, grandmothers, aunts, older sisters & interested community members are more than welcome to join. No past experience as a girl member is required. Training is available, and new leaders will be assisted.

HIGH SCHOOL CREDITS FOR VOLUNTEERING!!!

Girls aged 16 and older who volunteer regularly at weekly meetings, sleepovers and camps, may be able to earn a High School Credit. Receive experience working with younger girls, and Girl Guides is a great addition to any resume. Give back what you got as a girl member – and even if you haven't been a member previously, your energy and enthusiasm is wanted!

Girls will be looking up to you at a time when they need good influences in their lives. Beyond being a role model for young women, you will learn essential skills and develop personal growth, as well as a feeling of pride in the girls that enjoy their experience in Girl Guides.

**REGISTRATION FOR
FALL 2012**



Girl Guides
of Canada
Guides
du Canada

EVENTS ALREADY BOOKED FOR NEXT YEAR!!!

Mark your calendars, the following camps are just SOME of the events already planned for the 2012/2013 Guiding season for girls in Units within Oak Bank, Lorette, Pinawa, Steinbach & Beausejour!

For Sparks, Brownies & Guides (5 - 11 years old):

STEM Badge & Program Camp, March 2013: Earn badges while participating in fun program activities such as cross-country skiing, tube sliding, indoor & outdoor games, crafts & campfires – while enjoying bunk bed cabin sleeping & catered meals at Camp Nutimik.

For Pathfinders & Rangers (12 - 17 years old):

“Camp Shutterbug” Photojournalism Camp, September: Earn the Camera Craze Pathfinder badge & participate in fun program activities at the beautiful Camp Agassiz Trail.

The “Yet To Be Named” Camp, November: Pathfinder & Ranger age girls have spent the summer telling us what theme, activities, badges and meals THEY want to have – ensuring the camp is exactly what girls today want to do. Space is limited for this event, only 46 maximum can register!

REGISTRATION INFORMATION!!!

Girl Guides of Canada is accepting ONLINE REGISTRATION at:
<http://www.girlguides.ca/>

TO VOLUNTEER / FOR MORE INFORMATION:

Contact Tammy at tammythegirlguide@hotmail.com

... is a member-driven registered charity committed to conserving the natural heritage of Birds Hill Park and preserving its ecological integrity, and to supporting or providing educational activities, programs and Park enhancements that are consistent with these aims.

- adopted by the general membership October 26, 2011

In 2011 we hosted speaker events to share information on the owls and crawling critters of BHP, cougar populations and groundwater conservation. Our guided walk focused on local birds; we celebrated our 10th Annual Park Clean-up and coordinated our first event to control invasive species. THANK YOU for your support!

Friends' Fall Calendar of Events

Pitch in and have fun at our 11th Annual Park Clean-up and Complimentary Barbeque on Sunday, September 30.

The Board will unveil a new Strategic Plan at the AGM on Thursday, October 25th. Become a member now and help chart the course of our organization.

You can visit our Web-site or Facebook Page for information on upcoming events and useful links related to protecting the biodiversity of Birds Hill Park.

Friends is a registered Canadian charity dedicated to action and public education to protect the natural heritage of Birds Hill Park and its surrounding area. Our events are free to the public and feature fun, Friends, refreshments and prizes. Donations are always welcomed and appreciated.

Email info@friendsofbirdshillpark.ca to ask how your business can become a sponsor.

WWW.FriendsOfBirdsHillPark.ca
WWW.facebook.com/pages/Friends-of-Birds-Hill-Park/201665406554544

Continued →

RIDE HORSES !!

Group lessons for children and adults.

TRY SOMETHING NEW!

Brand new riders come and live your dreams of riding a horse!



Experienced riders - challenge yourself, improve their riding, learn new skills to create a more responsive, respectful horse. Plus have fun meeting other horse lovers!

Well trained lesson horses and an experienced coach offer you the chance to gain your confidence, learn how to handle horses safely, understand horse behavior, ride effectively, and have tons of fun!!

1 HOUR Group Classes of 3 - 6 riders cost only \$25 per hour per rider, and that includes the horse! (We supply the horse, but ask about bringing your own too).

1½ HOUR Classes (Include learning to tack up and care for your horse on the ground as well as riding lesson) Cost \$35 per person in the group.

Reserve a spot today!

New Classes Starting on different dates.

Call **Chelsea** for more info 204-801-3489

Or email ckriding@gmail.com

Meadowview Ranch is located on Richland Rd (54) off Hwy 12 near Anola.

Check out our website:

www.elainebanfieldequine.com.

The SPACE
SUNRISE PERFORMING ARTS CENTRE OF EXCELLENCE
INC.573 Main Street, Oakbank R0E 1J0
Telephone 444-3567
E-mail thespaceadmin@thePaceS.ca
sunriseperformingarts.blogspot.com

Cooks Creek Dance Academy

Core Program

September to May

Ages 3 - 6 years Combination Ballet & Tap

Ages 7 years and up Classes in.....

~ Ballet ~ Tap ~ Jazz ~ Lyrical ~

~ Musical Theatre ~ Hip Hop ~

Preschool Ages 2 ½ - 4 years \$75.00

8-week sessions in...

- | | |
|---|----------|
| ~ Kinder Tumble ~ Wed Sept 12 th | 10:30 am |
| ~ Romp n' Stomp ~ Thurs.Sept 13 th | 10:00 am |
| ~ Kinder Ballet ~ Thurs Sept 13 th | 10:45 am |
| ~ Song & Dance ~ Thurs Sept 13 th | 11:30 am |

Youth Classes : \$110.00

10 Week sessions in....

- | | |
|--|---------|
| ~ Cheer ~ Mon Sept 10 th | 4:00 pm |
| ~ Youth Tumbling ~ Mon Sept 10 th | 6:00 pm |

Adult Classes: \$110.00

10 week sessions in...

- | | |
|--|---------|
| ~ HipHop ~ Mon Sept 10 th | 7:00 pm |
| ~ Stretch N' Strength ~ Tues Sept 11 th | 7:00 pm |
| ~ Ballet ~ Wed Sept 12 th | 8:00 pm |
| ~ Tap ~ Wed Sept 12 th | 9:00 pm |
| ~ Belly Dance ~ Thurs Sept 13 th | 6:00 pm |

2012 / 13 SEASON COMMENCES SAT., SEPT.8th



Cooks Creek Dance Academy

The SPACE
SUNRISE PERFORMING ARTS CENTRE OF EXCELLENCE
INC.573 Main Street, Oakbank R0E 1J0
Telephone 444-3567
E-mail thespaceadmin@thePaceS.ca
sunriseperformingarts.blogspot.com

SPRINGFIELD THEATRE COMPANY



Bringing Theatre Arts to youth ages 8 - 18 years
New Summer Intensive Day Camp
August 7th - 10th

~ Voice ~ Acting ~ Dance ~ Audition Prep ~

For those interested in auditioning for STC's annual production this is a great opportunity to see what is involved and to assist in preparation.

Program Time: 9:30 - 3:00

Early Drop Off & Late Pick Up Times Available



New Theatre Company Classes

2 Sessions: Sept - Dec & Jan - May

Vocal Musical Theatre...Focused on the voice

Theatrical Movement...Focused on theatre dance

Acting/Improvisation...Focused on monologues, scene work,
and improvisation techniques



STC Annual Production

STC brings to the stage a live production annually providing an opportunity for youth to be part of a semi-professional theatre experience. The audition process takes place in early Fall with twice a week rehearsals commencing in late October culminating with the on stage performance late February

**4th Annual
Blazingstar Music Summer
Session**



Private Music Lessons:



Piano, French horn, trumpet or trombone lessons. Flexible lesson times to accommodate your summer plans.

30 min/per week. \$16.50/lesson July/August.

Introduction to Orff Music:

Group music classes where participants will sing, move and play the 4½ octave range of barred instruments, (xylophones etc.). On the last day students will perform some of what they have learned. Ages 3 - 5, 6 - 8, 9 - 12+.

1 hr/day, \$55.00/wk Aug 20 - 24.

Introduction to Baby & Me:

Group music classes where participants will sing, move and play the 4½ octave range of barred instruments, (xylophones etc.). This class is for children 2 - 36 mos. and a caregiver. On the last day students will perform some of what they have learned. Ages 2 - 36 mos.

