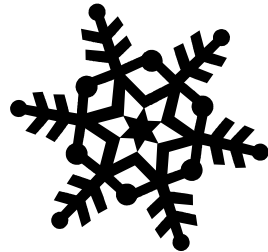


OAK BANK UNITED CHURCH  
hosts the 32<sup>nd</sup> Annual

# 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 30<sup>th</sup> 6 - 8 pm

Saturday, December 1<sup>st</sup> 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 204-444-3399 or Barb 204-444-2171

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



WINTER 2012-2013



### CHRISTMAS CRAFT SALES

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### LYNCREST AIRPORT

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### BINGO

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### BREAKFASTS

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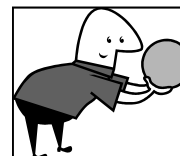
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## OAKBANK SPRINGFIELD KINETTES CLUB



# 24<sup>th</sup> 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**

Visit our Canteen for Lunch and your Christmas baking

**Excellent Christmas Shopping Opportunity**  
**Over 65 Vendors in Attendance!!!**

Please contact Erin Toews 204-444-5380 or  
Kerri Szmon 204-444-2345 to reserve your table!

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



# IS BACK!!!!

Essential Motion has teamed up with Oakbank Physio and is offering classes out of their beautiful new location 30 Coop Drive

Essential Motion offers a wide variety of fitness classes for men, women, youth and children. Classes are available early morning, morning, after school/work, evenings and weekends

**Classes include:**

- Zumba
- Circuits
- Turbo Kickboxing
- Boot camps
- Body Blend
- Belly Fit
- Sport conditioning
- And so much more

Join us for a 10 week session or drop in anytime during the current session – it is not too late to join our October to December Schedule

Help us, help you achieve your New Years Resolutions  
Next Session begins: January 7

To Register or find out more info please contact Lori at [orchardl@mts.net](mailto:orchardl@mts.net) or 204.485.6120



Oakbank / Springfield

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

Visit our websites for more information:

[www.citizensonpatrol.homestead.com](http://www.citizensonpatrol.homestead.com)

[www.citizensonpatrol.mb.ca](http://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



Prairie Voices Toastmasters 2012/2013 Season Welcomes Springfield residents to stop in on Tuesday nights, 7:15 pm in the basement of the Oakbank Motor Hotel.

Our dynamic and award winning club offers the opportunity to hear great speakers, partake in a fun agenda, polish your own speaking skills, enjoy educational presentations, or compete in club contests.

Prairie Voices welcomes everyone from students and seniors to those who in their journey want to develop speaking techniques for their careers, or just for fun.

Educationals, projects, and leadership skills, as well as good humour and an entertaining agenda are offered at each meeting.

Contact Lenay Gutoski 444-3328 [lenay@highspeedcrow.ca](mailto:lenay@highspeedcrow.ca) or John Gowron 444-3207 [jgowron@mts.net](mailto:jgowron@mts.net)

# Lyncrest Flight Centre

57 119 Murdock Rd  
(near Tinker Town)



The Lyncrest Flight Centre supports recreational aviation-related events ranging from dining to dancing! Check out some new and antique aircraft, sharpen up some recreational flying skills, fly to one last fly-in for the Fall, get into shape, and enjoy some food with friends - more events will be added as the Fall progresses...

Fly Ins and Fly Outs occur throughout the year, during daylight hours. Tours, guest lectures, and workshops, as well as special events spontaneously planned are regular features at Lyncrest Airport. For more information, to register at any of the following events, or to find out more about hosting your own event at Lyncrest Airport, contact the Community Liaison Officer [jill.oakes@ad.umanitoba.ca](mailto:jill.oakes@ad.umanitoba.ca)

The following are a few of the pre-planned events and are designed for men and women of all ages and fitness levels.

## Zumba

Every Monday at 6:30.  
Have fun while getting some dance exercise to hot Latin music at Lyncrest. Cost \$68 for 8 weeks.

## Yoga

Every Wednesday at 6:30 Cost \$58 for 8 weeks.

## Martial Arts

Every Thursday at 6:30 beginning January 24<sup>th</sup> Self-Defence/Exercise/Tai Chi! Cost \$60 for 8 weeks.

## Hall Rental

The Lyncrest Flight Centre is available for rent to family and business gatherings. This new 2000 sq ft building has 2 modern wheel chair washrooms, a large kitchen with pots, pans and utensils, cathedral ceiling, fire place, electric centrally heated furnace, new chairs & tables for about 80 people, great parking, and a wonderful view with wall-to-wall South-facing windows.

## Anola Massage Therapy & Fitness

[anolafitness@gmail.com](mailto:anolafitness@gmail.com)

[www.anolamassagetherapy.com](http://www.anolamassagetherapy.com)

### WINTER classes

**BOOT CAMP** Monday & Wednesday  
5:30 - 6:30am

**THE BALL CLASS** Friday 10:00 - 11:00am  
(bring your own ball)

(These 3 classes held at the Anola Community Club)

**TOTAL BODY WORKOUT** Thursday 6:30 - 7:30pm  
(using bands)

**Pilates level 1** Thursday 7:30 - 8:30pm

*Classes begin the week of January 13*

*\$85 for 10 weeks.*

*Register before January 1 \$80.*

*Sign up for 2 classes \$75 each session.*

(These 2 classes held at the Anola Over 50 Club)

### **INTRO TO WEIGHTS**

Sunday 9:00 - 10:00am or 10:00 - 11:00am  
January 13, 20, 27

Sunday 1:00 - 2:00pm or 2:00 - 3:00pm  
February 10, 17, 24

(Classes held at the Back in Action Wellness Centre located in the Sungro Centre - Beausejour)

*\$30 for each 3 week session. Must register for class.*

We continue to offer personal training/programming for the individual, group, couple (mom and daughter, spouse, etc). In your home, office or institution.

Need a stretching program for your employees or specific exercises to prevent injury and WCB claims....

**204-866-2225**

# Losers Wanted Bootcamps

[www.loserswanted.ca](http://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](mailto:Karen@aspenfitnessinc.com) or call 204-612-9255

Or check out the website: [www.loserswanted.com](http://www.loserswanted.com)

### November 3<sup>rd</sup>

**Cockpit Resource Management** or Pilot Decision Making  
Course. This professional development course is available  
for pilots or general public.

### November 16<sup>th</sup> - 17<sup>th</sup> - 18<sup>th</sup>

**North Dakota** tour of War Bird restoration projects.  
Everyone Welcome. Departing from Lyncrest with car  
pools or 'plane' pools. Friday after work.

### November 23<sup>rd</sup> (eve) & 25<sup>th</sup> (morning)

**Moccasin Making Course** - make your own footwear for  
your winter flying fun!

Cost \$50 includes materials.

### December 1<sup>st</sup>

**Christmas Potluck** - dine under the wings of some great  
aircraft at Lyncrest

### January 17<sup>th</sup>

**Exclusive STARS Air Ambulance** tour at Lyncrest  
Airport...see STARS helicopter ambulance in Action!! This  
new service provides trauma and critically ill patients with  
fast, medically supported transportation from the rural  
areas of Manitoba to St. Boniface and other Winnipeg  
hospitals, landing at Lyncrest Airport for patient transfers.  
During the first month of using Lyncrest Airport, the lives of  
10 patients have been saved using this non-profit,  
charitable organization's service.

### Defibrillator

Drop in to the centre to learn where the nearest defibrillator  
is located in the Lyncrest area neighbourhood. About 25  
regulars at the airport have been trained to use the  
defibrillator, plus the equipment comes with easy to follow  
instructions.

