



Niverville Recreation and Wellness
www.NivervilleRecreation.com
Donna Watts,
Director of Recreation and Wellness
Ph: 388-4600 ext 110 /



Donna Watts
 Director of
 Recreation and Wellness

**Don't miss the last of the
 "Try it for a Toonie!"**

Outdoor Education Classes!

Join Barret Miller from the Fort Whyte Centre on Saturday August 6th at Hespeler Park (under the picnic shelter) for the last one of the summer outdoor education classes

August 6: Outdoor Education

(3 classes today - see below)

Land Navigation: Finding your way with landmarks, map and compass, and GPS makes sense after this session. Navigating by the stars, and the sports of orienteering and geocaching are also introduced.

Time: 10-Noon (Try it for a toonie, or bring a group for \$5!)

Weather Prediction/Trail-side Shelter: Knowing how to set up a wind- and waterproof shelter can make the difference between being snug and happy or wet and cold. Knowing when to set up a shelter is just as important! This session is a blend of weather watching using signs in nature, and how to use a simple tarp and rope to make effective shelters.

Time: 12:30-2pm (Try it for a toonie, or bring a group for \$5!)

Wilderness Survival Skills: You've mastered basic outdoor skills. You're ready for the next step. This course will teach you how to find shelter, water, food, and get found when plans go wrong. Fire-building using found materials, emergency shelters, signalling, and survival gear are all part of this session

Time: 2:30-4pm (Try it for a toonie, or bring a group for \$5!)

Running / Walking Clubs

Anyone interested in joining or starting a running club or a walking club, please contact Donna! (The Imagine Run is only 7 weeks away!) * The recreation department does have a pedometer loan program for anyone interested in borrowing a pedometer.

QUICK LINKS:

- **Niverville Recreation:** <http://www.nivillerecreation.com>
- **Upcoming Classes and Programs:** <http://www.nivillerecreation.com/classes-courses--more.html>
- **Town of Niverville:** www.wheretheyoubelong.ca/start
- **Health E-Plan:** www.manitoba.ca/healthplan
- **Niverville Recreation and Wellness on Facebook (don't forget to "like" us!):** <http://www.facebook.com/pages/Niverville-Recreation-and-Wellness-Commission/151826358193450?v=wall>
- **Niverville Recreation Survey:** <https://www.surveymonkey.com/s/NivervilleRecreationSurvey>

Ultimate Frisbee

Interested in the game of Ultimate Frisbee?

Come and try it out for free and see how it's played!

Join Josh Drury, Program Coordinator for the

Manitoba Organization of Disc Sports,

at Hespeler Park on

Wednesday August 17th

from 6:45-8:45pm.

GPS Loan Program

Due to a grant from MB In Motion, the Niverville Recreation and Wellness Commission is excited to announce that we are offering a GPS loan program, where you can borrow a GPS unit to go geocaching, go on an adventure, or more! Also available are informational books on Geocaching. What is geocaching? Geocaching is a real-world, outdoor treasure hunting game using GPS-enabled devices. Participants navigate to a specific set of GPS coordinates and then attempt to find the geocache (container) hidden at that location. www.Geocaching.com

Call for Artists - Rural Art Mentorship Program

September 2011 - January 2012 in Southeastern Manitoba Presented by Manitoba Arts Network and cosponsored by MAWA (Mentoring Artists for Women's Art) If you are an artist or an aspiring artist in the Southeastern region of Manitoba who is working in any media (photography, sculpture, found objects, painting, drawing, video, sound, printmaking) then this program is for you! In this five-month program, professional Winnipeg artists Jazz deMontigny and Cam Forbes will mentor and share their experiences with a small group of rural artists. Group and individual meetings will take place one weekend per month in the participant's communities and in Winnipeg. For full details, please contact Donna at Donna@wheretheyoubelong.ca

NEWS BULLETIN

August 3, 2011



www.wheretheyoubelong.ca

NOTICE



Please note that on **Wednesday August 10th** the CP Rail crossing at the West end of Town will be **CLOSED**. The detour for this closure will be as follows when heading West: from PR311, head South on 5th Avenue to Crown Valley Rd, turn West and follow Crown Valley Rd to Wallace Rd. Turn North on Wallace and follow it back to PR311.

Have your say!

Niverville is researching two alternative options for accepting electronic payments, namely:

1. Pre-Authorized Funds Transfer – Automatic withdrawal from your account.
2. Installing a POS/Debit terminal at the Administration office.

Your response to the survey questions will assist in ascertaining the degree of uptake on either one of these options.

<https://www.surveymonkey.com/s/Nivervillepaymentoptions>



Help Us Help Others!

"Imagine" is hosting

Manitoba's fourth Mental Health Matters Half Marathon - 5K and 10K Walk- Run on September 24th in Niverville!