30 min/day. \$35/wk.

Subsidized Programming is available for all group music classes. Please advise Mary at the time of registration if you think you may qualify.

Participants in music classes with Blazingstar Music qualify for the **Federal Child Fitness Tax Credit.**

www-blazingstarmusic.com

Blazingstar Music 2012-2013 Classes

Orff Saturday Class: \$15.50/month, Sept. - April.
Classes are 45 min. every other Saturday from 9:45-10:30 am.

This class is for children ages 3-5, 6-8, 9-12+ Children will learn about music and rhythm through a variety of games and activities. They will sing, move and play instruments, including a 4½ octave range of barred instruments, (xylophones). Participants will learn about many styles of music including **Jazz**.



Baby and Me Saturday Class: \$13.50/month Sept - April
Classes are 30 min. every other Saturday from 10:30-11:00 am.

This class is for babies and toddlers (2-35 months), with a parent or caregiver that participates actively in class, nurturing a loving musical connection using the *Orff* process.

Orff Thursday Class: \$31.00/month, Sept - April
Weekly classes are 45 min. Thursday evenings 5:15-6:00 pm.
This class is for ages 3-5, 6-8, 9-12+. Children will learn about music and rhythm through a variety of games and activities. They will sing, move and play instruments, including a 4½ octave range of barred instruments, (xylophones). Participants will learn about many styles of music including **Jazz**.

Baby and Me Thursday Class: \$27.00/month Sept - April
Weekly classes are 30 min. Thursday evenings 6:00-6:30 pm.

This class is for babies and toddlers (2-35 months) with a parent or caregiver that participates actively in class, nurturing a loving musical connection using the *Orff* process.

Piano / Brass Lessons: \$60.00/month Sept - May.
(32 lessons and 2 recitals)

**Now accepting registrations for Blazingstar Music's
4th Annual Summer Session and 2012-2013 Classes:**

Fall Registration Evening

**Wednesday August 29 5:30 - 7:00 p.m.
Oakbank United Church (582 Balsam Cres.)**



8 - 449 Main Street
Oakbank, Manitoba
444-2724



Our Philosophy...

Music lessons should be fun
and should instill a life-long love of music!!!

Register now for private instruction on:



- Piano
- Guitar
- Drums
- Voice



- ...and more!

- Trumpet
- Violin
- Saxophone



Band Students ... Watch your musical skills increase
with private lessons supplementing
your band class!

Adults ...Have you always wanted to play an instrument?
It's never too late! Call now.

We carry a wide variety of music supplies:
Reeds, strings, cables, accessories, books and more!
All at competitive prices.

**New Registration will begin
Monday, August 13
Lessons will resume
Monday, September 10
Celebrating 19 years in Springfield.**

444-2724

EMERGENCY & NON EMERGENCY NUMBERS

EMERGENCY 911

Hospital	Beausejour District Hospital	268-1076
Personal Care Home	Kin Place PCH	444-2004
Physicians	Kin Place Health Complex	444-2227
	Oakbank Medical Clinic	444-2934
	Springfield Medical Clinic	444-5145
Pharmacy	Oakbank Pharmasave	444-3030
Primary Health Care Centre	Kin Place Health Complex	
	Community Health Services	444-2227
	Chronic Disease Prevention	444-6138
	And Wellness	444-6142
	Home Care	444-6119
	Family First	444-6141
	Mental Health	444-6147
	Public Health	444-6130
	Teen Links	266-3999
		or 444-6140
Child & Family Services		1-866-576-8546
Employment & Assistance	Income Assistance	268-6028
RM of Springfield		444-3321
	Springfield Recreation Director	444-4119
	Springfield Handi-van Services	444-4119
	Springfield Food Bank	866-3403
	Springfield Library	853-2039
	Springfield Service to Seniors	853-7582
	Springfield Municipal Police	444-4308
	Springfield Fire & Rescue Service	444-4308

Parkside Pool

Parkside Pool is a Private Indoor Pool Facility
Featuring a 20 x 50 (1000 sq ft) Indoor Pool,
and 6 Person Hot Tub

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!

**Contact Us to Register for
August Condensed & Fall Sessions**

(204) 444-3987 or parksidepool@gmail.com

Red Cross Swim Preschool: (Ages 24 mo. - 6 years)

Red Cross Swim Kids: Levels 1 - 10: (Ages 5 and up)

Red Cross Swim for Adults and Teens

We specialize in Birthday Parties

At Parkside Pool the weather is always perfect.

Getaway and have some fun!

Book your Pool Party and let us do the rest!

www.parksidepool.com

Located on Provincial Road 206
4 km North of the Bird's Hill Provincial Park East Gate



***Whatever the weather your party
is sure to be a splash!***



BOULDING BELUGAS SWIM SCHOOL...

Thanks to all our summer swimmers and parents for a great summer session! Many new skills were accomplished and the swimmers had lots of fun in the sun, rain and every kind of Manitoba summer weather in the outdoor pool! Thank you for great instruction from Jordan, Seth, Carly, Hayley and Kristin!

Adults, now it's your turn to get fit in the pool! Please check out our website www.belugaswimming.com for more information about our adult fitness swim program. Beluga Masters offers fitness and swim improvement skills for all levels of adult swimmers, beginning to advanced.

5:45 - 7:00 a.m. Monday, Wednesday Friday
Lord Selkirk Comprehensive High School in Selkirk

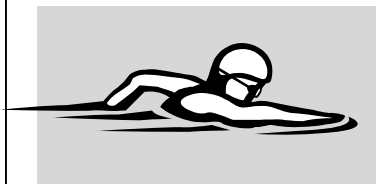
6:10 - 7:10 a.m. Tuesdays Thursdays
Elmwood Kildonans Pool Concordia Ave, Winnipeg.

(Start dates TBA and schedule subject to change.)

Masters swimming is great and inclusive for all ages and abilities, competitive or just for your own self improvement and fitness.

Please check the "Beluga Bubbles" on our website for some comments from our masters swimmers about their own personal experience.

For more information check the website
or call us at 444-3072 or 444-2632



www.belugaswimming.com
or email:
swim4life@highspeedcrow.ca

SPRINGFIELD SPORTS CLUB



The Springfield Sports Club (SSC) will begin its 3rd season starting in October!!

The SSC offers recreational sports for adults (18 yrs +) in the RM of Springfield.

We offer a variety of sports throughout the year including: Dodgeball, Basketball, Soccer, Volleyball, Badminton, Ball Hockey, etc.

Sports change approximately each month and all sports/games are self-referred with an emphasis on fun and participation.

The sports club meets one evening each week to play a sport for 1 hour in one of the local school gyms.

New members are welcome anytime.

We are looking for more people to join the Sports Club to ensure its continuation, so come on out!

Full details and our upcoming schedule are posted on our website.

Website: www.springfieldsportsclub.blogspot.com

Email: springfieldsportsclub@gmail.com

Phone: Andrea at 444-3010

SPRINGFIELD CURLING CLUB

The Springfield Curling Club welcomes new members for the following leagues:



Tuesday Night Ladies' League

Monday & Wednesday Night Mens' League

Thursday Night Mixed League

Friday Night Mixed League

Ladies' Daytime League

Thursday Afternoon Mixed League

Monday Junior Curling (ages 10-12)

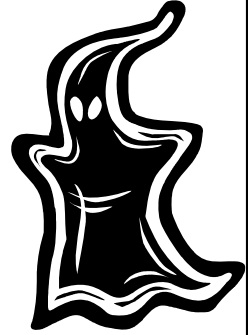
Wednesday Teen Curling (ages 13-17)

If interested, please contact the Curling Club at 853-7729 and leave a message.

SPOOKY BARN

THE HAYEK FAMILY INVITES YOU TO TOUR
THEIR 5TH ANNUAL

Spooky Barn



OCTOBER 26 & 27

6:00 - 6:54pm

FOR THE YOUNGER CROWD AND FAINT HEARTED
(happy music & no surprises)

7:00 - 9:00pm

FULL SCARE DEAL

*** NEW THIS YEAR ***

OCTOBER 28 - SUNDAY MATINEE FOR WEE ONES

Lots of fun activities geared towards those 7 & under

Either event \$5/soul

ALL PROFITS GO TO THE SPRINGFIELD FOOD BANK

(Additional donations of non perishable food items
are greatly appreciated.)