Continued →



**Weekends & Holiday Mondays, Fly in a Glider!**

You are invited to go for a glider flight! The Winnipeg Gliding Club normally operates on the weekends and holiday Mondays. Rides are generally given after noon-hour. First come first served basis. Visit [www.wg.mb.ca](http://www.wg.mb.ca) or <http://www.facebook.com/events/153992931405270/?ref=ts>

**Winter Camping - Build an Igloo**

The Springfield Flying Club, RAA and University of Manitoba host a weekend Inuit Lifestyles workshop where you get an opportunity to build and sleep in an igloo, using ancient techniques from the Canadian Arctic! This event is ranked the #1 Activity in winter in Manitoba by CAA! Scheduling depends on the weather, so register now & save the last weekend of January in case we have snow by then; if not it will be postponed until February.

**Romantic Night in an Igloo!**

Book a night in a pre-built igloo for a romantic cuddle on caribou skins under the northern lights. Book now as some nights book up fast. We'll provide the caribou skins and the igloo! You bring your sleeping bags, midnight snack, and sense of adventure.

**Flying for Food**

**Fly in for Coffee in the Whiteshell.** Once the lakes freeze over pilots will have their planes on skis, so they can fly in to their favourite restaurants at "The Lake". Passengers are always welcome. To book a flight to one of these fun outings contact [jill.oakes@ad.umanitoba.ca](mailto:jill.oakes@ad.umanitoba.ca).

**Flying & Dining.** Interested in going somewhere different for lunch? Join the flights to towns with restaurants nearby the local airports or farm strips. Passengers are always welcome to join this adventure in dining. Dates planned to suit individuals, couples or small groups.

**Progressive Dining: Hors d'Oeuvres at Beausejour, Main Course at Steinbach, Dessert at Morden!**

Bring progressive dining to a new level. Plan a flying meal and explore Manitoba! Dates are planned to suit individuals, couples or small groups.

**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](http://www.aspenfitnessinc.com)

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

# “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](http://www.wholebodyhfc.com)

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

Karen : 204-612-9255  
info@wholebodyhfc.com

### **Bottomless Coffee Pot at Lyncrest!**

Drop in from about 11 am - 3:00 pm for a free cup of coffee, hot chocolate or tea and warm up by the fireplace while listening to some wonderful “hangar flying” stories.



### **Lyncrest Aviation Library**

Curl up with a great book while you watch the aircraft arrivals and departures on a cold winter day. Hundreds of aviation magazines, books and videos are available to read in the club or to take home.

### **Flight Simulator**

Always wanted to learn how to fly? Drop in and learn to fly using the flight simulator located in the community club. It’s free for everyone to use!

### **Gil Bourrier Model Aircraft Building Workshop**

Youth accompanied by an adult are invited to this exciting workshop to actually build your own model aircraft! Model aircraft flying demonstrations and an introduction to the science of flight...how can something heavier than air stay air borne?...are also covered in the workshop.

Pre-registration is required for this all-day workshop.

### **Antique Tiger Moth Rides**

The Brandon Canadian Air Training Plan Museum’s antique open cockpit biplane has been restored at Lyncrest Airport by about 100 volunteers under the supervision of three aircraft engineers. Once the cylinder heads are replaced, it will be ready to fly! Book your flight to step back in time and view the RM of Springfield in this graceful 1940 aircraft. This is a chance in a lifetime to experience first-hand what it might have felt like to be 18 yrs old and learning how to fly at the beginning of WWII as this is one of the most popular trainers used at the time.

Please contact [jill.oakes@ad.umanitoba.ca](mailto:jill.oakes@ad.umanitoba.ca) for details on any of the above items or to let us know of other events you’d like to see offered, and to offer to teach or lead a workshop or activity!





**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](http://www.teenlinksclinic.webs.com)



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

*SooZe Yoga*®

☆ **Teen Yoga Sponsorship Program** ☆

**FREE! Classes for Springfield Teens**

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

- ☆ Submit artwork on a yoga theme.
- ☆ Make an Active Commitment to Attend Classes.  
Parental Permission is Required

**A Draw Will Be Made From Eligible Applications.**

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

**Apply Immediately!! Spots are Currently Available.**

*SooZe Yoga* Sue Williams RYT, Owner

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

**Phone:** 204-444-5621

**Cell:** 204-793-4674

**Email:** [sooze@soozeyoga.com](mailto:sooze@soozeyoga.com)

**Help Support the**

☆ **Teen 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](http://www.soozeyoga.com)**



# SooZe Yoga®

203 - 449 Main Street in Oakbank

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

Appropriate for ALL ages, Levels of Fitness + Physical Ability

☆ **Yoga Class - Something for Everyone:**

**Easy Beginner** ~ gentle, slow paced modified practice.

**Beginner Plus** ~ still a beginner class, with a faster pace, includes options to ease into deeper practice.

**Active Challenge** deeper fast pace, builds strength, flexibility, balance, stamina, confidence.  
Challenge yourself to have fun!

☆ **Yoga & Body Rolling** ca unique yoga experience using small inflatable balls to strengthen, tone realign, the body Improved balance, body mobility and structural integrity. **Beginner Level**

☆ **Chair Yoga** safe, gentle seated or standing poses.  
Great for limited mobility or any body challenge. LOW price, tons of fun, not just for seniors. **Everyone Welcome!**

☆ **Essential Pilates** the full repertoire of essential mat exercises including the fundamentals of STOTT Pilates, delivers optimal strength, flexibility without adding bulk. **Beginner Level**

☆ **Tone & Trim** a resistance based class builds body strength, agility, flexibility with focus on core + spine, plus lower body -legs + butts Fast paced, fun. **Suitable for ALL.**

☆ **Essential Pilates with Tai Chi** a unique combination of Tai Chi with Essential Pilates. Beginner Level

☆ **Seniors Discounts** ☆ **Class Cards Available**

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

☆ **Fees can be Pro-rated to Attend fewer classes**

Contact: Sue Williams, Owner RYT SooZe Yoga

Phone: 204-444-5621 Cell: 204-793-4674

Web: [www.soozeyoga.com](http://www.soozeyoga.com)

## ANOLA PLAY & LEARN

# Anola Play & Learn

For Babies & Toddlers, Parents & Caregivers

Thursday Mornings from 10 am - Noon

Anola Community Club

**September - June**

Come and join us for some play, music and rhythm, reading and story telling, guest speakers, snacks & more.

All welcome!!!

For more info contact Jenn at 204-232-7548

Or [anolaplayandlearn@gmail.com](mailto:anolaplayandlearn@gmail.com)

Website: [www.anolaplayandlearn.com](http://www.anolaplayandlearn.com)

## 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**

**9:30-11:30**

**at the Oakbank Baptist Church.**

**Call Marie for more information at 444-2469.**

**Our Winter registration date is  
Wednesday, January 16<sup>th</sup> and runs until March.**

**Come join us!!**

## Springfield Moms and Tots



Offers families with infants, toddlers and preschool children a time a place to meet.

Every Wednesday Morning in Oakbank  
9:30 - 11:30 am

Our programming is designed to be fun and educational, with a variety of option including:

- Free Play
- Story Time
- Music
- Arts & Crafts
- Outdoor Exploration
- Physical Fun & Fitness
- Local Field Trips
- Special Presenters
- Healthy Snacks

**Come out and meet your neighbours!**

For more information and current scheduled of activities

please visit our website at

[springfieldmomsandtots.ca](http://springfieldmomsandtots.ca)

Call: Andrea @ 204-444-3014

Email: [springfieldmomsandtots@gmail.com](mailto:springfieldmomsandtots@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](http://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 204-444-5228 or email [jd4mdam@gmail.com](mailto:jd4mdam@gmail.com) for more information.