The route showcases parks, schools, new developments and established countryside. There is music and entertainment at strategic locations along the route to cheer on the runners, armchair athletes and spectators. At the conclusion of the run/walk there is a concert, family activities, Bouncers, \$3.00 BBQ and a raffle.

Day of registrations for the 5K and 10K walk/run and the half marathon will be accepted from 7:00-8:30am (cheque or cash only) and the run begins promptly at 9:00am

Every penny raised goes to support the Mood Disorders Association of Manitoba Inc. Our goal is to prevent suicide and defeat the negative social stigma surrounding mental health issues.

Register on line or at any participating Running Room locations.

Early Bird cut off is August 31st

Check us out:

Like us on Face book <http://www.facebook.com/imagineMB>

Twitter www.twitter.com/imagine_MB

Webpage www.Mentalhealthmatters.ca

The Manitoba Youth Job Centre

in Niverville will close down for the year on Wednesday, August 10th.

Keanan Byggdin, the 2011 office manager, encourages all home and business owners looking for workers to contact him at 388-6793 before the office closes and he also thanks all the youth and employers that used the centre's services this year. The MYJC will open up again next summer in May 2012.

West Nile Notice



The Office of the Chief Provincial Public Health Officer reminds Manitobans to prepare for summer mosquitoes by reducing standing water around the home, setting up screen tents to enjoy the outdoors, particularly between dusk and dawn, and repairing window and door screens. Personal protective measures, such as using an appropriate repellent, will help to reduce mosquito bites.

For more information about West Nile virus, contact Health Links-Info Santé at 788-8200 or 1-888-315-9257 (toll-free). Trap count information is updated weekly and available on the Manitoba Health website at www.gov.mb.ca/health/wnv/.

PHONE NUMBERS

- Civic Office 388-4600 • RCMP 388-6091 • Clinic 388-6626 • Public Works & Facilities 388-4600 ext 111
- Recreation Dept 388-4600 ext 110 • Animal Control 371-5859 • Water Readings 388-4600 ext 104

A letter of thanks to the Town of Niverville

"Niverville Centennial Arena was chosen as the new venue for **The 11th Annual BISON CLASSIC MOTORCYCLE RALLY** held on July 1-3, 2011. The Town of Niverville offered more than we could ask to make this event such a success. Being an easy riding distance from Winnipeg, near two major paved highways, very adequate dining/meeting area, hot showers, campground with electrical hook-ups, incredible local caterers who were raising funds for a Missions trip to Peru, and of course perfect weather, we couldn't go wrong!

One of the Rally attendees (owner a classic Vincent motorcycle) from the United States said, "We have attended hundreds of classic motorcycle rallies and this is one of the nicest we've ever been to." Over 100 antique motorcycles registered for the rally, four times as many in past years. The oldest motorcycle present was a 1927 AJS "Big Port". This and other extremely rare and valuable motorcycles were on display at the Niverville Credit Union parking lot for Saturday afternoon's Show 'N Shine.

A huge thank you to the Town of Niverville, you "bent over backwards" to be cooperative and help in any way possible. We'll be back next year."

Niverville Moms & Tots program

The Niverville Moms & Tots program is starting up again this fall on September 14th, running every Wednesday morning from 9:30-11:30 at Fourth Avenue Bible Church. This is a free drop in program for moms with children age birth - 5, with coffee, juice, and snacks provided.

It's a chance to meet some other moms in the community while your children enjoy playing in an indoor play area. Contact Karen for more details at 380-3090.

2011 Fundraising Golf Tournament

The Niverville Chamber of Commerce invites men & women to participate in our 2011 Fundraising Golf Tournament on **Fri. Sept. 9 at 12:30 pm at Quarry Oaks**. Chamber member fee is \$125, and non-member fee is \$150. Fees include lunch, green fee, powercart & dinner. Cash prizes totalling \$4000 will be split between four flights. There are also two chances to win \$10,000 cash on the hole in one competitions sponsored by Puratone and D & M Rentals. To reserve your spot, call 388-4325 or email chamber@niverville.com by Aug. 15!

"Wild Pink Yonder" is a wildly pink trail ride raising money towards a cure for breast cancer. The Manitoba riders will be arriving in Niverville on Sept. 17 and we are looking for interest to help organize some events and help create a very PINK welcome for them! Please contact Donna Watts at 388-4600 ext 110 or Donna@wheretheyoubelong.ca if you are interested in getting involved.

For more details on the ride itself, or taking part in the ride, contact Pam Glover at 422-8076 or pam@wildpinkyonder.com. Search **"wild pink yonder"** on YouTube.com to see what some other towns have done in Alberta to welcome them - there are some really fun ideas!

For your convenience, there is now a "drop box" at the front door of town office for you to drop off water bill payments, etc. after office hours. Please do not drop off cash!