28 024 ZORA RD

Between Birds Hill Park & Cooks Creek

FOR MORE INFORMATION 229-1267

info@spookybarn.ca



is proud to present its 20th Annual Production
from January 17 - February 8, 2013.

In celebration of our 20th Anniversary, we will be presenting a Gala Evening on January 19, 2013. Preferred purchasing for this event will begin on September 29th by phone at 444-2909.

General ticket sales for all performances will begin at 9.00 am on October 13th in person at the Oakbank United Church 582 Balsam Crescent in Oakbank or by phone at 444-2909.

Dinner Theatre tickets make wonderful Christmas gifts - especially for those hard-to-buy-for folks on your list!

With preparations well underway for our next production, we've got plenty of opportunities for volunteers. If you would like to become involved in this amazing community event, please contact us at OakbankDinnerTheatre@gmail.com

For a complete list of performance dates and volunteer opportunities please visit us at [**OakbankDinnerTheatre.com**](http://OakbankDinnerTheatre.com)

Plus, if you sign up as a follower on the website, you'll have a chance to **WIN** tickets! The draw will be made on September 30th. Good luck!

Oak Bank United Church

582 Balsam Crescent

Ph: 444-2815

www.oakbankunitedchurch.com

10:45 am Sunday Worship and Sunday School Program for Toddlers to Teens

An invitation is extended to all families in the RM of Springfield to come to Oak Bank United Church and explore opportunities through faith, fun and fellowship; all ages are important to the life, work and growth of our Church Community. Striving to ensure there are opportunities for worship, learning, faith development and outreach, we offer a hands-on Sunday school program, adult learning through small group methods, as well as outreach opportunities within the Church, Community, City and World.

During our Sunday service we have a nursery for children under 3, a Sunday School program for children ages 3 & up and a Youth program for grades 6-8 and 9-12 called C.H.A.T. (Christ Has Answers for Teens). Sunday School is set up to study 1 theme or bible lesson each 3-4 weeks. During a theme, children will be acting out bible stories, doing puppet plays, watching a theme-related movie while enjoying a bag of popcorn, baking in the café, playing games, creating something special - all the while having TONS OF FUN!! **Registration and our first session of "Loaves and Fishes" begins on September 8th.** For more info please contact Karen Ivison at 755-2427 or email kjivison@hotmail.com

Before and after worship there are opportunities to visit, have coffee and sometimes, a light meal. There are several choirs-adult/children/youth, as well as numerous activities planned throughout the year to build closer relationships with God (Bible study, faith walks, labyrinth, topical discussions) and with the O.B.U.C. Community (folk dancing, car rally, whist, scavenger hunt, carolling).

The Congregation will begin Sunday Worship once again on **August 12th at 10:45 am**, celebrating the Sacrament of Baptism. If you require ministerial support, please call the church office at 444-2815 and leave a message for Rev. Cathy Kinsman or Rev. Leslie Clark.

Special Events coming in the Fall:

- | | |
|-----------------------------|--|
| Sept 30th | Bring a Friend Sunday, followed by the Welcome back BBO |
| Oct 7th | A Family Worship Service celebrating Thanksgiving and World Wide Communion |
| Oct 21st | Celebrating World Food Day, followed by a Harvest meal together |
| Nov 4th | The Sacrament of Baptism |
| Nov 18th | A Family Worship Service celebrating Children and Youth |

Folks seeking marriage, baptism, confirmation, a small group study, a listening ear or opportunities to serve God in Community, please feel free to keep in touch or check out our website at www.oakbankunitedchurch.com



**24th Annual
Oakbank Springfield
Kinette Club**

Christmas Craft Sale

**Saturday, November 17
10 am - 3 pm**

Pictures with Santa!!!



(Springfield High School)



**841 Cedar Ave.
Oakbank, MB.**

**Admission: \$2.00
Under 12 Free**

**Canteen by: Cooks Creek Dance Academy
Entertainment & Silent Auction**

Tables are going fast. Book yours today!!!

**Please contact Erin Toews 444-5380 or
Kerri Szmon 444-2345 to reserve your table!**

**Sponsored by:
Oakbank Springfield Kinette Club
Serving the Community's Greatest Needs**

OAK BANK UNITED CHURCH
hosts the 32nd Annual

**CHILDREN'S
SNOWFLAKE
BAZAAR**



A Christmas Shopping Event
for kids in Grade 8 and younger

Christmas gift items for everyone on your
list priced from 25 cents to \$3.50!

Friday, November 30th 6 - 8 pm

Saturday, December 1st 10 am - noon

**Oak Bank United Church
582 Balsam Crescent, Oakbank**

Donations of **new** or **like-new** items
may be dropped off and left in the breezeway
at 604 Pine Dr. (just off Main St.)
or contact

Irene 444-3399 or Barb 444-2171

*NOTE: Due to space/time restrictions, only items that are clean,
complete and in like-new condition can be accepted, thanks.

THE AMAZING RACE

Springfield Sports Club Edition

**You've seen it on TV... now it's
right here in your**

To kick-off its 3rd season, the Springfield Sports Club is proud to present

The Amazing Race – Springfield Edition

Saturday, October 10th, 2014

Teams of two will race around Oahe Park while completing a variety of pit-stops focusing on local businesses and landmarks.

Clues will be provided in each leg of the race or direct them to complete a task.

Prizes will be awarded to the winning team.

Team registration is required by September 25th.

Full details will be posted on the Springfield Sports Club website.

Email: info@springfieldsportsclub.com



****Note: Volunteers are needed for this event. Please contact us for more information.**

THE AMAZING RACE

Springfield Sports Club Edition

**It's your chance to participate
in your own municipality!**

Springfield Sports Club will be hosting

Springfield Sports Club Edition

October 13, 2012.

Springfield Sports Club and the surrounding area
are focused on physical activities and healthy lifestyles.

Participants are to lead the teams to their next destination
to complete a specific challenge.

Prizes will be awarded.

Registration is required by Sept. 22, 2012.

For more information, visit our website at: www.springfieldsportsclub.ca

springfieldsportsclub@gmail.com

Phone: Andrea @ 444-3010

Volunteers are also needed for the event.

Contact us if you are able to help out!**



MONTHLY MEETINGS

7:00 pm at the Anola Community Club on the 2nd Monday of every month. We appreciate all feedback and look forward to meeting you and listening to what you have to say.

ELECTIONS:

Monday, October 1st 7:00 pm.

Elections are held at the Anola Community Club. The Vice President and Treasurer positions are up for re-election at this time and they are 2 year term positions.

We are also looking for a Director of Fundraising and Volunteer Hours. If you are interested in any of these positions or any other position within our Board, please call Betty Ann 866-3023 or come by on election night. We look forward to seeing you there!

HALL RENTALS

Our hall holds 300 people and is a great place for all of your party needs... Birthdays, Showers, Anniversaries, Socials, Weddings, Fundraisers and more.

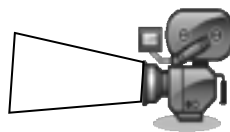
We also rent tables and chairs. Prices will vary depending on the event.

We also have several **Carnival Games** and a **Water Wars Game** for rent - must have own transportation.

Contact Patti at 866-4579 for more information.

MOVIE MANIA will be back this fall.

Watch for information on
dates and times.



YOUTH & MIDDLE YEARS DANCES

YOUTH DANCES

(Grades 3 - 6)



Friday Evenings from 7:00 - 10:00 pm.

Admission is \$3.50

Door prizes, Dance prizes & Silent Auction!!!!

The kitchen & canteen are open for this event.

Parents/Guardians must sign their kids in and out.

(No Exceptions)

Chaperones are needed!!

Please contact the Volunteer Director if you have hours left in your volunteer commitment.

Questions call Sheri 866-2930

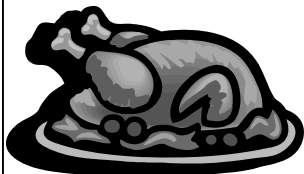
Dance Dates: Back in September

FALL REGISTRATION ALL PROGRAMS

Please ensure you bring 3 cheques or payment for:

- \$35.00 club family membership (good for all programs from September 1, 2012 – August 31, 2013)
- \$80.00 for fundraising
- \$125.00 bond check for 10 hours of volunteer time or you can buy out your volunteer hours for \$100.00.

