

Inventory of Community Services and Programs

3rd edition

Our Children, Our Community, Our Future



Lord Selkirk School Division

Inventory of Community Services and Programs

**Family Connections
Parent-Child Coalition**

Family Connections is a coalition of early childhood service providers, public agencies, and community stakeholders. The Coalition represents constituents in Selkirk, St. Andrews, St. Clements, Brokenhead, and, in some cases, a larger geographical area. The coalition work focuses on literacy, nutrition, parenting, and community-capacity building.

Website: www.familyconnections.ca

Agencies and organizations involved in SEI-ECDC include:

- o Aboriginal Headstart
- o Bookmates Inc
- o Brokenhead Ojibway Nation
- o City of Selkirk (Leisure / Recreation)
- o Families First
- o Growing Years Inc.
- o Hand in Hand Daycare
- o Healthy Child Manitoba Office
- o Interlake Daycare Coordinators
- o Lord Selkirk School Division
- o Nova House
- o Public Health
- o Selkirk Family Literacy
- o Selkirk Daycare
- o Selkirk Friendship Centre
- o Selkirk Friendship Centre Daycare
- o Selkirk Literacy Board
- o Selkirk Nursery School
- o Red River North Regional Library
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Inventory of Community Programs and Services

The purpose of this inventory is to:

- promote collaboration among community groups
- avoid duplication of effort
- and find any gaps in information that may be useful for community planning.

The programs and services are divided into six categories. This inventory has been colour coded according to the six categories:

- Education (blue)
- Health and Well-Being (green)
- Sports and Leisure (yellow)
- Social (grey)
- Special Interest (purple)
- Culture and Entertainment (pink)

Each resource and service in this inventory includes information such as: the type of service, name of the program or service, address, contact telephone number, and website information (if there is one). The criteria used when compiling data was a focus on children ages 0-5 and a local organization serving parents/families.

Information for this inventory was compiled from several resources –local telephone books, websites, direct contact with organizations, etc. If the researcher had other questions to ask, she contacted the organization directly via a telephone call or email. It should be noted that information contained in this inventory was collected during the fall 2007. It is a portrait of community services and programs at that time. As resources and services do change over time, it is possible that certain information contained in this inventory may be different from the time information was collected.

If there are changes to local services and programs, or if you have more information to add to this inventory, please contact:

Arlene Kinden
Early Childhood Development Lead Teacher
Ph : 204-482-4521
akinden@lssd.ca

General Resources

Lord Selkirk School Division

205 Mercy St.
Selkirk, MB R1A 2C8
204-482-5942
1-866-433-5942
www.lssd.ca

Early Childhood Development Lead Teacher

Lord Selkirk School Division
Box 6, Group 35, RR 1, 659 Quarry Rd.
East Selkirk, MB R0C 0M0
204-482-4521

Clandeboye and District Recreation Association - <http://cdra.highspeedcrow.ca>

City of Selkirk - www.cityofselkirk.com

East Selkirk Recreation Association – www.eastselkirk.com

Grand Beach Provincial Park -

http://www.gov.mb.ca/conservation/parks/popular_parks/central/grand.html

Healthy Child Manitoba - www.gov.mb.ca/healthychild

Red River North Regional Library - www.ssarl.org

RM of Alexander - www.rmalexander.com

RM of St. Clements - www.rmofstclements.com

RM of St. Andrews - www.rmofstandrews.com

St Andrews Recreation Centre – www.standrewsrec.com

Selkirk Pool – www.selkirkconed.com/poolinfo.cfm

Family Connections (Parent Child Coalition) - www.familyconnections.ca

Understanding the Early Years - www.lssd.ca/ueyselkirkinterlake

Is Your Child Ready for School?

Children who are ready for school show a variety of skills and interests. Review the chart below to see how you can help prepare your child for school.

Developmental Area	Skills that show a child's readiness for school	You can help your child by:
Physical Health	<ul style="list-style-type: none"> ○ able to choose healthy snacks ○ has energy to play throughout the day ○ holds a pencil properly 	<ul style="list-style-type: none"> ○ making sure they have enough sleep (11-14 hours) ○ playing creatively with pencils, crayons, play dough ○ choose healthy snacks
Social Skills	<ul style="list-style-type: none"> ○ cooperates with other children ○ follows rules and instructions ○ adjusts to changes in routine 	<ul style="list-style-type: none"> ○ plan play times with other children ○ play games like Simon Says to practice following directions and listening ○ give them two items to choose between
Emotional Development	<ul style="list-style-type: none"> ○ offers to help other children ○ tries to stop a quarrel among peers ○ shows empathy to others 	<ul style="list-style-type: none"> ○ encouraging them to include others in play ○ practice describing feelings to your child ○ praise them when they help others
Language and Thinking Skills	<ul style="list-style-type: none"> ○ shows interest in books and stories ○ recognized some letter of the alphabet ○ able to print his/her name 	<ul style="list-style-type: none"> ○ read to them and tell stories ○ count things such as stairs, cars, etc. ○ practice writing names and other words
Communication and General Knowledge	<ul style="list-style-type: none"> ○ able to communicate his/her needs ○ understands instructions ○ plays imaginatively 	<ul style="list-style-type: none"> ○ encourage them to express themselves ○ have them tell you stories ○ play pretend and imagination games



