Volunteers Share and Learn
It is important for us to remember that the amazing array of opportunities for children are almost exclusively run by volunteers (parents and grand-parents like yourself) Getting involved in your children’s activities has many benefits. You and your children can share in the enjoyment of their activities, which can strengthen your family relationships. Your children learn by example, that by being active members of our community, we make the community a better place to be. Finally, on the most basic level, these activities will continue to be available to you and your children!

Additional Services
Child & Adolescent Mental Health
Voice Mail 345.3230
Direct 444.5057
Mental Health Crisis 1.866.427.8628
Parents Help Line 1.888.603.9100
Kid’s Help Phone 1.800.668.6868
Child & Family Services 1.204.268.6752
Dietician 1.204.345.1230
LdB Public Health Nurse 1.204.345.1219
LdB Health Centre 1.204.345.8647
LdB Doctors Office 1.204.345.8173
Pinawa Medical Clinic 1.204.753.2351
Lactation Consultant 1.204.444.6130
Healthy Baby Coordinator 1.204.345.0285
Healthy Baby Prenatal Benefit 1.888.848.0140
Families First Coordinator 1.204.345.0289
SD of Whiteshell 1.204.753.8366
Sunrise SD 1.866.444.5559
Centennial Elementary 1.204.345.2462
F.W. Gilbert Elementary 1.204.753.2559
Pinawa CDC 1.204.753.5172
Winnipeg River Recreation District
Pinawa 1.204.753.5104
Lac du Bonnet 1.204.345.8816
Poison Control 1.204.787.2591
Pinawa Hospital 1.204.753.2334
Pinawa Fire Dept. 1.204.753.2585
LdB Fire Dept. 1.204.345.2997
RCMP
Pinawa 1.204.753.2919
Lac du Bonnet 1.204.345.8685
Emergencies
Pinawa 911
Lac du Bonnet 911

“Get involved...for fun and friendship”

Children’s Activity Guide
Lac du Bonnet & Pinawa

Fall Registration Nights:
Lac du Bonnet
6:00 pm to 8:00 pm
Monday September 8th 2014
Lac du Bonnet Community Centre

Pinawa
6:00 pm to 8:00 pm
Tuesday September 2nd 2014
Pinawa Community Centre

Plan to attend FALL REGISTRATION NIGHT
an opportunity to register for many of the activities listed in this guide!

Look for the Handprint!
These activities are suitable for children ages 5 and under.

Thank you to our supporters and partners:

PECDC – grassroots
Healthy Child Manitoba – Bright Beginnings
North Eastman Parent Coalition
The Winnipeg River Recreation District
Pinawa Community Development Corporation
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- Roman Catholic Church
  - St. Francis Assisi
  - 37 Burrows Road
  - Pinawa, MB R0E 1L0
  - 204-753-2118
  - Father Jose Montepeque

- Whiteshell Baptist Church
  - Seven Sisters Community Centre
  - Seven Sisters Falls, MB R0E 1Y0
  - Pastor: Clifford Bergman
  - Secretary: Lisa Kroeker 348-2536
  - lisa@whiteshellbaptist.com
  - www.whiteshellbaptist.com

- Awana
  - For: age 3 - Grade 6
  - When: Sept. – May, 6:30 - 8:00 pm
  - Cost: $30

- Youth
  - For: Grade 7-12
  - When: Friday evenings; 7 pm

- Vacation Bible School
  - When: August 20-24; 6:15-8:30 pm

- Children’s Sunday School
  - For: Ages 3 to Grade 12
  - When: September-May
  - Meets during the Worship Service on Sundays.
Cross Country Skiing  
Contact: Karen Nilsson  
ph: 204-345-8167  
For: Anyone  
When: November-March  
Where: Trails off of PR 317  
Skiers of all ages and abilities can join in casual moonlight skis and group skis along our scenic trails.

Sunova Youth Softball  
Contact: Bev Atkin  
Email: matkin@mymts.net  
For: Ages 6 -15  
When: April – June  
Where: Lac du Bonnet Senior School and Diamonds  
April: Indoor practices  
Mondays and Wednesdays 6-7:30pm (LdBSS)  
May-June: Mondays  
6:00-7:30pm (LdB Ball Diamonds)

North Eastman Soccer  
Lac du Bonnet and Area  
For: Ages 5 and up  
When: May- June & September  
Contact: Winnipeg River Recreation District  
ph: 204-345-8816 or email: wrrdoom@gmail.com

LdB Junior Curling  
Contact: Sharalyn Reitlo  
ph: 204-345-6113  
For: Grade 5 and up  
When: Nov-Feb; Sundays 5:45 pm  
Where: LdB Curling Club  
Cost: $30  
Youth learn & practice curling skills.