\$\$ for program registration (different for each age and program)



FALL SUPPER

Sunday, October 14th

4:00 - 6:00 pm

Mark this date on your calendar and watch for more details on this event in the Fall.

ANOLA COMMUNITY CLUB

ANNUAL CHRISTMAS CRAFT & TRADE SALE

SATURDAY, NOVEMBER 24TH

10:00 am - 4:00 pm

Come start your Christmas shopping and decorating early. Many different vendors, something for everyone!

Admission is only \$1.00 (kids free)

Try your luck at the Silent Auction.

To book a table call Sally 204-853-2172.

Reserve your table early to avoid disappointment!



ANOLA H.E.A.T. BATON

REGISTRATION DATES & TIMES:



Thursdays, Sept. 6th & 13th 6:00 - 8:00 pm

Saturday, Sept. 8th 11:00 - 1:00 pm

Classes will start September 27th

Classes Offered:

- Recreational Dance
Creative Dance Ages: 3 - 6
Hip Hop / Jazz / Tap
- Competitive and pre Competitive Baton
- Competitive Pom Pom Ages 7 & up

Contact info for Dance / Baton / Pom Pom

Nicki Remkes 866-3102 email: buzzy@nlis.ca

Coach / Instructor: Michelle Street: michellestreet@live.ca

Anola H.E.A.T. can also be found on facebook

SELO UKRAINIAN DANCE

The **Selo Ukrainian Dancers** are a troupe of young, enthusiastic performers that are proudly celebrating their 26th year! The group rehearses out of Anola, MB and their dancers range in age from 5 - 21. They have a repertoire of dances and colourful costumes that are representative of every region of the Ukraine.



**Registration for
2012/2013 Dance Year
Tuesday, September 11th
Anola Community Club
6:00 - 8:00 pm.**

Upcoming Performances:

- | | |
|--|--|
| August 8th | Folklorama Kiev Pavilion
Winnipeg, MB |
| August 26th | Cooks Creek Heritage Day
40th Anniversary!
Cooks Creek, MB |
| Aug 27th-Sept 3rd | House of Ukraine's
37th Annual Festival
San Diego, California |
| September 8th | Double B Rodeo & Country Fair
Beausejour, MB |
| September 16th | Gala Banquet for His Beatitude
Patriarch Sviatoslav Shevchuk
Winnipeg, MB |

For more info about the Selo Ukrainian Dancers,
contact: picklyks@mts.net



Mohutniy Ukrainian Dance Ensemble Anola, MB

Mohutniy Ukrainian Dance Ensemble is proud to be starting their 12th year of dance in September! Come on out and join the fun. If you are interested in joining our group, attend on September 12th at the Anola Community Club and meet the group.

The Mohutniy Ukrainian Dance Ensemble is a group of adults 18 years of age and over who have made it their mission to promote the Ukrainian culture through dance. We practice on Wednesday evenings at the Anola Community Club and one (1) Sunday a month.

We have participated in the Ukrainian Festival in Brandon, Regina, SK, Yorkton, SK, Dickinson, ND, Gardenton & Teulon, MB and local weddings and anniversaries.

Registration

**Wednesday, September 12th
Anola Community Club
6:30 pm.**

Come out and enjoy the experience of dance,
and promoting the Ukrainian Culture.

If you are interested in joining our group or would like us to perform at an event, please call Val 866-3119 for more information.

40th ANNUAL HERITAGE DAY

SUNDAY, AUGUST 26

START TIME 12:00

**Come Rain or Shine to enjoy
live Entertainment, a Blacksmith at work,
Clay oven bread baking,
Children's activities, Food, Market,
Stalls and Much More.**

Day Admission: \$7.00



There will be an additional evening concert hosted by St. Michael's Roman Catholic Church. Admission is \$30 (includes day pass to Heritage Day).



Saturday September 15th

**Community Garage Sale
at the Museum.**

Tables are \$10 each.

Contact Liz Hogue at 444-3247 for info.

Sunday, September 30th

10 am - 4 pm.

Cook's Creek Heritage Museum will be participating in Manitoba's Culture Days by hosting an open house and featuring the display of *In the Footsteps of Polish Pioneers in Canada*.

The Museum will be closed for the Fall and Winter seasons starting August 29th 2012. For further information during the closed season please call Liz Hogue at 444-3247 or send an email to info@cchm.ca

Check out our new website for up-to-date information

www.cookscreekcc.ca



PANCAKE BREAKFAST

last Saturday of every month

9:00 - 10:30 am

Silver Collection - All Welcome!

Aug 25th

Sept 29th

Oct 27th

400 CLUB DRAWS

Draws held at every Pancake Breakfast!

There are a few tickets left!

For Tickets contact Gerry Koreman 444-5110

or gkoreman@highspeedcrow.ca

COOKS CREEK 3rd ANNUAL CRAFT & TRADE SHOW

Saturday, November 17th

10:00 - 2:00 pm

Come on in for some hard cider and delicious appy's
while shopping for unique Christmas gifts
and stocking stuffers.

For tables, please contact:

Candi Bezte @ 444-3172 / candi@bezte.ca

Ashley Brunet @ 471-6977 / abrunet24@hotmail.com

GUYS NIGHT OUT!

This is an event you 'guys' don't want to miss!

Garage Party for all the Men!

Details to come on our website. If you want to know more
contact Gerry Palidwor at gpalidwor@gjpnetworks.com



Cook's Creek Tae Kwon Do

**REGISTRATIONS FOR SEPTEMBER
NOW BEING ACCEPTED**

KID'S CLASSES

Ages 5 and up.
Tuesdays & Thursdays
6:00 to 7:00 PM



**All
Fitness Levels
Welcome**

ADULT CLASSES

Tuesdays & Thursdays
7:00 to 8:00 PM

Affiliated with the World
Tae Kwon Do Association.
Instructed by 3rd Degree
Black Belt.

**Family
Atmosphere**

Call For Prices
Family Discounts
Available
Phone 330-4897
or e-mail
blntroy@hotmail.ca



COOKS CREEK COMMUNITY CLUB

RENTALS

- Hall & Kitchen Rental** call Zoe - 444-2242 or
zthompson@highspeedcrow.ca
- Tables & Chairs Rental** call Gerry - 444-5110 or
gkoreman@highspeedcrow.ca
- Barrel Train** - (must supply your own lawn tractor/quad)
Bart - 955-3532 / bb.autoelec@gmail.com

WANTED

We are looking for Fitness Instructors!



If you are interested and able to facilitate classes in our centre, please contact Gerry - 444-5110 or
gkoreman@highspeedcrow.ca

DUGALD PROJECTS COMMITTEE

A HUGE THANK YOU goes out to the Oakbank Credit Union for their generous donation allowing us to purchase a golf cart and watering tank. Thank you Murray and Howard for getting it looking so good and working great.

Thank you to Colleen from GoodAcre for her donation of flowers to the Welcome to Dugald corner and planter also to for all her help with our flower fundraiser in which we made a profit of \$699.25.

Anyone who would like to volunteer with water (weekly) the pots can five Murray a call at 853-7702.

If you have any ideas as to something Dugald needs to add to its charm let one of our committee member know! !

FALL SUPPER

NOVEMBER 11th



Tickets will go on sale early October at the Dugald Store

Watch for poster for more information or call 853-7349

By the time you read this we will be well into Summer so it's time to tell you about our upcoming Fall events so you can mark them on the calendar. We would like to thank all of you who made the Spring events such a success.

Time & Talent Auction \$4029.00

which was split between the Club and the United Church.

Pancake Breakfasts were very successful. Our hosts would like to extend a **BIG Thank You** to all who helped work at them, cook and clean up, donated choice auction prizes and everyone who came out to help such worthy causes. Here is how we did:



Feb	Heart & Stroke Foundation	\$1134.25
Mar	Variety Children's Heart Center	\$1513.00
Apr	Canadian Cancer Society	\$1217.00
May	Dugald Community Club	\$ 440.00
Jun	SMD & Easter Seals	\$1527.00

(Don't forget to check out the **Drop Zone** on Aug 16th and cheer on Lindsay Dudych as she gives it a try!!

Our next breakfast will be:

Oct 13th Diabetes Foundation



Bud, Spud & Steak Night for Canada Day raised \$490.19 towards the fireworks.