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

## SPRINGFIELD WELLNESS PROGRAM (NEHA)

### 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 204-444-6118.

## 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.

Judy Dunn 204-444-5228 or [jd4mdam@gmail.com](mailto:jd4mdam@gmail.com)

## 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 1<sup>st</sup> Wednesday of each month  
4:00 pm at the Dugald CC.**

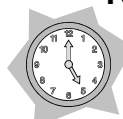
## SPRINGFIELD PUBLIC LIBRARY

Located on Hwy 206 just North of Hwy 15 (Dugald Rd)

Tel: 204-853-2039

Fax 204-853-7995.

[www.springfieldlibrary.ca](http://www.springfieldlibrary.ca)



**Winter Hours (to May 1<sup>st</sup>)**

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

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

**Saturday 10:00 am - 4:00 pm**

**\* Closed Sundays & Mondays \***

(Note: We are open Saturdays of long weekends until 2:00pm)  
(We are closed Christmas Day, Boxing Day & New Year's Day)

Donna Walby Lawson [manager@springfieldlibrary.ca](mailto:manager@springfieldlibrary.ca)

Leanne Henry [staff@springfieldlibrary.ca](mailto:staff@springfieldlibrary.ca)

Cherie Denorer [cdenorer@gmail.com](mailto:cdenorer@gmail.com)

C Robinson, S Cann or T Grantham [staff@springfieldlibrary.ca](mailto: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](http://www.springfieldlibrary.ca).

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

Our electronic information board, kept updated by Mavis Harper also gives current details on programs

Our Library Board is always available by email:  
[board@springfieldlibrary.ca](mailto:board@springfieldlibrary.ca)

Chair: Vince Bennici      Councilor: Karen Lalonde  
Members: Anne McCombe & Sally Colomy

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.

Continued →

**Programs for Children:**

**Baby Rock ‘n’ Read:**

For infants, this program introduces literacy while babies bond with their caregiver in the company of friends. Bright colors, rhyming verses, music and songs while sitting in a circle helps infants develop name and sound recognition through repetition. Registration not required; but you are welcome to call and let us know you plan to attend. Program runs Tuesday mornings from 10:00 - 10:30. A new program just developed for our youngest members, Sandi Cann is pleased to facilitate.

**Story Time:**

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. Now in it’s 4<sup>th</sup> year, we welcome Miss Michelle & Miss Cherie back to run this terrific program.



**Mind & Body:**

Modified since its inception last year, current studies show that children who experience parental involvement while learning perform much better. Funded by Bright Beginnings, the focus is on family. The first and most important play partner and teacher is a child’s parent. By creating playtime together, a love of learning develops. Facilitated by Melinda Ives, Mind & body introduces 4 & 5 yr olds to games and activities, and story time to introduce literacy, numeracy and motor skills through play. Please call or stop by to register.

**Kids in The Kitchen:**

Developed by a nutritionist and facilitated for the 2<sup>nd</sup> year by Sandi Cann. Kids explore the various aspects of meal selection and planning, preparation, and the satisfaction of eating what they have prepared in the company of friends. This program is for children aged 8+ and space is limited to 6 attendees, so register early.

Each session runs for 4 weeks on Tuesdays 6:15 - 7:30 pm.

**Cholesterol Prevention & Management**

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

**Nov 21<sup>st</sup>** Kin Place Health Complex

**Jan 23<sup>rd</sup>** **9:00 am - Noon**

Call 204-444-6138 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

**Nov 16<sup>th</sup> & Jan 11<sup>th</sup>** - Kin Place Health Complex - **9:00 - Noon**

To sign up for a series of 3 classes call 204-444-6138. No Cost

**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 at your group or workplace, call Dawn 204-444-6142. No Cost.

**Ask a Dietician @ the Grocery Store Tour**

Join Dale Kornelsen, Registered Dietician, NEHA for a Grocery Store Tour at Oakbank Coop to answer nutrition and food label questions. **November 28th 10:00 - 11:30 am**

Call 204-444-6142 or dsawatsky@neha.mb.ca to sign up.

**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 204-371-0824 or e-mail: [eastmanmss@mts.net](mailto: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 204-866-3622)**

Sign in sheet & weekly menu located at Sunrise lodge.

**Pleasant View Lodge – W / F noon (Jean 204-444-6000)**

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

**Evergreen Lodge – M / W / F 5:00 (Debra 204-853-7499)**

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 204-444-3132)**

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 204-224-1386 or Margaret at 204-853-7369.

**Canasta in the Tea Room:**

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

**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 information 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.

**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)

Continued →



**Seniors:** Diane Dumas of Springfield Service to Seniors has dropped off surveys at local senior's facilities seeking more info 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."

**Puzzle Exchange:** Take a puzzle from our collection to the lake or 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 2<sup>nd</sup> & 4<sup>th</sup> Wednesday of each month. Registration is not required, but if possible please give us a call if you plan to attend.

**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.

**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.

Bingo is still going strong!! Big thanks to all those who prepared and supplied lunches over the months and all of you players who brought in such yummy desserts.

**Bingo every 2<sup>nd</sup> Tuesday at 1pm**

**Upcoming Bingo dates:**

November 13<sup>th</sup> & 27<sup>th</sup> December 11<sup>th</sup>

Christmas Bingo December 18<sup>th</sup>

January 8<sup>th</sup> & 22<sup>nd</sup> February 5<sup>th</sup> & 19<sup>th</sup>



**Come on out and join us.**

We have chair exercises on Wednesday mornings 11 - 12 (noon). Diane, Kathy and Denise will show you how to keep those joints limber through simple exercises all done while sitting on a chair so everyone can do it. All the laughing that goes with it tones the tummy muscles as well!! Everyone Welcome!!

**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.

## ANOLA OVER 50 CLUB

Fall activities are well under way, as follows:

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

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 1<sup>st</sup> 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.

Once again "THANKS" to everyone responsible for supporting the Over 50 Club in all its endeavors.

For detailed information please call:

|                    |            |              |
|--------------------|------------|--------------|
| Congregate lunches | Brenda     | 204-866-3622 |
| Supper Club        | Frances    | 204-866-2693 |
|                    | or Shirley | 204-422-5223 |
| Hall Rentals       | Phyllis    | 204-866-2905 |
| Memberships        | Phyllis    | 204-866-2905 |

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

## ANDREW DUNN WALK / RUN

Please join us for

**"The 7<sup>th</sup> Annual AndrewDunn.org Walk/Run!!"**

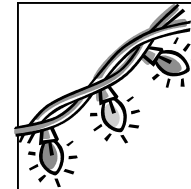


**Saturday, May 11<sup>th</sup>**

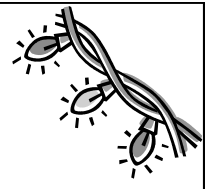
**One Insurance Arena**

**More details to follow in the  
Spring edition of  
the Springfield Times**

## ANOLA ENHANCEMENT ASSOCIATION



**Parade of Lights  
November 17<sup>th</sup>  
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!!

**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:** Wednesday, November 7  
 Wednesday, December 5  
 Wednesday, January 16

**Time:** 7:00 - 8:30 pm.



**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, February 27, March 13, 20 & 27

**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](mailto:lisatuckerrenaissancehouse@gmail.com)



The Age-Friendly Manitoba Initiative supports seniors in leading active, socially engaged, independent lives that contribute to healthy aging and to create environments that value older adults and all members of the community.