Pinawa Christian Fellowship  
Rev. Robert J. Murray  
Box 852, Pinawa MB R0E 1L0  
ph: 204-753-8439  
pcf@granite.mb.ca  
pinawaactf.blogspot.com

Pinawa Alliance Church  
1 Bessborough Rd.  
Pastor: Brad Nelson  
P.O. Box 8  
Pinawa MB R0E 1L0  
ph: 204-753-2927

Sunday School  
For: Pre-school to Adult  
When: Sunday 9:45 -10:45 am  
Call for summer hours.  
Classes with learning through teaching, singing, games, and discussion.

Pinawa Lutheran Church  
Contact: Sharon Howe  
Ph: 204-753-2201  
Pastor: Jack Frederick  
Box 235, Pinawa, MB R0E 1L0  
Phone: 204-753-2239

Bible Adventures  
Combined with Pinawa Christian Fellowship. (see above)

Pinawa Early Childhood Development Committee – grassroots  
We are an early years committee whose members are parents or Early Childhood Educators, teachers, health care workers or anyone interested in the well being of our youngest citizens. As well as running our own events, we work with the Recreation Office and the Town Council on shared interests. Together, we work to enhance services, programs and events for families with young children. It is truly a grassroots group, which believes that the early years (ages 0-6) have a profound importance in our development. We have received grants from Literacy for Life, Bright Beginnings, the School District of Whiteshell, Manitoba Education and Celebrate Canada. Besides this pamphlet, projects include:  
- the Early Years Bags for 3 and 4 year olds (delivered three times a year)  
- Library Topic Bags  
- Food for Thought  
- Soup and Play (Oct. - May, second Wednesday, 5:00 – 6:30 F.W. Gilbert gym)  
- Story Time (October – April, Tuesday, 9:30 – 10:15 at Children’s Place, 2-3 at the Public Library  
- Family Literacy Events  
- Parenting Seminars  
- Community Garden at F.W. Gilbert School  
- Family Swim  
- Toy Lending Library at F.W. Gilbert School  
Contact: Michelle McMahon at F.W. Gilbert School 753-2559

Pinawa Junior Kindergarten  
F.W. Gilbert School  
P.O. Box 160  
Pinawa, MB, R0E 1L0  
Ph: 204-753-2559

F.W. Gilbert School has embarked upon an exciting adventure in early years education. The Kindergarten program has been expanded to include children of Junior Kindergarten age (four year olds). With the combined efforts of a teacher, an Early Childhood worker as well as an Early Childhood Education consultant, our goal is to provide play-based experiences for the four hours of each daily class at the same time as fulfilling curriculum requirements for Kindergarten. Kindergarten students will attend 5 mornings 8:45-12:50. Four year olds are welcome for that time as well. Part-time is available Monday, Wednesday and Friday 8:45-11:10 if parents wish.

F. W. Gilbert School Parent Advisory Council  
F.W. Gilbert School  
P.O. Box 86  
Pinawa, MB, R0E 1L0  
ph: 204-753-2559

The F.W. Gilbert Parent Advisory Council (PAC) meets once a month. Come join us in an opportunity to play a role in our children’s education and growth. The PAC is involved in a number of activities:

- Child Find – Kids in the Know  
- School Grounds  
- Special Lunches  
- Artists in the School  
- Library Books  
- Maintaining avenues of communication between students, parents and teachers.
Pinawa Playgroup 🌟
Contact: Tasha Lappage
Ph: 204-213-0798
Pinawa, MB R0E 1L0

For: Preschoolers & their caregivers.
When: Drop-in Tuesdays 10am-12:45
Cost: $2/Week

The Pinawa playgroup offers a fun morning of free play songs, gym time and potluck snacks for preschool children and their caregivers. Sessions are held at the Nursery School (located at F.W. Gilbert School), and provide an excellent opportunity for children to interact with each other, and their caregivers to meet each other.