Scrap booking workshops are held at our hall monthly. No dates are set yet but for more info and upcoming dates call Rita at 853-7972.

Music and Munchies Old Time Dance afternoon will be back Friday, September 21st from 1 - 4 pm in support of Alzheimers Coffee Break month.

DUGALD COMMUNITY CLUB NEWS

1st Annual Fall Trade Shoe Saturday, September 22nd 10 am - 3 pm

Anyone interested in booking a table (\$35./ea)
call Rita 853-7972.

Christmas Craft Sale December 1st.

To book your table before they're gone
call Rita 853-7972 or Sandie 853-7349.



Hall Rentals for info call Sandie or Cathy at 853-7349.



Wednesday Night Bingo

7:00 pm Early Bird 7:15 Regular Games

We have lots of accumulator pots and who knows, it just might be your lucky night! !

JODI PARK DEVELOPMENT

Have you been to Jodi Park yet? Jodi Park is the great new park within the Sage Place & Crystal Lakes residential developments in Oakbank.

Phase 1 of the park development includes 2 play structures (ages 2-5 & 5-12 yrs), a walking path, fitness circuit with exercise equipment, benches and signage. Construction of this phase started in June. The Jodi Park Rec Committee wants to thank our fabulous volunteers who worked tirelessly on June 22 & 23 to erect the play structures!

Check out photos on Facebook (Jodi Park - Oakbank)!

Future park development phases will include a picnic area, basketball court / skating rink, and a rock park. In order to complete the park, we will be looking for community and corporate support - stay tuned!

Mark your calendars - **Jodi Park Grand Opening
Saturday September 22!!**

HAZELRIDGE SPORTS COMPLEX

Gearing up for a fun filled Fall / Winter 2012 at Hazelridge Sports Complex with sports programs gearing up for the upcoming season. Never a group to rest, exciting facility improvements slated for the arena is a new board system and improved seating to the heated viewing area.

Winter Sports Registrations are upcoming as of this publication but if you cannot make the registration dates and would like to have your kids involved in any of the winter programming or are new to the area and need some information please contact any of the executive listed on the website. Registration forms are all available online at www.hazelridgesports.ca

Open to everyone is the HSC executive meetings are held the **3rd Tuesday of every month** except July & August at the rink. All are welcome to attend!

A **big thank you** goes out to the Men's and Women's Ball Hockey organizers Derek & Maureen and Hazelridge Soccer program coordinator Chris Nash for their efforts in making the Summer programs fun filled for all!

Important Dates:

Sept Date TBA Club & Skating Registration
(Please check the website for details)

Sept AGM TBA Members will have notification via the Clipper / email.

Oct 6th(Sat) First Public Skate Time 5:30 - 7:00
This service continued throughout the Winter season every Saturday.

Oct 20th (Sat) Pancake Breakfast
Come out and join the Hazelridge Breakfast Club and show your support.

Facility Rentals at HSC are available! Discussions at the September AGM with opportunities for new programs and events explored. A birthday party or social event? Top notch food services can be secured from breakfast thru dinner. For more info contact Derek King at 793-4938.



WANTED: BOYS & GIRLS who want to be Hockey, Ringette, Speed Skating or Figure Skaters?

Skate Canada's learn to skate programs promote physical fitness and encourages a lifetime of recreation skating.

We encourage you to learn to skate so your coaches can teach you the game not have to teach your child to skate.

Program Descriptions

KidSkate: An intro to skating for pre-schoolers. 1-2 30 min sessions/week for 10 or 20 weeks. Skate Canada's learn to skate program provides skating instruction in a group situation with a designated "buddy helper" to help your child learn balance, coordination and rhythm through the use of music. Lessons are on Friday evenings and Sunday early afternoons.

CanSkate: Learn to skate for ages 5 and up. 1-2 60 min sessions/week for 10-20 weeks. Skate Canada's flagship learn-to-skate program for beginners of all ages that teaches fundamental movements (go forward, go backward, stop, turn, spin and jump) and basic skills. The CanSkate Program emphasizes fun and continuous movement and is taught in a group lesson format. Lessons are Friday evenings & Sunday early afternoons.

Group/JR/SR Star program: For skaters who are working on their skating skills, freeskate and dance components once passed the Can skate program. Lessons are Tuesday and Sunday from October to March.

Synchro Skating: CanSkate level 4 or higher up to 12 years old for beginner team; CanSkate level 5 or higher, ages 12 and up for intermediate team. A team of 12 skaters perform in unison. Creates lifelong friendships, promotes speed, strength and flexibility. Lessons are October to March.

HAZELRIDGE SKATING CLUB

Power Skating: 10 - 60 min sessions -once a week.
1 session October - December, 1 session January - March.
Focuses on teaching balance, power, agility, speed and endurance skills which are especially important for hockey / ringette players.

Programs run from mid-October until mid-March, with new programs beginning in January 2013.

Find out more at Hazelridge Sports Complex registration dates at www.hazelridgesports.ca or calling Michelle Hooper 444-5961 or email mmhooper@highspeedcrow.ca



SPRINGFIELD STORM RINGETTE

SPRINGFIELD RINGETTE ASSOCIATION is winding up for our 7th Season of fast paced action! Interested?? **DO NOT HESITATE.** Perhaps you've never donned a pair of skates or have never held a ringette stick in your hand, well don't fret - come out and play! We'll have a roaring good time sharing some tricks with the sticks and show you how the game is played!

Still learning to skate? No problem - we'll get you the practice you're looking for and a pile of new friends, too!

SRA expects to field teams in the following categories:

U-9 (Bunnies)

U-10 (Novice)

U-12 (Petite)

U-14 (Tween)

U-16 (Junior)

To all our returning players:
Bring a friend! More players = more fun!

Registration 2012 - 2013

Oakbank ONE Insurance Arena:

Sun., September 9 6:00 pm - 8:00 pm

Mon., September 10 7:00 pm - 9:00 pm

NOTE: A membership with Oakbank CC or another Springfield area Community Club, must be held in along with an SRA membership.

Continued →



SPRINGFIELD STORM RINGETTE

First Time Players: Get This!! SRA awards a rebate of \$100.00 to any new players to the sport of ringette in the Springfield Community. Along with being the best sport on ice for girls, it's completely affordable!!

“Come Try Ringette” co-hosted with the Beausejour Ringers Ringette Club: Come check out our great sport! Bring a pair of skates, helmet and warm gloves and you're prepared to play ringette! We will supply the sticks, rings and FUN! These are **FREE** events open to all ages, but pre-registration is requested. Contact Denise 444-2180.

Beausejour	Fri., Sept. 7	SunGro Centre
Oakbank	Sun., Sept. 23	One Insurance Arena

SRA Skills & Conditioning Camp - Starting Sept. 25 and open to ringette players of all ages and abilities. Watch our website for registration and more details!

“Ringette Day in Springfield” - Saturday, November 10. Come cheer on our Springfield teams as well as the Eastman Flames AA teams in a full day of ringette at the Oakbank Arena! This annual tradition showcases both our club's teams and our regional teams. Lots of action at all age levels!

Congratulations: To our former SRA players who have moved on to play at the AA level (regional teams). Good Luck! We will miss every one of you!

What is Ringette? Often called the fastest team sport on ice, our game is all about teamwork and having fun in a no body contact environment. It's played on a standard ice rink, using straight sticks, a rubber ring, and a unique set of rules designed to promote fast, exciting action! This truly Canadian sport was first played 1963 in North Bay, Ontario. It has since spread coast to coast in Canada, and expanded into the USA and several countries in Europe. In Finland, ringette is played professionally!

Players range in age from 5 to 50+. Younger players participate at the community club level, while older players participate recreationally, or on more competitive, elite teams. All levels promote and foster the same goals: skill development, teamwork, and FUN!!

Looking for more information? Check out the Ringette Canada or Manitoba Ringette Assoc. websites, online you can also find a number of related sites including videos of our favorite sport in action.

SPRINGFIELD GO GETTERS BOWLING

How would you like a great afternoon of entertainment where you are surrounded by great people?

Well the first (1st) & third (3rd) Monday of the month are bowling days in Beausejour.

For only 11 bucks, you get a ride
and your bowling covered.