**The Age-Friendly vision is to create communities that:**

- values & supports the contributions of older people;
- celebrates diversity, refutes ageism and reduces inequities; and
- provides age-friendly environments and opportunities for healthy choices that enhance independence and quality of life.

The committee welcomes suggestions on how the community feels we can make a difference for people of all ages.

Has your community group or business created a new age friendly environment?

If so please contact Diane:

204-853-7582 ~ [springfieldseniors@mymts.net](mailto:springfieldseniors@mymts.net)



## SPRINGFIELD GO GETTERS BOWLING

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

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

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

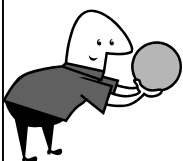
**Future dates are:**

**Nov 5 & 19**

**Dec 3 & 17**

**Jan 7 & 21**

**Feb 4 & 25**



**For more info call 204-853-7582 or 204-444-4119**

## SENIORS SHOPPING TRIPS

**1<sup>st</sup> 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 204-853-7582**

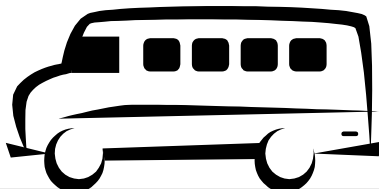
## SPRINGFIELD HANDI VAN

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 204-444-4119.



## RENAISSANCE HOUSE



**Lisa Marie Tucker**

### ***Tidings of Comfort and Joy***

Join Lisa (Celtic Harp, Piano and Vocals) in a joyful celebration of the season!

Friday, November 30 @ 8:00 pm

Saturday, December 1 @ 8:00 pm

Sunday, December 2 @ 3:00 pm

**Tickets are \$20.**

(Seating is limited to 30 people per concert.)

For tickets call 204-444-4881 or  
Email [lisatuckerrenaissancehouse@gmail.com](mailto:lisatuckerrenaissancehouse@gmail.com)

Concerts are held at Renaissance House Studio  
(3 miles North of Oakbank)



## SPRINGFIELD PIANO MASTERCLASS

### Springfield Piano Masterclass (4<sup>th</sup> Annual)

Open to all piano students who live or study in the Springfield area.

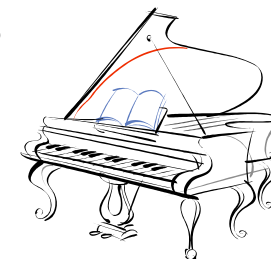
March 8<sup>th</sup> & 9<sup>th</sup>, 2013

Oakbank United Church

Deadline for Applications: February 3, 2013

For more information, contact your piano teacher or call

Lynda Ashcroft 204 444 2701  
Tricia Reimer 204 853 7329 [btreimer@mts.net](mailto:btreimer@mts.net)



**Blazingstar Music 2012-2013**  
**Classes**

***Orff Saturday Class:***

\$15.50/month, Sept. - April.

Classes are 45 min. every other Saturday 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 10:40-11:10 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.

***Piano / Brass Lessons:***

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

Questions or to register please call Mary at 204-801-2095 or email [mary@blazingstarmusic.com](mailto:mary@blazingstarmusic.com)

**Subsidized Programming is available for all group music classes.**

**Please advise Mary at the time of registration if you think you may qualify.**

**(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 204-853-7582 or email [springfieldseniors@mymts.net](mailto:springfieldseniors@mymts.net)





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 204-853-7582 or email [springfieldseniors@mymts.net](mailto:springfieldseniors@mymts.net)



8 - 449 Main Street  
Oakbank, Manitoba  
204-444-2724



**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



- Saxophone
- Violin
- ...and more!



**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.

**Last day before holidays: Saturday, December 22**

**Lessons will resume Monday, January 7, 2013**

**Happy Holidays!**

**Celebrating 19 years in Springfield.  
444-2724**

# 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

### January to June

*(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 →

## Upcoming Events

- November 2<sup>nd</sup> - 4<sup>th</sup> 2013 Skate Canada Sectional MB. Championships (in PLP)
- Sun, Nov 11<sup>th</sup> 2:00 pm HFSC Executive Meeting (canteen area)
- November 16<sup>th</sup> - 18<sup>th</sup> SKATING CANCELLED - HOCKEY TOURNAMENT 
- Fri, Dec 7<sup>th</sup> 7:00 pm Executive Meeting (canteen area)
- Sun, Dec 9<sup>th</sup> Kid/CanSkate Cancelled (Low test day-Hazelridge)
- Fri, Dec 21<sup>st</sup> Kid/CanSkate Christmas Santa Skate (last day before break)
- Dec 25<sup>th</sup> & 28<sup>th</sup> Skating Cancelled Christmas Break
- Tues, Jan 1<sup>st</sup> Skating Cancelled Happy New Year!
- Fri, Jan 4<sup>th</sup> 6:30 pm Kid/CanSkate first day back from break
- Sat, Jan 5<sup>th</sup> Skate Canada MB Synchro Championships in Dauphin
- Sun, Jan 6<sup>th</sup> 2:00 pm HFSC Parent/Ice Show Meeting (viewing area)
- Tues, Jan 8<sup>th</sup> 5:00 pm Powerskating 1 (2<sup>nd</sup> session) starts
- 5:30 pm Powerskating 2 (2<sup>nd</sup> session) starts
- Sun, Jan 13<sup>th</sup> Eastman STARSkate Regional Competition in La Broquerie
- Sun, Jan 20<sup>th</sup> 2:00 pm HFSC Executive Meeting (canteen area)
- February 2<sup>nd</sup> - 3<sup>rd</sup> Prairie Regional Synchro Championships in Tisdale, SK

**See you on the ice!!**

## Welcome to the 2012/2013 skating season!



Glad to see all our skaters back on the ice with smiles on their faces. If you've missed our registration dates it is not too late to join the fun, it's going to be another great year! Thank you to all the parents who have volunteered their time & commitment to the Hazelridge Skating Club, we would not be such a success without you and we truly appreciate all your hard work! We still have a few positions on the executive open if you were thinking about joining but didn't get the chance yet.

Contact Cheri Jackson at 204-771-9243 for more info.

Our club offers the following programs:

### KidSkate/CanSkate

Fridays 6:30-7:30

(KidSkate – half hour session each day)

Sundays 1:45-2:45

(KidSkate – half hour session each day)



### Group/JR/SR Star program

Tuesdays 6:45-9:15

Sundays 11:00-1:30

### Synchro Skating

Fridays 7:30-8:15(Adult)

Sundays 3:00-4:00

### Power Skating

Tuesdays 5:00-5:30 (PS1)

5:30-6:30 (PS2)

\*\*For more information on our programs please contact Michelle Hooper at [mmhooper@highspeedcrow.ca](mailto:mmhooper@highspeedcrow.ca) or phone 204-444-5961.

## Private classes at home also available

Call for details

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

Email: [crafteas@mts.net](mailto: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.

## The Springfield Curling Club

welcomes new members for  
the following leagues:

Tuesday Night Ladies' League

Monday & Wednesday Night Men's League

Thursday Night Mixed League

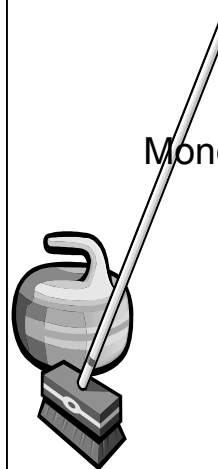
Friday Night Mixed League

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.