Congratulations

to Katelyn Goertzen,
2011 winner of the Niverville
Chamber of Commerce
Leadership Award.
All the best as you continue
your studies at U of M this fall.

August 8-12
9:30 am to 12:00 pm
Vacation Bible School

Pandamania

For: Grades 1-6
Location: 4th Avenue Bible
Church 62 4th Avenue S.
Cost: Free
To Register:
www.nivcf.cachildrens_vbs.htm
Questions? Contact:
Rob Redekop 388-4775

The Niverville
Fire and Emergency services
would like to thank
Bigway foods for all of their help
with the food and drinks for our
family picnic that was held on
July 19th.
We'd also like to thank D&M
rentals for the bouncers.
The day was a huge hit for
all that could make it.

Well Water Inventory

The **Seine-Rat River
Conservation District** will be
conducting our Well Inventory
program again this spring and
summer in the towns of Ste. Anne,
Niverville, and Richer. This will
involve two Summer Resource
Technicians employed by the
Conservation District going door-
to-door in the above mentioned
areas offering free well water
testing for Nitrates and E. coli
Bacteria.

Please contact the office at (204)
424-5845 for more information on
this program or any of our other
programs.



Niverville Recreation and Wellness
www.NivervilleRecreation.com
Donna Watts,
Director of Recreation and Wellness
Ph: 388-4600 ext 110 /
Donna@wheretheyoubelong.ca



Donna Watts
Director of
Recreation and Wellness

Summer Camps for Kids

There are still a few spots available in our
"H2Oh!" camp
running from August 22-26.
This camp runs from 1-4pm
at Hespeler Park each day.
Check the recreation website for details
www.NivervilleRecreation.com

TUFF-N-UP BOOT CAMP COMING TO NIVERVILLE!

Are you looking for a workout that will get you
over a plateau? Are you looking to challenge
yourself, both physically and mentally?
Operation **Tuff-N-Up** is a non-intimidating
atmosphere designed for any fitness level; from
beginners just entering the fitness world, to the elite
fitness buff that just needs a change in their daily
routine. We will help you stay accountable, offer
guidance, motivation, fun and support as you strive
for your goal.

Reserve your spot today! Starts on August 30th and
will run for 6 weeks on Tuesdays and Thursdays from
6-7pm. Cost is \$135 for the twice a week, 6 week
session and space is limited!

Contact Donna at Donna@wheretheyoubelong.ca /
388-4600 ext 110 to register or to be put on a
waiting list for a 7:30-8:30pm time slot. The first
session will take place in the South End of the arena.

Recreation and Wellness Fall Registration

The Annual Rec and Wellness Showcase
and Fall registration is Wednesday September 7th
and will run from 5-8:30pm at the Heritage
Centre. There will be plenty of displays and lots of
information about recreation and wellness
opportunities within our community, as well as
Fall sports and programming registrations,
demonstrations, vendors and more.
This is one event you won't want to miss!

For details on all of the above, visit www.NivervilleRecreation.com or
contact Donna@wheretheyoubelong.ca / 388-4600 ext 110

Fall Sneak Peek

(REGISTRATION IS OPEN FOR THESE -
CHECK OUR WEBSITE FOR MORE DETAILS!)

- Sept 20 - 4 week Photography Course
"Getting Past Auto on Your Digital SLR"
- Sept 22 - Cooking Around the World (Greece)
- Sept 24 - Hunter Safety Course
- Oct 1 - Claymation Animation workshop for kids
- Oct 15 - Crockadoodle Pottery Painting Class
(www.crockadoodle.com)
- Oct 20 - Cooking Around the World (India)
- Nov 17 - Cooking Around the World (Mexico)
- Dec 8 - Cooking Around the World (Holiday
Appetizers from Around the World)

SPIRALS RHYTHMIC GYMNASTICS CLUB SUMMER CAMP

Our recreational programs are designed for girls
between the ages 4 and 10. These programs focus on
developing, flexibility strength, grace, endurance,
rhythm, coordination, musical awareness and
creativity, while learning the basics of the sport in a fun,
positive and non-competitive environment. We
teach fundamental dance moves and introduce
rhythmic gymnastics skills.

The focus will be on developing basic skill sets
involving the ball, hoop, scarves and rope apparatus.
Musical movement, fun and creative routines are
incorporated to give beginners an introduction to the
beautiful sport of rhythmic gymnastics.** The Spirals
Rhythmic Gymnastics Club will provide all the
apparatus and equipment**

When: August 15 - 19, 2011

Time: 10:00 a.m. - 12:00 Noon

Location: Niverville Combative Training Centre
(Next door to Chicken Chef)

Cost: \$65.00/session

Cheques to be made payable to Spirals. If you are
interested in registering your daughter, please
contact: Julie or Huguette Lacroix at 878-3868,
918-1865 or julie.lacroix@hotmail.com