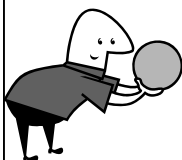
Future dates are:

Aug 13 & 20

Oct 15 & 29

Sept. 10 & 24

Nov. 12 & 29



For more info. call 853-7582 or 444-4119

SENIORS SHOPPING TRIPS

1st Friday of the Month. \$5.00/person

Enjoy a few hours of **Shopping & Lunch** with your friends,
no worries about parking. Always worth a few laughs!!!

Call Diane to Register 853-7582

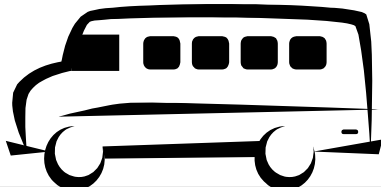
SPRINGFIELD HANDI VAN

The Springfield Handi Van is available for seniors
charters or to medical appointments.

Rides are available most weekdays.

Evening and weekend rides are based on driver
availability.

For rates and to book your
space call 444-4119.





Is a community-based support program governed by the RM of Springfield.

Providing ongoing support services to assist seniors or those physically challenged to maintain/enhance their independent lifestyle

Programs and Services available:

Driver Escort Program

Provides transportation to medical appointments, recreational events or shopping.

Handi-Helper Service

Is designed to provide fee-for-service workers at reasonable rates to assist with: **Housecleaning, Yard work, Snow clearing 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 4 Senior lodges in Springfield. An in-house clinic is also held for the residents of Oak North Condos. Home visits 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 for you and your loved ones, 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.

For further information on any of the above
please call Diane Dumas 853-7582
or email springfieldseniors@mymts.net

(E.R.I.K.®) Emergency Response Information Kits:

contains all necessary information required by emergency personnel should an emergency arise.



Community Volunteer Income Tax Program

is provided each year.

Completion of Forms

assistance is available on request.

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 & Wellness Events

may be arranged as needed or requested on issues pertinent to Seniors needs.

Volunteer & Fee-for-service opportunities

are always available!

Seniors Exercise Programs

are held weekly at 3 sites in Springfield.

Chair Yoga

is held weekly at 203-449 Main St. Oakbank.



For further information on any of the above please call Diane Dumas 853-7582 or email springfieldseniors@mymts.net

ANOLA OVER 50 CLUB

Fall activities are well under way, as follows:

Bingo	Tuesday	6:45 pm
Whist	Friday	7:30 pm
Cribbage	1st Wed. of each month	7:30 pm
Congregate Lunches	Monday to Friday	11:45 am
Supper Club	Dates will be announced.	
	Watch for posters	

All ages are invited to enjoy a Friday evening of Whist. We will even teach you how to play if you don't know how and you will also enjoy a nice lunch afterwards - and all for only \$3.00!! Same scenario for Cribbage on the 1st Wednesday of each month. Hope you will drop in.

Your new Bingo Committee is in place and, along with your Board of Directors, welcome all regular players back for the Fall and Winter sessions.

WE ARE ALSO LOOKING FOR NEW PLAYERS!!!

Please drop in any Tuesday night and we will welcome you into our program.

Improvements to the Club are ongoing and we are very pleased with the new front deck and handicap ramp. Coming soon (or may be in place by the time you read this) - new front door with electric opening feature. Once again "THANKS" to everyone responsible for supporting the Over 50 Club in all its endeavors.

For detailed information please call:

Congregate lunches	Brenda	866-3622
Supper Club	Frances	866-2693
	or Shirley	422-5223
Hall Rentals	Phyllis	866-2905
Memberships	Phyllis	866-2905

Continued →

ANOLA OVER 50 CLUB

The Current Executive are as follows:

President	Shirley Krawchuk
Vice President	Marilyn Claydon
Secretary	Phyllis Metrow
Treasurer	Robert Marko

**It's NIFTY being OVER 50
- but everyone is welcome!!!!**

MATURE DRIVER REFRESHER COURSE

FREE!

Wednesday, October 17th 1 - 4 pm

Springfield Public Library

60 024 Hwy 206 (Just north of Hwy 15)

The rules of the road have changed over the years! Update & refresh your driving knowledge and skills.

Increase your confidence and driving ability and learn to compensate for:

- Flexibility
- Reaction Time
- Hearing and Vision

Free Manual!



To register please call

Diane at 853-7582

or email springfieldseniors@mts.net

Registration Deadline: Friday, October 12th

NOTE: No testing is involved that will affect your license

EVERGREEN LODGE NEWS

The chair exercising program was a hit and will be back in the Fall. Thanks Denise, Kathy and Diane for keeping us in shape.

Bingo every 2nd Tuesday at 1pm at the Dugald CC for now

Upcoming Bingo dates:

August 7th & 21st September 4th & 18th
October 2nd, 16th & 30th November 13th & 27th

Come on out and join us.



Congregate meals

are held in the common room:

Mondays,

Wednesdays

& Fridays

at 5:00 pm.



Thanks everyone for coming out throughout the year and joining us for dinner. Tired of eating alone? Join us!!!

Stop by the common room and check out the menus for the week or talk to Debbie to sign up.

SPRINGFIELD SENIORS HOUSING GROUP

We have been hard at it and The Springfield Seniors Non-Profit Housing Co-op Ltd has now been formed.

Many meetings have been held and we are looking at a co-op style housing unit to be built in Dugald.

**We meet the 1st Wednesday of each month
4:00 pm at the Dugald CC.**

Next Meeting will be August 1st.

MB SCHIZOPHRENIA SOCIETY

The 8 Stages of Healing

Workshop series for family and friends of people with a persistent mental illness or addiction problem. Focus is on sharing, connecting and developing strategies for healing. Available by request.

Hearing Voices that are Distressing

A simulated experience of hearing voices followed by debriefing and discussion. Available by request. FREE!

The Truth about Schizophrenia

Presentation and discussion about the facts of schizophrenia. Available by request. FREE!

To book any of these workshops call or email
Kim at 371-0824 or e-mail: eastmanmss@mts.net

SPRINGFIELD CONGREGATE MEAL PROG.



Congregate Meals provide a low cost, nutritious, full course meal and an opportunity to socialize. Meals are prepared and served at the sites of the four senior lodges and are open to all Seniors in the community.

24 hours notice is required.

Anola Over 50 Club – M - F noon (Brenda 866-3622)

Sign in sheet & weekly menu located at Sunrise lodge.

Pleasant View Lodge – W / F noon (Jean 444-6000)

Sign in sheet in and weekly menu posted in common room at lodge.

Evergreen Lodge – M / W / F 5:00 (Debra 853-7499)

Please sign in on the menu sheet located in the common area at the lodge.

Kin Place – M / TU 5:00 W / TH / F noon (Vivian 444-3132)

Sign in sheet and menu sheet located in the foyer (unit B entrance) at the lodge.

Do you love to cook? The Meal Programs are in need of replacement cooks on a casual basis. For information please call Kathy at 224-1386 or Margaret at 853-7369.

SPRINGFIELD AGE - FRIENDLY INITIATIVE



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 the senior 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 or email springfieldseniors@mymts.net or

Shawn Wilkinson at 444-4119 or email at swilkinson@rmofspringfield.ca



SELF HELP ORGANIZATIONS NEWS

Mood Disorders Association of MB

Offers support groups and one to one support upon request.

Educational and awareness initiatives are ongoing.

For more information or to inquire about presentations.

Call Judy Dunn at 444-5228 or jd4mdam@gmail.com



**Please join us at Springfield Connections
This Mental Health & Wellness Group Meets
Wednesdays from 11am to 3pm
“The Basement”
576 Balsam Crescent, Oakbank**

This group is designed for anyone living with a Mood Disorder, Anxiety, dealing with stress in their life or any other Mental Health problems and is looking for a welcoming, supportive place to come.

Please stop by and join us for a coffee. Family and friends are also welcome to attend...no charge!

Workshops will be offered on an ongoing basis.

This is an AndrewDunn.org initiative, in partnership with the Mood Disorders Association of MB and co-facilitated by the Anxiety Disorders Association of MB.

Space generously donated and provided by the
Springfield Kinsmen.

Please call Judy at 444-5228 or email
jd4mdam@gmail.com for more information.

***Connecting with the Community
To Get Stronger Together!***

**Canada Pension Plan (CPP)
and Old Age Security (OAS)**

Information Session

September 12th

1:30 p.m.