*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**

**(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!***

**Soccer & Summer Sports:**



Youth Soccer was once again a success in no small part to the efforts of the Nash family. The HSC executive extend a heartfelt **Thanks** to the dedicated coordinators, coaches and parents of the Hazelridge teams for summer 2012 and look forward to the 2013 season.

**A big thank you** to the Anola Soccer Program for the donation of new U10 nets. The popular Men's & Woman's Indoor Ball Hockey teams have wrapped up for the season.

These programs are for fun, exercise and a great way to meet others in the community. For more info call Maureen Nault at 755-2982 or [hotsycen@mts.net](mailto:hotsycen@mts.net).

Interested in more or do you have ideas with the new space? HSC executive meetings are held once a month, the 3<sup>rd</sup> Tuesday of every month except July & August at the rink. Contact any of the executive on the website and join in!

**A big thank you** goes out to the Hazelridge Oldtimers Hockey Club for the donation of new safety netting, OOHA for their generous cash donation plus all ongoing program fundraising efforts that benefits all membership!

Planning an event that requires a large indoor facility? Maybe a Birthday Party or social event? Top notch food services can be secured from breakfast to dinner. Will cater to events planned within the facility. For more info contact Derek King at 793.4938.

**HAZELRIDGE SPORTS COMPLEX**

[www.hazelridgesports.ca](http://www.hazelridgesports.ca)

Come see what's new at the Hazelridge Sports Complex! Our Heated Viewing area has been completed and complemented with seating, the rink has fresh bright hockey boards and the Sports Complex has never looked better! Members and the community at large will enjoy the benefits of the newly renovated facility with expanded services and event opportunities planned.

Special thanks goes to the RM of Springfield and the RBC Comm. Grants for helping make these projects a reality!



**PUBLIC SKATING:**

Saturday evenings 5:30 to 7:30  
all winter till late March.

All are welcome **free of charge** with canteen services open.

**Skate with Santa:**



**Dec. 15<sup>th</sup> Hazelridge Perogy Dinner**

Tickets will be available at door. Always a delicious meal. Bring a tin for the bin! All food donations donated to the Springfield Food bank. Stay for supper and a skate. Enjoy the Christmas carols and festive atmosphere and watch for Santa himself to make an appearance donning his skates with bells on.

**Figure Skating:** The skating season has started. For more information please contact Cheri at [cheri.j@mts.net](mailto:cheri.j@mts.net) or 204-771-9243

**Hockey:** Registration with the SMHA has taken place and the SMHA Fall AGM was held at HSC on Oct 10<sup>th</sup>. For more information please contact the Kevin at the SMHA [maslechs@mts.net](mailto:maslechs@mts.net)

**EMERGENCY**

**911**

|                                    |                                   |                |
|------------------------------------|-----------------------------------|----------------|
| <b>Hospital</b>                    | Beausejour District Hospital      | 268-1076       |
| <b>Personal Care Home</b>          | Kin Place PCH                     | 444-2004       |
| <b>Physicians</b>                  | Kin Place Health Complex          | 444-2227       |
|                                    | Oakbank Medical Clinic            | 444-2934       |
|                                    | Springfield Medical Clinic        | 444-5145       |
| <b>Pharmacy</b>                    | Oakbank Pharmasave                | 444-3030       |
| <b>Primary Health Care Centre</b>  | 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    |
| <b>Child &amp; Family Services</b> |                                   | 1-866-576-8546 |
| <b>Employment &amp; Assistance</b> | Income Assistance                 | 268-6028       |
| <b>RM of Springfield</b>           |                                   | 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       |





presenting its  
**20<sup>th</sup> Annual Production**  
 from January 17 - February 8, 2013.

In celebration of our 20<sup>th</sup> Anniversary,  
 we will be presenting a:

**Gala Evening**

**January 19**

General ticket sales for all performances  
 in person: Oakbank United Church  
 582 Balsam Cres.

or by phone: 204-444-2909.

Dinner Theatre tickets would make a 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](mailto:OakbankDinnerTheatre@gmail.com)

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



**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! !

**SPRINGFIELD CANADA DAY REPORT**

Another successful celebration of Canada's' Birthday was held in  
 Springfield. The entertainment worked out well. It was great to have  
 Springfield's own Al Simmons entertain.

So a huge **THANKYOU** to everyone for helping to make this evening  
 so successful, the pie bakers, set-up and take-down crew, volunteers  
 who worked shifts, COPP group for keeping the crowds flowing and  
 of course those of you who attended and supported the event.

And especially the following businesses who donated to the cause,  
 be sure to thank them if you get the chance their generous donations  
 made it all happen.

**Platinum**

RM of Springfield / Springfield Rec Commission Focus Hyundai-  
 Birkett Freight Solutions Inland Heidelberg Cement  
 Springfield Spray Foam Hugh Munroe Construction  
 Crystal Lake Development Corp.

**Gold**

Aspen Lakes Development Corp. Edie Construction Ltd.  
 Poplar Press Quick Silver Signs & Graphics Canada Culvert  
 Schumacher Realty Ltd.

**Silver**

Anola Towing Mulder Construction & Materials Ltd.  
 Holland Insurance Oakbank Credit Union  
 Springfield Earthworks Springfield Woodworking (Springfield Colony)  
 Dugald Convenience Store Warehouse One

**Bronze**

Steendam Ventures Ltd./Red River Co-op  
 Springfield Dental Centre / Danielle Jobb  
 Foster Built Homes One Insurance Borland Construction Inc.  
 Springfield Chiropractic Centre / Dr. Robert Mestdagh  
 Maurice Dandenault Ltd. (John Steendam)  
 Anola Building Centre Remax - Ken Brown  
 Loveday Mushroom Farms Ltd. Anderson Seed Farm

As well as Celebrate Canada and ADSP grants through Manitoba  
 Culture, Heritage and Tourism.

**Christmas Craft and Trade Sale**

**December 1<sup>st</sup>** .10 - 3 pm

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



**December 8<sup>th</sup> Santa Breakfast**

Watch for posters. Tickets available at the Dugald Store and will need to be bought in advance.

**Music and Munchies**

**Fridays January 18<sup>th</sup> February 15<sup>th</sup> March 15<sup>th</sup>**

Join us for an afternoon of Old Tyme Music proceeds going to the Alzheimer's Society. Admission \$5 at the door.

**Breakfasts** are back starting:

- Feb 16th Heart & Stroke Foundation
- Mar 16th Charity to be Announced
- Apr 20th Canadian Cancer Society
- May 25th Dugald CC Mom's & Dad's Breakfast

Door prizes are always needed for our fundraisers. If you have anything you would like to donate please drop it off at the Dugald Store and label it for which breakfast or event it is being donated for.

**Scrap booking workshops** are held at our hall monthly. Dates are for the day only (9am to 5pm).

No dates are set as yet, for info call Cathy 204-853-7349

We have an **outdoor rink** for your skating pleasure. Most snow clearing is done regularly but don't be shy to pick up a shovel and pitch in.

Volunteers are what make a community.

**Hall Rentals** call Sandie or Cathy at 204-853-7349 for availability and pricing. A great place for small weddings, socials, meetings, showers and family gatherings.