Sector 1: EDUCATION

EDUCATIONAL SERVICES

Child Care Funded Centres

Hand in Hand Daycare Inc.

1147 Breezy Point Rd.
Selkirk, MB, R1A 2A7
Ph: 482-9448

Selkirk Day Care Inc.

Box 212, 1 Harley Row
Selkirk, MB, R1A 2B2
Ph: 482-3830

Selkirk Friendship Centre Day Care

Tyro Building
207 Morris Ave.
Selkirk, MB, R1A 1A9
Ph: 482-8656

For information on licensed family child care homes, please contact:

Family Services and Housing
3rd Floor, Administration Building
825 Manitoba Ave.
Box 9600
Selkirk, MB, R1A 2B5
Contact: Phyllis at 785-5107
Contact: Marcia at 785-5279
<https://direct3.gov.mb.ca/daycare/fs/fs.nsf/welcome?openForm&LANG=1>

Libraries

Red River North Regional Library

303 Main St.
Selkirk, MB, R1A 1S7
www.ssarl.org

Programs:

- Babytime
- Community Computers Preschool Computers
- Rhyme at Night
- Story Time at the Library
- Summer Reading Program
-

Ph: 482-3522

Walter Whyte School Library / Beaches Branch Library

Walter Whyte School
Box 189
40006 Jackfish Lake Rd. North
Grand Marais, MB, R0E 0T0
Ph: 754-2240
Programs:

- Community Computers

Nursery Schools

Interlake Co-op Nursery

Dunhartwood Community Centre
Box 690, RR #1
Petersfield, MB, R0C 2L0
Ph: 738-2246

Child Care Nursery School

Lord Selkirk Regional Comprehensive Secondary School
221 Mercy St.
Selkirk, MB, R1A 2C8
Ph: 482-6926 ext. 3240

Play and Learn Nursery Inc.

Lockport School
129 Lockport Rd.
Lockport, MB, R1A 3H6
Ph: 757-2123

Selkirk Nursery School

Box 611
236 Clandeboye Ave.
Selkirk, MB, R1A 0X1
Ph: 482-8977

If your child is starting school next fall, you can register him/her at your neighbourhood school now.

Schools

Ecole Bonaventure (French Immersion)
516A Stanley Ave.
Selkirk, MB, R1A 0S1
Ph: 785-8284
www.lssd.ca/bonaventure

- Programs
- Before & After School Program
 - Kinderstart

Centennial School
19 Centennial Ave.
Selkirk, MB, R1A 0C8
Ph: 482-3265
www.lssd.ca/centennial

- Programs
- Kinderstart

Daerwood School
211 Main St.
Selkirk, MB, R1A 1R7
Ph: 482-4326
www.lssd.ca/daerwood

- Programs:
- Breakfast program

East Selkirk Middle School
Box 310
1140 Strathcona Rd.
East Selkirk, MB
R0E 0M0
Ph: 785-2036
www.lssd.ca/esms

Happy Thought School
Box 6, Group 35, RR1
659 Quarry Rd
East Selkirk, MB, R0E 0M0
Ph: 481-4521
www.lssd.ca/hts

- Programs
- Ukrainian Bilingual

**Lord Selkirk Regional Comprehensive
Secondary School**
212 Mercy Ave.
Selkirk, MB, R1A 2C8
Ph: 482-6926 or 1-866-433-6926
www.lssd.ca/lsrcss

Lockport School
129 Lockport Rd.
Lockport, MB, R1A 3H6
Ph: 757-9881
www.lssd.ca/lockport

Mapleton School
112 Calder Rd.
St. Andrews, MB, R1A 4B5
Ph: 482-4409
www.lssd.ca/maple

- Programs
- Before & After School Program
 - Roots of Empathy

Netley Colony School
Box 360
Petersfield, MB, R0C 2L0
Ph: 738-4630
www.lssd.ca/netley-school