Springfield Public Library

- Do you have questions about the Canada Pension Plan (CPP) or the changes to Old Age Security (OAS)?
- Have you ever heard of the child-rearing provision for those who stayed home for a period of time to raise their children?
- Do you feel you may not be getting all the benefits you are entitled to?

Whether you are retired or considering retirement you are sure to learn some new tips at this session

Presented by Service Canada this information session is appropriate for people of all ages.

To Register call Diane at Services to Seniors
853-7582





**Get Better
Together!**



Become a leader Get Better Together!

A program for living better with ongoing health conditions
(arthritis, MS, depression, heart disease, asthma, chronic
pain, diabetes, anxiety, cancer, fibromyalgia)

needs volunteers!

- Do you enjoy helping others?
- Do you have experience with chronic conditions?
- Would you like to learn to better manage your own health?

Get Better Together! Leader Training:

The 27 hour thorough training course teaches you to lead the 6-week
Get Better Together! Program.

All training is free of charge.

No experience required.

Leaders receive a scripted manual & always teach in pairs.

Oct. 30 & Nov. 1, 6 & 8

4 DAYS IN TOTAL

9:30am - 3:30pm each day

KIN PLACE PRIMARY HEALTH COMPLEX

Primary Health Care MPR

To register by **OCTOBER 16**

& for information contact:

Dawn Sawatsky

Wellness Facilitator at

(204) 444-6142

Cholesterol Prevention & Management

Session to help understand and manage your cholesterol through lifestyle choices.

Aug 20th

Kin Place Health Complex

Oct 3rd

9:00 am - Noon

Call 444-6138 to sign up. No Cost

Diabetes Prevention & Management

Session for those at risk, plus their friends and family members, and all people interested in, or the prevention of, diabetes.



- What is Diabetes? & How to manage it.
- Complications of Diabetes & How to Prevent Them.
- Good Fats & Bad Fats.
- Exercise; Psycho-Social Aspects; Foot-Care; Glycemic Index; Fibre & Salt in Your Diet

Aug 13th & Sept 28th - Kin Place Health Complex - 9:00 - Noon

To sign up for a series of 3 classes call 444-6138. No Cost

Our Time - Healthy Baby Drop-in

Open to all women who are pregnant or have a child under 1 year. Partners and siblings are welcome.

Every 2nd Tuesday 9:30-11:30am

Oakbank Baptist Church (basement level)

26 033 Springfield Rd, Oakbank.

Call Shelly at 753-5249 or 1-800-753-2012,
or e-mail skaminski@neha.mb.ca No cost.

Safetalk

Suicide Alertness for everyone. Designed to help recognize people at risk of suicide and how to act. Offered to schools and community upon request.

If you want to know more about this workshop
call Liane Knoll-Kowk 444-6118.

NAVIGATING THE HUMAN JOURNEY:

Fostering Mental and Spiritual Well-Being

Intentions of the day:

- To explore the relationship between spirituality and mental health.
- To promote understanding and awareness of the kinds of brokenness that may disrupt well-being.
- To affirm participants in cultivating their own mental and spiritual health.

Those invited to attend are: Health Care Workers, Volunteers, Community Clergy, NEHA Staff and Members of the Public.

**Sept. 28, 8:30am-4:00pm,
Brokenhead River Recreation Complex
(320 Veterans Lane, Beausejour.)**

Fee \$40.00 (includes lunch).

Registration deadline: Sept. 10.

For info call Leah 268-7426 or e-mail

lbueckert@neha.mb.ca

Risk Factor Assessment Clinics

Making healthier lifestyle choices can help you reduce your risk of chronic diseases. Why not start now to learn what you can do to reduce your risk factors for cancer, cardiovascular disease, diabetes, kidney disease and respiratory diseases? Join a nurse and registered dietician to learn more about getting your blood pressure and blood sugar readings and analysis of your lifestyle.

To set-up a clinic, call Dawn 444-6142. No Cost.

ASIST

Applied Suicide Intervention Skills Training

In any year, as many as 6% of the population have serious thoughts of suicide. ASIST provides practical training for caregivers seeking to prevent the immediate risk of suicide. 2-day workshop will be offered upon request. Cost \$50.00.

If you want to know more about this workshop
call Liane Knoll-Kowk 444-6118.

ANOLA FITNESS

866-2225

anolafitness@gmail.com



**Offering individual, couples,
and small classes**

PERSONAL TRAINING & STOTT PILATES
All ages, gender and abilities

**Resistance Training, Bands, Theraball, BOSU Ball,
New / Old / No Equipment**

QUALIFIED PROFESSIONAL EXPERIENCED

**You provide the space
(i.e. your home, institution, park, etc.)**

WE COME TO YOU!!

\$45 session (small class or couples)

\$30 session (individual)

\$20 program change

NEW this Fall:

**Classes held at the Over 50 Club in Anola
Thursday Evenings**

Sept 13th 6:30-7:30pm (10 wks) ONLY CORE
(a variety of exercises to focus on the trouble area)

Sept 13th 7:30-8:30pm (10 wks) ONLY STRETCH
**(use a variety of stretches - that do not involve Yoga-
from head to toe)**

Must register for classes
\$80 for 10 weeks or
\$75 if you register before September!

JOIN THE CARDIO PARTY with SPRINGFIELD ZUMBA & FITNESS

Springfield Zumba & Fitness offers fun, easy-to-follow dance fitness classes that are accessible for any age and fitness level.

We know you're tired of driving to the city for the latest fitness classes so we train constantly to bring you new classes and work exclusively in the R.M. of Springfield.

In September, we will be partnering up the R.M. of Springfield to offer even more of your favourite ZUMBA classes and some exciting NEW classes and locations....

2012/2013 CLASSES – offered in locations across Springfield in September.

- **Zumba** (your favourite cardio fitness party)
- **Zumba Gold** (for beginners and active older adults)
- **Zumbatomic** (for kids 3-5 and 6 to 12)
- **Zumba Toning** (using light weights to build muscle tone)
- **Zumba Sentao** (BRAND NEW to Canada Zumba burlesque style using a chair for added challenge)
- **Bellyfit** (for women only - an empowering blend of bellydance, pilates & yoga)

We also offer customized classes and Zumba PARTIES for events such as stagettes, bridal showers, kids birthdays!

For more information contact: Cindy Thoroski (755-2524)
or Allison DePaulo (866-2969)

Email: zumbaspringfield@hotmail.com

Website: www.zumbaspringfield.com

Check out Springfield Zumba & Fitness on Facebook
and LIKE us!!

SooZe Yoga®

203 - 449 Main Street in Oakbank

**Several Class Options Available Each Week
with Fully Qualified, Professional Teachers**

- ♥ **Yoga Class - Something for Everyone:**
 - Easy Beginner** ~ gentle modified practice - Accessible/
Suitable for All
 - Beginner Plus** ~ still a beginner class, with a faster pace, in-
cludes options to ease into deeper practice.
 - Active Challenge** deeper faster pace for those with previous
yoga experience, builds strength, flexibility,
balance, stamina + confidence.
- ♥ **Yoga & Body Rolling** comparable to deep tissue massage
using a 7" inflatable ball to strengthen, tone + realign. **Beginner
Level**
- ♥ **Chair Yoga** fun, safe, gentle seated or standing poses.
Great for limited mobility or any body challenge. **LOW price.
Everyone Welcome!**
- ♥ **Body Blend** an invigorating blend of pilates + fitness condition-
ing for strength, stamina, flexibility, a high energy FUN!!
- ♥ **Essential Pilates** the full repertoire of essential beginner level
mat exercises including the fundamentals of STOTT Pilates.
Beginner Level
- ♥ **Tone & Trim** builds overall body strength, plus balance, agility,
flexibility with focus on core + spine, plus lower body -legs + butts
- ♥ **Tai Chi for Arthritis** fluid gentle movements easily practiced
by people with arthritis- sitting, standing or a combination of both.
Appropriate for All - even those without arthritis!

♥ **Seniors Discounts** ♥ **Class Cards Available** ♥

♥ **Drop Ins Welcome Anytime** \$15/class ♥

**Several Class Options Available Each Week
with Fully Qualified, Professional Teachers**

Contact: Sue Williams, Owner RYT *SooZe Yoga*

Phone: 204-444-5621

Cell: 204-793-4674

Web: www.soozeyoga.com

SooZe Yoga®

Yoga Sponsorship Program Continues!!