# Oak Bank United Church is...

582 Balsam Crescent

Ph: 204-444-2815

[www.oakbankunitedchurch.com](http://www.oakbankunitedchurch.com)

- ... seeking to build a Christ-like community for all ages.
- ... a place of bold worship every Sunday at 10:45 a.m., 11 months a year, engaging fellowship and deepening discipleship.
- ... a place for ages to learn and grow in faith together, with an experiential Sunday School program during the school year;
  - ...a youth program Christ has Answers for Teens (C.h.A.T.) ages 12-18 welcome;
  - ... a place of adult learning to discuss issues of faith, the bible, life and the world.
- ...a place for Seniors
  - ...coffee time prior to Sunday worship
  - ...Memory Makers monthly at Condo's North,
- ...a place of service
  - ...caring for the elderly, ill and shut-ins through monthly worship at Kin Place
- ...a place where home and hospital visits are gladly made by staff ministers and lay people;
- ...a place that reaches out to the homeless, those in transition and those less fortunate, through Siloam Mission, Springfield Foodbank and Nova House.
- ...opening our doors to community organizations in need of space.

- "Snowflake Bazaar" – November 30<sup>th</sup> and December 1<sup>st</sup>  
Christmas Pageant – December 16<sup>th</sup>

Early Christmas Eve worship for young families and late night Candles and Communion 10:30.

And, of course, a place of celebration and fun with our yearly "Dinner Theatre" production held in **January and February.**

**Oak Bank United Church can be a place for YOU!**

Come and see us on Sunday mornings;

call one of the Ministers to arrange for a visit 204-444-2815,

or,... check out our website for further information at

[www.oakbankunitechurch.com](http://www.oakbankunitechurch.com)

The **Springfield Sports Club** (SSC)



is underway, but we are still looking for more participants!!

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

We offer a variety of sports throughout the year including:

- **Dodge Ball**
- **Soccer**
- **Badminton**
- **Basketball**
- **Volleyball**
- **Ball Hockey**

• **And More**

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

**The sports club meets  
Every Wednesday 7:00 - 8:00 pm  
at the Oakbank Elementary School Gym**

**New members are welcome anytime.**

**Full details and our upcoming schedule are posted on our website at:**

[www.springfieldsportsclub.blogspot.com](http://www.springfieldsportsclub.blogspot.com)

Email:

[springfieldsportsclub@gmail.com](mailto:springfieldsportsclub@gmail.com)

Phone:

Andrea at 204-444-3014



Thanks everyone for attending our fundraisers and making them all very successful. **A Big Thank You** our guys that kept the grounds cut and looking so good, to Murray and the watering crew who kept the plants watered though such a hot summer and to Bruce Tittlemier and Bob Yeryk for getting the shed sided before the snow came. You guys are great.

Our **Election Night** was not so successful. No newcomers, thanks to our existing directors for taking on new positions.

|                              |                                     |
|------------------------------|-------------------------------------|
| President                    | Trinda Barton                       |
| (Past President)             | Rob MacDonald)                      |
| Vice-President               | Bruce Tittlemier                    |
| Treasurer                    | Leanne Wolfe                        |
| Secretary                    | Joan Charles                        |
| Canteen/Kitchen Coordinators | Christine Sward<br>and Taylee Wolfe |

Thanks everyone who stayed on in their current positions.

We have a spot open for a Volunteer coordinator (your job is to call on volunteers whenever we have an event).

We are also in need of a rep to sit on the Springfield Rec Commission Board, they meet once a month except for July and August and are a representative of Dugald and surrounding area.

**Springfield Ag Society  
Annual General Meeting  
November 23<sup>rd</sup>  
Tickets at the Dugald Store.**

**FALL SUPPER NOVEMBER 11<sup>th</sup>**



Tickets at the Dugald Store  
Call 853-7349  
to see if there are any left!

## COOKS CREEK COMMUNITY CLUB

### ZUMBA CLASSES

Monday Classes are SOLD OUT!! There is still space available on Wednesday from 7:00 - 8:00 pm.

Email [zumbaspringfield@hotmail.com](mailto:zumbaspringfield@hotmail.com) for more information.

### COOKS CREEK SOCCER

For information regarding indoor soccer and the upcoming Spring/Summer 2013 Season, contact Shawn Trotter at [Sean.Trotter@gwl.ca](mailto:Sean.Trotter@gwl.ca)



### RENTALS

**Hall & Kitchen Rental** call Zoe - 204-444-2242 or [zthompson@highspeedcrow.ca](mailto:zthompson@highspeedcrow.ca)

**Tables & Chairs Rental** call Gerry - 204-444-5110 or [gkoreman@highspeedcrow.ca](mailto:gkoreman@highspeedcrow.ca)

**Barrel Train** - (must supply your own lawn tractor/quad)  
Bart - 204-955-3532 / [bb.autoelec@gmail.com](mailto:bb.autoelec@gmail.com)

### WANTED

We are looking for Volunteers for our Facility Planning Committee. If interested, please contact Gerry Koreman at [gkoreman@highspeedcrow.ca](mailto:gkoreman@highspeedcrow.ca)

## DUGALD PROJECTS COMMITTEE

The **2012 Fall Supper** is in the works volunteers are needed to work 1 - 2 hour shifts. If you can help out call Sandie 204-853-7349 to put your name on the list.

We are also in need of pies or desserts. Let us know if you'd like to donate one.

We are currently looking for new projects that can enhance our town. If you have any ideas call Murray 204-853-7702 as we'll be meeting in mid January to .

## SPRINGFIELD SPORTS CLUB

# THE AMAZING RACE

Springfield Sports Club Edition

**The Amazing Race – Springfield Sports Club Edition** occurred on Sat, Oct 13, and what an amazing time!

The race saw 26 teams of 2 people each, racing around Oakbank and Dugald while completing 17 pit-stops.

**Despite the many physically challenging pit-stops, all 26 teams completed the race!**



To see the listing for the top 3 teams, as well as rankings for all teams please visit our Amazing Race website at: [www.sscamazingrace.blogspot.ca](http://www.sscamazingrace.blogspot.ca)

Pictures and videos from race day are also available online for your viewing pleasure.

Thank you goes out to all the volunteers, businesses and organizations which supported this event. Without their contributions it would not have been possible. A full listing of our partners is posted on our website.

Regular sports programming for adults (18years+)

started on October 17

for details see our main website at

[www.springfieldsportsclub.ca](http://www.springfieldsportsclub.ca).

**The SPACE**

SUNRISE PERFORMING ARTS CENTRE OF EXCELLENCE INC.573  
 Main Street, Oakbank R0E 1J0  
 Telephone 204-444-3567  
 E-mail [thespaceadmin@thePaceS.ca](mailto:thespaceadmin@thePaceS.ca)  
[sunriseperformingarts.blogspot.com](http://sunriseperformingarts.blogspot.com)

**Cooks Creek Dance Academy**



*Cooks Creek Dance Academy*

**Fall Classes...**

**Preschool Ages 2 ½ - 4 years**

\$75.00 / 8-week sessions in...