Pinawa Toy Lending Library 🌟
ph: 204-753-2559
Pinawa, MB R0E 1L0

When: Tuesday; 6:00-7:00 pm (or by appointment)
Where: F.W. Gilbert School Nursery School Room
Cost: $10 annual or $5 one time

In need of extra baby, toddler or preschool toys or equipment? Grassroots has developed a toy and equipment lending library with the help of a grant through Cabot Corporation. Parents can supplement toys, games and puzzles for variety. Grandparents and/or local residents with visiting children have access to equipment and toys that are awkward to travel with. Come see our collection of playpen, highchair, booster seat, swing, exersaucer, bounce and slide, toys, puzzles, games and more.

Pinawa Running Club
Location: Pinawa Track near the high school
Contact: Crystal Stanley
Ph: 204-753-2123

Starts at the end of April with meetings once per week.
Encourages physical fitness in a fun and safe environment.

Horse Riding Lessons
Contact: Christine Tomlin
Ph: 204-345-6092
Pinerock Stables
Lac du Bonnet, MB R0E 1A0

For: Ages 8 and up
When: 1.5 hour sessions - year round
Cost: $40 per session

Instruction for children on boarding and riding. Sleigh-rides provide extra fun. Week long kid’s camps, birthday parties, and pony rides.

Lac du Bonnet Karate Club
Tiny Tigers
Contact: Kim Ogren
ph: 204-340-5492
email: kimber5897@gmail.com
Wednesdays 5:00-5:30pm
Ages 5-7
Where: Centennial School Gym
Fee: $50
Instructor: Dave Ogren

The Tiny Tigers program teaches younger children the basic skills of Shotokan Karate through games, movement and discipline.

Lac du Bonnet Children's Center (Daycare)
Arlene Rollins and Carol Kulbaba
285 McArthor,
Lac du Bonnet, MB R0E 1A0
ph: 204-345-2608 fax: 204-345-2608

For: 12 weeks – 12 years
When: Monday to Friday 6 am – 6 pm
Cost: Under 2yrs $29
Preschool $19
6-12 yrs Old $19

A variety of crafts, games, science and lit activities, playtime, walking field trips.
**Ready Set Grow**

These fun events for three and four year olds happen throughout the North Eastman region.

The Pinawa/Lac du Bonnet event will be held in May 2013.

Children are able to have their hearing or vision checked and visit with a speech therapist all while picking up fun prizes and treats. Parents have a chance to talk with specialists in parenting, literacy and child development.

These events are sponsored by Bright Beginnings, the North Eastman Parent Child Centred Coalition.

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**Bowling (Lac du Bonnet)**

Youth Bowling Council
Lac du Bonnet Bowling Lanes
25 MacArthur Ave.
204-345-6212

For: Age 6-16

When: September – February (25 weeks)

The team meets after school to enjoy three games of bowling. Events, Christmas and year-end parties completes the fun.

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**Mom’s Night Out**

Contact: Carol Sandul
ph: 204-753-2405
Pinawa, MB R0E 1L0

Developed through grassroots, evenings to get mom’s out periodically throughout the winter. Events include meeting for coffee, bowling, an pontoon cruise and card/game night. Please call if you are interested in participating or have ideas for a fun evening.

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**“Our Time” Healthy Baby Drop-In**

Drop-in’s are free and open to all women who are pregnant, or have a child under one year of age and their parents.

When: 10:00 am – Noon every 2nd Thursday at Mrs. Lucci’s

For further information families can call Wendy Fontaine at 204-345-1219 or Shelly Kaminski at 204-753-5249 or your public health nurse for more information.

Networking, nutrition and parenting skills.

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**Food For Thought**

Contact: Michelle Long
ph: 204-753-2073

For: parents and their children

When: 2nd Thursday each month 11:30 am – 1:00 pm
Cost: bring a potluck dish.
Where: Pinawa Alliance Church

‘Food for Thought’ offers an opportunity for networking and learning with other parents while enjoying a nutritious informal potluck lunch. Discussion topics complete the menu each month. Juice and childcare are sponsored by grassroots.

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**Pinawa Rowing & Sailing Club**

Learn How to Sail Program
Contact: Keith Reid
email: reidk@aecl.ca
Pinawa, MB R0E 1L0

Learn how to sail out on the lake by experienced instructors. Try out this activity that has been offered in Pinawa for years.