Robert Smith School
300 Sophia St.
Selkirk, MB R1A 2E2
Ph: 482-3677
www.lssd.ca/rss

- Programs:
- Breakfast program
 - Triple P (Parenting)

Ruth Hooker School
430 Morris Ave.
Selkirk, MB, R1A 1B4
Ph: 482-3614
www.lssd.ca/rhs/index

- Programs:
- Breakfast program
 - Rock & Read
 - Rhyme and Reason
 - Wiggle Gigggle Munch
 - Alphabet Soup
 - Book Lending Library

St. Andrews School
8 St. Andrews Rd
St. Andrews, MB, R1A 2Y1
Ph: 388-7510
www.lssd.ca/sandrews

- Programs
- Before & After School Program

Ecole Selkirk Junior High

516 Stanley Ave
Selkirk, MB, R1A 0S1
Ph: 785-8514
www.lssd.ca/sjh

Student Services Centre

211 Main St.
Selkirk, MB, R1A 1R7
Ph: 785-8224
Ph: 1-877-779-5026
www.lssd.ca/ssc

- Clinical Supports
 - o Psychology
 - o Social Work
 - o Speech Language
 - o Divisional Health Nurse
 - o Occupational Therapy
 - o Physiotherapy
- Programs
 - o First Steps to Success
 - o Roots of Empathy
 - o Positive Parenting Program
- Facilities
 - o Regional Support Centre
 - o Bridges: Self-Paced Alternative Program

Walter Whyte School

Box 189
40005 Jackfish Lake Rd. North
Grand Marais, MB, R0E 0T0
Ph: 754-2240
www.lssd.ca/ww_school

- Programs:
- Breakfast program
 - Public library program
 - Community computers

William S. Patterson School

P.O. Box 100
8461 Highway #9
Clandeboye, MB, R0C 0P0
Ph: 738-4700
www.lssd.ca/wsp

Why Read to My Baby?

You may wonder what the benefits of reading to your baby are. Clearly an infant can't understand what you are doing or why. But you wouldn't wait until your child could understand what you were saying before you started speaking to him or her, right? And you wouldn't bypass lullabies until your baby could carry a tune or wait until he or she could shake a rattle before you offered any toys.

At birth, a baby's brain can do a lot, especially stuff to keep the body running properly, but it isn't fully developed. The more the senses are stimulated, the more quickly the rest of a baby's brain will develop. So reading aloud to your baby is a wonderful shared activity you can continue for years to come — and it's an important form of stimulation.

Reading aloud:

- o teaches a baby about communication
- o introduces concepts such as numbers, letters, colors, and shapes in a fun way
- o builds listening, memory, and vocabulary skills
- o gives babies information about the world around them

Believe it or not, by the time babies reach their first birthday they will have learned all the sounds needed to speak their native language. The more stories you read aloud, the more words your child will be exposed to and the better he or she will be able to talk. Hearing words helps to imprint them on a baby's brain.

But perhaps the most important reason to read aloud is that it makes a connection between the things your baby loves the most — your voice and closeness to you — and books. Spending time reading to your baby shows that reading is a skill worth learning.

EDUCATIONAL PROGRAMS

Baby Talk

Selkirk Public Health
Located at: Selkirk United Church
202 McLean Ave.
Selkirk, MB, R1A 0T6
Ph: 785-7702
www.familyconnections.ca

Before and After School Program

Ecole Bonaventure
516A Stanley Ave.
Selkirk, MB, R1A 0S1
Ph: 785-8284
www.lssd.ca/bonaventure

Mapleton School

112 Calder Rd.
St. Andrews, MB, R1A 4B5
Ph: 482-4409
www.lssd.ca/maple

St. Andrews School

8 St. Andrews Rd
St. Andrews, MB, R1A 2Y1
Ph: 388-7510
www.lssd.ca/sandrews

Book Lending Library

Ruth Hooker School
410 Morris Ave.
Selkirk, MB, R1A 1B4
Ph: 482-3614
www.lssd.ca/rhs/index
www.familyconnections.ca

Family Resource Centre

Growing Years Family Resource Centre
216 Manitoba Ave,
Selkirk, MB, R1A 0Y5
Ph: 785-8218
www.growingyears.info
www.familyconnections.ca

- Baby N' Me
- Clothing Exchange
- Community Garden
- Community Kitchen

- Marvelous Mondays
- Parenting Group
- Quilting Group
- School's Cool
- Toy/Book Lending Library

First Step to Success

Student Services Centre
Daerwood School
211 Main St.
Selkirk, MB, R1A 1R7
Ph: 785-8224
Ph: 1-877-779-5026
www.lssd.ca/ssc