- ~ Kinder Tumble ~ Mon Nov 12<sup>th</sup> 10:15 am
- ~ Romp n' Stomp ~ Thur Nov 15<sup>th</sup> 10:00 am
- ~ Kinder Ballet ~ Thurs Nov 15<sup>th</sup> 10:45 am
- ~ Song & Dance ~ Thurs Nov 15<sup>th</sup> 11:30 am

**Youth: \$88.00 / 8 Week sessions in...**

- ~ Hip Hop ~ Mon Oct 29<sup>th</sup> 4:00 pm  
Learn contemporary and old school Hip Hop and Break Dance moves.
- ~ Cheer Dance~ Mon Oct 29<sup>th</sup> 5:00 pm

**Adult: \$88.00 / 8 week sessions in...**

- ~ Belly Dance ~ Mon Oct 29<sup>th</sup> 8:00 pm  
Focus of building muscle endurance and strength, flexibility & positive body awareness. Improve your self-esteem; tone your abs, butt thighs & arms.  
Learn Egyptian & Tribal Style Belly
- ~ Ballet for Health~ Wed Oct 30<sup>th</sup> 8:00 pm  
Using the strengthening and stretching elements of ballet to enhance overall physical wellness

**Winter Sessions Start January 14<sup>th</sup>**

~ Preschool ~ as per information above

\$88.00 / 8-week sessions in...

- ~ Youth Hip Hop ~ Monday 4:00 pm
- ~ Youth Cheer Dance ~ Monday 5:00 pm
- ~ Adult Hip Hop ~ Monday 6:00 pm
- ~ Adult Belly Dance ~ Monday 8:00 pm
- ~ Adult Ballet for Health ~ Wednesday 8:00 pm

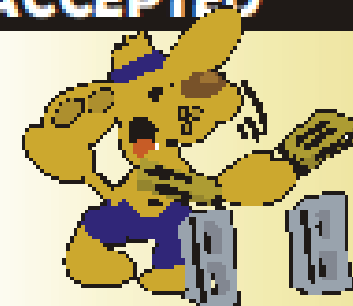


**Cook's Creek  
Tae Kwon Do**

**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](mailto:blntroy@hotmail.ca)





Check out our new website for up-to-date information  
[www.cookscreekcc.ca](http://www.cookscreekcc.ca)

**EXPANSION PLANS**

The Board of Directors is ramping up their plans to expand the facility and invite you to participate by taking 2 minutes to fill out our needs assessment survey (10 multiple choice questions). Your opinion is important to us. This will provide excellent background information for our upcoming meetings.

Go to: <http://www.surveymonkey.com/s/GG93QQ>



**PANCAKE BREAKFAST**

last Saturday of every month

9:00 - 10:30 am

Silver Collection - All Welcome!

Nov 24<sup>th</sup>      Dec 29<sup>th</sup>      Jan 26<sup>th</sup>

**400 CLUB DRAWS**

**Draws held at every Pancake Breakfast!**

There are a few tickets left!  
For Tickets contact Gerry Koreman 204-444-5110  
or [gkoreman@highspeedcrow.ca](mailto:gkoreman@highspeedcrow.ca)

**COOKS CREEK 3<sup>rd</sup> ANNUAL  
CRAFT & TRADE SHOW**

**Saturday, December 1<sup>st</sup>      10:00 - 2:00 pm**

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

For table rentals, please contact:

Candi Bezte 204-444-3172 / [candi@bezte.ca](mailto:candi@bezte.ca)  
Ashley Brunet 204-471-6977 / [abrunet24@hotmail.com](mailto:abrunet24@hotmail.com)

**The SPACE**

SUNRISE PERFORMING ARTS CENTRE OF EXCELLENCE INC.573  
Main Street, Oakbank R0E 1J0  
Telephone 204-444-3567  
E-mail [thespaceadmin@thePaceS.ca](mailto:thespaceadmin@thePaceS.ca)  
[sunriseperformingarts.blogspot.com](http://sunriseperformingarts.blogspot.com)

**SPRINGFIELD THEATRE COMPANY**



Bringing Theatre Arts to youth ages 8 - 18 years



**\*\*New Theatre Company Class**

**1 Session left: Jan - May \$220**

**Thursday 6:00 - 7:00 pm**

...focus on singing and acting



**STC 2012 Production Presents.....**



**"SEUSSICAL JR."**

With permission from...Musical Theatre International

**Thursday February 21<sup>st</sup> to Saturday February 23<sup>rd</sup>**

**Location: Oakbank United Church**

STC brings to the stage a live production annually providing an opportunity for youth to be part of a semi-professional theatre experience.

Tickets go on sale mid December, available at the SPACE office  
Call 204-444-3567 for tickets

## Winter Storms

Winter weather conditions can become severe or hazardous with little or no warning. Proper preparation, plus knowledge of weather conditions can reduce potential harmful effects to you and your family.



### Severe winter weather takes a number of forms:

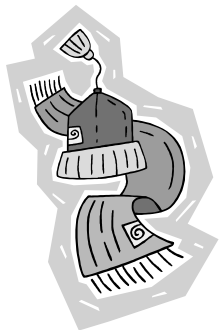
- **Blizzards** - A combination of falling and drifting snow and high winds with a visibility of less than 1 km and temperatures below -10°C.
- **Ice Storms** - Freezing rain or drizzle that coats roads, trees, and hydro lines causing dangerous driving conditions and power failures.
- **Heavy Snows** - Over 10cm of snow in 12 hours or 15cm of snow in less than 24 hours.
- **Cold Wave** - A rapid drop in temperature of 25° C or more in less than 8 hours.

### Protective Clothing:

- Wear several layers of loose fitting, lightweight clothing. This will keep you warmer than a single heavy layer of clothing.

The outer garment should be tightly woven and water-resistant.

- Wear mittens, not gloves, for more warmth and protection.
- Wear a hood or hat. You lose much of your body heat from the head and face area.



## Cook's Creek Heritage Museum

### News

The Board of the Cook's Creek Heritage Museum would like to thank all the members of our great community who helped make our 40<sup>th</sup> Heritage Day such a success.



The Cook's Creek Community Club, the Immaculate Conception Church, the ladies of St. Michael's Church, the Springfield Kinsmen, all our wonderful performers, all our great volunteers and all who attended and brought their family, friends and neighbours.

We couldn't do it without you!!  
We appreciate your support.

The Museum is now closed for season.

If you are interested in a tour or would like more information on volunteer opportunities please call Liz at 204-444-3247



## **Mohutniy Ukrainian Dance Ensemble Anola, MB**

The Mohutniy Ukrainian Dance Ensemble is an adult Ukrainian Dance group who practice out of the Anola Community Club. Our dancers are 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 and one (1) Sunday a month. Our registration takes place in September.

We have participated in the Ukrainian Festival in Brandon, Gardenton, Teulon, Russel, Regina & Yorkton, SK, and Dickinson, ND.

We also dance at local weddings and anniversaries.

**Mohutniy will be performing at:**

**Beausejour Malanka      January 19th**

**We will be Celebrating our  
12<sup>th</sup> Anniversary Zabava**

**Saturday March 16**

**Come out and enjoy the music and the dancing**

If you are interested in more information, would like us to perform at an event, or want tickets to our performances please call Ken Chubaty 204-781-6446 or Lavina Harding 204-866-2243.

### **Travel Precautions:**

The best safety precaution during severe weather conditions is to avoid traveling. However, if you must drive, be prepared:

- Have your vehicle tuned-up for winter driving and keep your it full of fuel.
- Plan your trips in advance and drive on well-traveled roads.
- If you plan to go on a trip, tell family or friends your route, the time you left or the time you expect to be at your destination.
- Listen to the radio for weather updates.
- If driving conditions become serious, turn back or stop on the side of the road.
- Carry a winter survival kit.