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**Little Day Buddies**

Contact: Janice Enright
ph:204-345-8979 / 204-345-2861
40 Park Avenue
Lac du Bonnet, MB R0E 1A0

For: Age 2-6 year olds
When: Monday, Wednesday and Friday,

September-June
Hours: 9-12, 12:30-3:30
The children participate in arts, crafts, games, kindergarten readiness, guest speakers and outings.

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Nutrition is important for the early years and throughout life. Take a calm and easy-going approach to mealtimes to avoid negative situations. Introduce new foods one at a time when a child is most hungry, offering small serving sizes to encourage success. Use the “one bite” rule for new foods, and follow it yourself, too! Praise your child when they take that one bite.
Lac du Bonnet Regional Library
Contact: Vickie Short & Debbie Woodfine  
ph: 204-345-2653

Fall Supper - Saturday, September 13  
2 sittings; 5pm and 6:30 pm at the Legion.

Celebrating Canada  
Children’s Book Week – May 4 to May 11

Summer Reading Program  
For: Ages 5+under  
When Thursdays from 10:45 am -12:00 pm  
includes songs, games, snack, and a craft.  
(all participants must be accompanied by a  
parent or guardian).
Cost: Free

Story Time  
For: Ages 5+ under  
Thursdays from 10:45 to 11:15 am  
includes story and snack.  
Cost: Free

La Leche League  
Contact : Michelle Long  
ph : 204-753-2073  
Contact : Miyoko Rasmussen  
ph : 204-753-2910

La Leche League is an international  
organization that was founded to give  
information and encouragement to all  
mothers who want to breastfeed their  
babies. Mothers and children cafe au lait  
meet in Pinawa once a month to discuss  
breast feeding and other parenting issues.  
Call for meeting times, or for individual  
breast-feeding support and information.

Pinawa Public Library  
Community Centre near High School  
Pinawa, MB, R0E 1L0
Contact: Marg Stokes  
ph: 204-753-2496  
email: email@pinawapubliclibrary.com  
web: www.pinawalibrary.com

Cost: Free

Summer Reading Program  
For : Grades 1 to 6: Tuesdays 10:30 am -  
12:30 pm, Thursdays 1:30 – 3:30 pm  
Cost: Free

Pinawa Girl Guides  
Cost: $100 plus dues  
Where: F. W. Gilbert School
Contact: Barb Sanipelli  
ph: 204-753-8853  
P.O. Box 391  
Pinawa, MB, R0E 1L0

Sparks  
For: Girls ages 5-6  
When: Mondays 5:00 – 6:30 pm  
This is the first branch in Girl Guides.  
It is a two-year program for young girls who are 5  
to 7 years of age.  The object of the  
program is to introduce young girls to  
Guiding in a fun, non-competitive  
environment.

Brownies  
For: Girls ages 7-8  
When: Mondays 5:00 – 6:30 pm  
Young girls in Brownies will learn how to  
share, help out, respect their environment  
and learn about safety, healthy living and to  
be good citizens. This is accomplished  
through fun activities, games, crafts and  
songs. Brownies are also encouraged to  
help out with service projects and they  
have a chance to interact with other Girl  
Guide branches through bridging activities.

Pathfinders  
For: Girls ages 12-14  
When: Mondays 6:30-8:30 pm  
Pathfinders had an updated program  
starting September 2006.  The main areas  
are Finding the Path, Creating Your Future,  
Let’s Take It Outside!, Girl Stuff, A World to  
Discover, Living Well, My Music, Movies  
and More!, On My Own and Exploring a  
Theme. Girls work towards earning their  
Canada Cord at the completion of the  
program.

Rangers  
For: Women ages 15-17+  
Guiding provides career awareness,  
leadership training, problem solving, time  
management and goal setting skills and  
addresses challenges of today’s young  
women. Rangers is about choice and  
flexibility and promotes leadership and  
community involvement. Rangers lets you  
create the experience you want – doing the  
activities you want in the way you want.  
Adult mentors help you as you shape your  
own program and achieve your own goals.
Mrs. Lucci’s Programs
76 3rd Street, Box 809
Lac du Bonnet, MB R0E 1A0
ph: 204-345-9909
fax: 204-345-0037
email: mrslluccis@hotmail.com

Parents Helping Parents Group
For: Parents
When: Tuesdays 10–11:30 am (Oct-June)
Cost: Free
Parents gather at Mrs. Lucci’s multi-purpose room to share together while children enjoy activities, crafts, songs and storytime.