FREE! Yoga Classes for Springfield Teens

An Initiative to Benefit Disadvantaged Local Teens (Ages 12 - 18) without the Means or Opportunity to Attend Yoga Classes

Interested?? Apply by Submitting:

- ~ Name, Age, Address, Phone Number + Email Address
- ~ Include a 200-word paper indicating why you would like to attend yoga classes

OR

- ~ Create and submit artwork on a theme relevant to the practice of yoga.
- ~ Make an Active Commitment to Attend your Classes. Parental Permission is Required

A Draw Will Be Made From Eligible Applications.

- **BONUS:** Yoga Class Attendance is Eligible for Grades 11 & 12 Physical Education Credit

Apply Immediately!! Spots are Currently Available.

Submit Your Application By Email, Mail or in Person:

SooZe Yoga Sue Williams RYT, Owner

203 - 449 Main St. Box 63 Oakbank, MB R0E 1J0

Phone: 444-5621

Cell: 793-4674

Email: sooze@soozeyoga.com

***** Support the Yoga Sponsorship Program *****

Attend Karma Yoga ~ Beginner Level Yoga Class

One Friday evening each month for a suggested donation of \$5! Proceeds sponsor deserving teens in free classes. Stay for tea, snacks and conversation afterwards. **Everyone Welcome!**

Further Details Visit www.soozeyoga.com

“Whole Body”

Health & Fitness Centre

We are excited to announce that our centre will be opening in Dugald in September 2012

Providing natural and holistic solutions to all your health, weight loss and fitness needs

Fitness Classes

Morning & Evening Bootcamps
Adult Zumba & Children’s Zumbatomic
High Intensity Interval Training & Hi/Lo Cardio
School & Daycare Programs
(including special needs fitness programs)
Rebounding / Kettle Bell Classes
Ladies Golf Fitness
Personal Training
And Many More Classes To Be Added

Customized Nutrition & Weight Loss

Metabolic Typing™ (MT)

Being overweight is the symptom of a metabolic imbalance – address the cause of the imbalance with MT & achieve optimal health & optimal weight – no gimmicks, no shakes, just real food and permanent weight loss

Functional Diagnostic Nutrition™ (FDN)

Holistic Nutrition Protocols to find the causes of why you suffer with high cholesterol, poor sleep, adrenal fatigue, stomach bloating, digestive issues, blood sugar problems, muscle aches, migraines, lack of energy & constant tiredness

Alternative Holistic Therapeutic Services

www.wholebodyhfc.com

For more information and to be added to our mailing list, please contact

Karen : 204-612-9255

info@wholebodyhfc.com

Holistic Nutritional Therapy

The Natural Solution to Optimal Weight

- Do you stress over what you should be eating to stay healthy and lose weight?
- Do you consider yourself to be a "Professional Dieter
- Have you emptied the cookie jar after a stressful day at work?
- Do you think that making dietary changes for health and weight loss will be too difficult?
- Are you an emotional or mindless eater?
- Do you reward your diet successes with food?

ELIMINATE

Food Cravings - Excess Weight - Chronic Dieting - Body Image Issues - Compulsive / Emotional Overeating

RESOLVE BARRIERS

Physical - Emotional - Psychological

SEE HEALTH AND BODY IMAGE BENEFITS

More Energy - Reduced Stress - Improved Health - Increased Metabolism - Reach Ideal/Goal Weight

GENERIC WEIGHT LOSS PROGRAMS WILL NOT WORK LONG TERM AS THEY ARE NOT SUSTAINABLE AND DO NOT TEACH OR EDUCATE YOU ON HOW TO MAKE LIFETIME CHANGES

See how FOOD COACHING can help you

- Customized fat loss meal plans, recipes, daily calories, nutrient timing and macronutrient ratios
- Become educated on how to make the dietary changes and on why you need to make those changes
- Learn how to understand your relationship with food
- Identify the triggers and emotions that lead to destructive eating habits and learn how to regain control of your eating

The **METABOLIC TYPING DIET**, when used in conjunction with the **FDN** protocols offered by **RPE Fitness**, will provide you with a natural and permanent weight loss - Nourish your body with the foods that are right for your Metabolic Type and your body will reward you with optimal health.

www.aspenfitnessinc.com

Karen (Holistic Food Coach): 204-612-9255

Losers Wanted Bootcamps

www.loserswanted.ca

“Did you overindulge over the summer holidays,
want to drop a dress size (or two),
or simply want to improve your fitness levels?

Then come try our :

CO-ED Fitness Bootcamp

1 Hour Strength, Cardio, Intervals & Core Workouts
At the Skylight Indoor Soccer Complex In Bird's Hill Town

Monday – Wednesday – Friday

5:30am – 6:30am

\$180.00+GST For A 12 Session / 1 Month Bootcamp

Loyalty Discounts

Sign up for a consecutive camp and get a 10% discount
Refer a friend in your second month and get a 15% discount
Husband & Wife/Couples qualify for an automatic 15% discount
from day 1
Lose at least 4lbs in your current month and get 25% discount
off your next consecutive month

Flex Passes

Do you work shifts or have sporadic schedules and cannot
commit to all 12 sessions in the month?
Try our Flex Pass 9 or Flex Pass 12 and come and go as you
please during a 12 week period

Starting Mid-Camp

If you find out about us after the start date of our current
session, it's not a problem to begin midway
Contact us and we will pro-rate the remainder of the camp.

Combined Bootcamp & Nutrition Programs

If you want to sign up for bootcamp and work with me on a
nutrition/weight loss program too so you can fast track your fat
loss, then contact me for more information on how you can
take advantage of the discounted combined programs

Contact : Karen@aspenfitnessinc.com or call 204-612-9255

Or check out the website: www.loserswanted.com

ANOLA TOPS

TOPS (Take Off Pounds Sensibly) is a nonprofit weight-loss support group. TOPS mission is to support our members as they take off & keep off pounds sensibly.

TOPS offers tools and programs for healthy living and weight management, with exceptional group support, incentive programs and recognition for your achievements. We use the "food exchange system" for meal planning, as well as practical advice and motivational tips to adhere to food and exercise programs.

Weekly meetings include private weigh-ins and informative programs on nutrition, exercise and healthy lifestyle choices. If you are looking for a weight-loss group that offers low-cost, great on-going support & encouragement, and a sensible eating plan, TOPS is here for you along your weight-loss journey.

Come visit us at our local Anola TOPS Chapter and see what TOPS is all about.

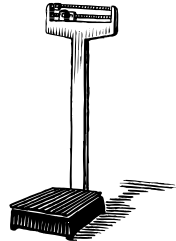
During the months of September through June,
we meet every week as follows:

Every Tuesday

Weigh-in from 6:30 - 7:pm

Meeting from 7:00 - 8:pm

Anola Elementary School (Library)



During the Summer months of July and August, weekly meetings time remains the same but the location is changed to the Anola United Church (basement).

For More Information call: Sharon at 866-3575

No time like the present to change your life!
The choice is yours. It's your time.
Get healthy with TOPS!

40th Annual Heritage Day
Sunday, August 26th
12:00 noon - 5:00 pm



Daytime Main Stage

Molodtsi - Ukrainian Music & Song
Misbehavin - Lighthearted Musical Group
Wayne Wazney - Country Style
And More To Be Announced!!!!

Children Activities - Hay Rides - Scarecrow Making Contest
- Games - Pioneer Demonstrations - Blacksmith
- Winnipeg Embroiderer's Guild - MB Prairie Quilters
- Clay Oven Bread Baking - Authentic Polish Meals
- Market Stalls - And Much More!!

Evening Concert Stage

5:30 - 11:30 pm

Ray St. Germain Free Ride The D Drifters
Tribute to Johnny Cash Gary Bach & the Banned
"Also local band Celebration"

Daytime pass \$7.00
Evening Concert pass \$30. (includes a daytime pass)

Tickets available at:

Ticketweb.ca - Cooks Creek Museum -
Mark's Medi-wheel, Beausejour - Dugald Store
- Garson Grocery - Fiddlers Esso - Oakbank Hotel

For more information please visit www.cchm.ca
Email scfc@granite.mb.ca Mike or Lorraine 444-4014