### **Stranded Travelers:**

If you get trapped in your vehicle, stay with the vehicle. **Do not panic** and remember the following:



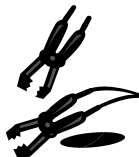
- Avoid exposure and overexertion.
- Check the exhaust pipe to ensure it is not blocked with snow.
- Keep a window partially opened.
- Run the engine sparingly for heat.
- Avoid overuse of headlights, as they will wear down the battery. Use the interior dome light, at night, as an emergency signal.
- Exercise by moving your arms and legs.
- **Do not** let all occupants sleep at the same time. Keep watch for searchers and other traffic.

## SPRINGFIELD EMERGENCY PREPAREDNESS PROGRAM

### Winter Survival Kit

Winter Survival Kits should include:

- Flashlight and extra batteries.
- Candles and coffee tin.
- Matches/lighter.
- Blankets/warm clothing.
- Granola bars, candy, sugar cubes.
- First aid kit.
- Booster cables.
- Shovel and tow rope.
- Flares or other signal aids.



### Home Precautions:

Severe weather conditions may result in power failures that will affect your home heating system. Anticipate possible heat failures by preparing these materials in advance.

- Keep a battery-powered radio, flashlight and extra batteries.
- Keep a supply of candles and matches on hand.
- Keep adequate food stocks and medical supplies on hand.
- Have a CSA-approved alternate heat source.
- If you have a stove or fireplace, have the chimney cleaned at least once a year.



Check your home fuel supplies such as wood, heating oil, kerosene, etc.

**Do not** store liquid fuels in the house.

## SELO UKRAINIAN DANCE

The **Selo Ukrainian Dancers** are a troupe of young, enthusiastic performers that are proudly celebrating their 27<sup>th</sup> 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.

### Upcoming Performances:

January 12<sup>th</sup>

St. Anne Ukrainian Catholic  
Church Malanka  
Winnipeg, MB

March 19<sup>th</sup>

Oakbank Parents for Ukrainian  
Education Malanka  
Cooks Creek, MB

Selo Ukrainian Dancers will be hosting a **Zabava** (social evening) with the live band "**Sloohai**" and a hot lunch on:

**Saturday, February 9<sup>th</sup>**



For info contact Leslie 204-866-4829  
or Brad & Bridgette 204-866-4114

For more info about the Selo Ukrainian Dancers,  
contact: [picklyks@mts.net](mailto:picklyks@mts.net)

**LOOK FOR THESE UPCOMING EVENTS:**

**CHRISTMAS CRAFT & TRADE SALE**

**TUESDAY, NOVEMBER 24<sup>th</sup> 10:00 am - 4:00 pm**

Come start your Christmas Shopping and Decorating.  
Many different vendors,  
something for everyone!!



Admission is only \$2.00 (Kids free)  
Try your luck at the Silent Auction.

To book a table call Sally at 853-2172  
Kitchen & Canteen open all day, also offering  
a Craft Sale Special - Perogy Dinner

**BREAKFAST WITH SANTA**

**DECEMBER 9<sup>th</sup> 9am - 12pm**

Come enjoy a delicious breakfast and have a  
visit with Santa. There will be games, crafts,  
face painting, silent auction and more!

Adults \$6.00 & Kids \$4.00 (9 & under)

For more info contact Sally 853-2172



**VALENTINES PARTY "LADIES ONLY"**

**Come have a night out!!**

Enjoy a massage, reflexology, facials & more!

**Friday, February 15<sup>th</sup>**

**Doors open at 6:30pm Starts at 7:00pm**

Admission for the ladies is \$20.00 with 1 service included  
and a chance to win other services that night.

Door prizes, appetizers & shopping.

If you have a business or service you would like to offer at this  
event please call soon, we would like to provide many different  
options for the ladies to enjoy. We will be advertising and selling  
tickets at some local businesses.

Watch for posters with more details.

Contact Sheri 204-866-2930 or Sally 204-853-2172



**Heat Failure Precautions:**

If your heating system fails, take these precautions:

- Stay calm - your house will keep you warm for several hours.
- Avoid opening doors unnecessarily.
- During a power failure, turn off all electrical appliances.
- Begin using your alternate heating unit before the house cools down.
- If freezing is possible, turn off the main water valve, drain the water lines and put antifreeze in toilet bowl, sink and bath drains. The hot water heater should also be turned off and drained.
- Check operator manuals of major appliances for frost protection requirements.

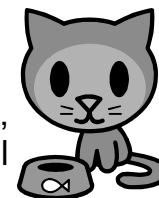


**Listen to the radio for emergency instructions.**

**If You Have Pets**



- Keep extra food on hand.
- Provide shelter for animals, especially young and small animals or pets.



- Keep the water source flowing. Most animals die from dehydration because the water source was frozen, not from lack of food. For household pets, keep them inside or in a dry place.





**MONTHLY MEETINGS** 7:00 pm at the Anola Community Club on the 2<sup>nd</sup> Monday of every month. We appreciate all feedback and look forward to meeting you and listening to what you have to say. Is your club important to you? Could you imagine not having a place for your children to participate in extra curricular activities? What about driving 20-40 km for your kids to have something to do? We need your support and your time! To help out contact Betty Ann Merke 204-866-3023.

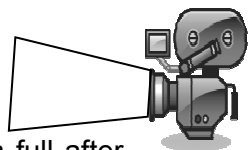
**VOLUNTEERS / HOURS** Contact Betty Ann 204-866-3023. Thanks to everyone who has signed up for all the new events. It may be a bit of a chore but always keep in mind that without your help there wouldn't be have any club events for your family to attend. If you have any time or skills that you are willing to share with your Community please call. If there is any change in volunteering for an event you signed up for please try to find someone to work for you and remember to give the club enough notice to find someone to fill your place.

**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. Prices will vary depending on the event. We also have Carnival Games to rent. Please feel free to call 204-866-2930 and leave a message and Patti will get back to you as soon as possible.

**MOVIE MANIA** Looking for some fun, family entertainment at outrageously reasonable prices?

Well, look no further, because here it is!

Admission to Movie Mania is free of charge!



Come out to the Anola Community Club for a full afternoon including 2 family-rated movies.

Pizza, popcorn and drinks are available for purchase.

Watch school handouts, newsletters and event boards in your community for upcoming dates and movie titles or call Betty Ann at 204-866-3023 for further info. We hope to see you there!

**YOUTH & MIDDLE YEARS DANCES**

**YOUTH DANCES**

**(Grades 3 - 6)**

**MIDDLE YEARS DANCE**

**(Grades 6 - 9)**



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

Admission is \$3.50

Door prizes, Dance prizes & a Silent Auction!!!!  
The kitchen is open with lots of goodies to offer.

Parents must sign their kids in and out.  
(No Exceptions)

Any questions call Sheri 204-866-2930.

Volunteers are always welcome, please consider helping out!  
The kids really enjoy a night our!

**YOUTH DANCES**

**(Grades 3 - 6)**

November 30

December 21

January 18

**MIDDLE YEARS DANCE**

**(Grades 6 - 9)**

November 23

December 14

January 11

**Anola H.E.A.T. Dance,**

**Baton and Pom Pom are underway.**



Our athletes in Pom Pom and Baton will start with competitions in January and are working towards their goal of attending the **Canadian Championships** to be held in Moncton, NB in July.

In order to help them reach this goal a variety of fundraisers are planned.

They will be selling cash calendars starting in December to order email Nicki @ [buzzy@nlis.ca](mailto:buzzy@nlis.ca).

Your support is greatly appreciated.

Please keep an eye open for these and other events they will be hosting this program year.