Girls Club
For: Grade 6 girls
Cost: Free
When: Ongoing throughout the year
Where: Centennial School
An opportunity for girls to get together to enjoy a nutritious snack and then they go on to participate in activities and games that encourage cooperative play.

Babysitting Course
Cost: Free
Students in Grade 6 are eligible to receive the babysitting training through Lucci’s. It is important for all young adults to learn and understand the safety and developmental needs of children when in their care.

Home Alone
Students in grade 4 are eligible to receive the Home Alone program sponsored by Mrs. Lucci’s. The program provides information to ensure that all children in grade 4 learn the basic home safety rules, in the event that they are ever left home alone for short periods of time.

Ringette in Lac du Bonnet
Tiffany Andrelunas 204-345-3798
tiffany_andrelunas@msn.com
Or Enika Zirk 204-340-5099
ezirk@mymts.net
Ages 4-10
Cost: $375
Register at the LdB community center Sept 8 5-9:30 or at the arena on sept 11, 7-9.
Practices will be Wednesdays @5:45

Online Resources
Kids craft ideas:
http://spoonful.com/crafts
http://www.parents.com/fun/arts-crafts/kid/
http://www.enchantedlearning.com/crafts/
Games and Activities:
http://www.toddleertoddler.com/

Pinawa Minor Hockey Association
Contact: John Ottenson
ph: 204-753-8341
Pinawa, MB, R0E 1L0
For: Ages 5-17
The Minor Hockey Association operates a hockey program for males and females. Practices usually begin after Thanksgiving and league games in the first week of November. Practices are held Tuesdays and Thursdays, and there is usually one game on the weekends. (Practice times are subject to change year to year depending on the number of teams)

Lion’s Little League Baseball
Contact: Lion Judy Farr
ph: 204-753-2442
For: Grade 2 to Grade 6
When: May and June
Where: F.W. Gilbert School diamonds
The Lion’s Club creates an annual spring baseball league.

Whiteshell Cross Country Ski Club – Jackrabbits and Bunny Rabbits
Contact: Susan Barnett and Kevin Dearing
ph: 204-753-8239
P.O. Box 528
Pinawa, MB, R0E 1L0
For: ages 5 and up
When: Sunday afternoons
Cost: $15 plus ski club membership
The Whiteshell Cross Country Ski Club offers the Jackrabbits and Bunny Rabbit programs to children ages 5 and up. This fun program provides children with a chance to learn skiing on some of the best cross-country ski trails in this area. The Jackrabbits meet every Sunday. Parents are encouraged to participate with their children, or join in the entertaining games, tours and marshmallow roasts; just part of the many Jackrabbits highlights.

Get Active! Even while watching TV. Stretch and run on the spot, before and after each show or see who can do the most jumping jacks.

Junior Golf Lessons
Contact: Greg Love
ph: 204-753-2294
Pinawa Club-Golf
For: ages 7-9 and 10-12
When: July or August; 3 lessons on Fridays
Lessons by Pinawa’s Golf Pro. Contact the Pro Shop for information and to register.

Pinawa Spring & Summer Fun
Junior Tennis Program
Contact: Claude and Kelly Deveau
ph: 204-753-2146
For: ages 7 and up
When: Please call to arrange for individual lessons or family lessons.
Lessons include skill drills, games and rallying practice.
The WRRD is active in both Pinawa and Lac du Bonnet and aims to promote rec and leisure activities in both communities. Visit our website for a full listing of ongoing activities.

**Summer Camps**

For: Ages 4-6 and 6 & up
When: July and August
Cost: costs vary for weekly summer camps

The WRRD offers a variety of summer camps over the summer. Visit wrrd.ca for more details in Spring.

**Pinawa Soccer**

For: Ages 4-12
When: May, June and September
Cost: $20

Volunteers are needed to assist with coaching. High school students can receive volunteer credit hours with our organization for graduation.

**NESA Soccer** (Lac du Bonnet)

For: Ages 4 and up
When: May, June and September

Visit wrrd.ca early Spring for more details

**Jam Can Curling** (Pinawa)

For: ages 5 and up
When: Spring Break

Offers children a great introduction to the sport & fun for the whole family. Teens, parents and grandparents assist the younger ones.

**Spring Fling** (Lac du Bonnet)

For: all ages
When: May 9, 2013
A fun filled celebration for the entire family to celebrate Spring!