Fun & Run Time

Ruth Hooker School
410 Morris Ave.
Selkirk, MB, R1A 1B4
Ph: 482-3614
www.lssd.ca/rhs/index
www.familyconnections.ca

Kinderstart

Centennial School
19 Centennial Ave.
Selkirk, MB, R1A 0C8
Ph: 482-3265
www.lssd.ca/centennial

Ecole Bonaventure
516A Stanley Ave.
Selkirk, MB, R1A 0S1
Ph: 785-8284
www.lssd.ca/bonaventure

Visit the Library

The selection of quality children's books available today is enormous. Take advantage of this wonderful public service.

Play Group

Growing Years Family Resource Centre
216 Manitoba Ave,
Selkirk, MB, R1A 0Y5
Ph: 785-8218
The play group occurs during parenting groups.
www.growingyear.info

PREP (Preschool Readiness Experience Program) School

Growing Years Family Resource Centre
216 Manitoba Ave,
Selkirk, MB, R1A 0Y5
Ph: 785-8218
www.growingyears.info
www.familyconnections.ca

Rhyme & Reading

Selkirk Rhyme & Reading Circle
Selkirk United Church
202 McLean Ave.
Selkirk, MB, R1A 0T6
Ph: 785-2964
www.familyconnections.ca

Rhyme & Reason

Ruth Hooker School
410 Morris Ave.
Selkirk, MB, R1A 1B4
Ph: 482-3614
www.lssd.ca/rhs/index
www.familyconnections.ca

Rhyme at Night

Red River North Regional Library
303 Main St.
Selkirk, MB, R1A 1S7
Ph: 482-3522
www.ssar1.org
www.familyconnections.ca

Rhyme Time

Located at: Selkirk United Church
202 McLean Ave.
Selkirk, MB, R1A 0T6
Ph: 738-2964
www.familyconnections.ca

Rock N' Read

Ruth Hooker School
410 Morris Ave.
Selkirk, MB, R1A 1B4
Ph: 482-3614
www.lssd.ca/rhs/index
www.familyconnections.ca

Roots of Empathy

Mapleton School
112 Calder Rd.
Selkirk, MB, R1A 4B5
Ph: 482-4409
www.lssd.ca/maple

Selkirk Aboriginal Head Start

222 Manitoba Ave.
Selkirk, MB, R1A 0Y5
Ph: 482-6419
www.mac.mb.ca/Selkirk
www.familyconnections.ca
www.selkirkfriendshipcentre.ca

Story Time

Red River North Regional Library
303 Main St.
Selkirk, MB, R1A 1S7
Ph: 482.3522
www.ssar1.org

Toy/Book Lending Library

Growing Years Family Resource Centre
216 Manitoba Ave.
Selkirk, MB, R1A 0Y5
Ph: 785-8218
www.familyconnections.ca

Wiggle, Giggle & Munch

Clandeboye Community Club
111 Main St.
Clandeboye, MB, R0C 0P0
Ph: 738-4626

Ruth Hooker School
410 Morris Ave.
Selkirk, MB, R1A 1B4
Ph: 482-3614
www.lssd.ca/rhs/index
www.familyconnections.ca

**What to Read**

Books for babies should have simple, repetitive text and clear images. Your newborn just likes to hear your voice, so you can read almost anything, especially books with a sing-song or rhyming text. As your baby gets more interested in looking at things, choose books with simple pictures against solid backgrounds.

Once your baby begins to grab, read thick board books with bright colors. When your baby begins to respond to what's inside of books, add board books with pictures of babies or familiar objects like toys. When your child begins to do things like sit up in the bathtub or eat finger foods, find simple stories about daily routines like bedtime or bath time. When talking starts, choose books that invite babies to repeat simple words or phrases.

Books with mirrors and different textures (crinkly, soft, scratchy) are also great for this age group, as are fold-out books that can be propped up, or vinyl or cloth books that can go everywhere — even the tub. Babies of any age like photo albums with pictures of people they know and love. And every baby should have a collection of nursery rhymes!

One of the best ways you can ensure that your little one grows up to be a reader is to have books around your house. When your baby is old enough to crawl over to a basket of toys and pick one out, make sure some books are included in the mix.

In addition to the books you own, take advantage of those you can borrow from the library. Many libraries have storytime just for babies, too. Don't forget to pick up a book for yourself while you're there. Reading for pleasure is another way you can be your baby's reading role model.

Sector 2: HEALTH AND WELL BEING

HEALTH SERVICES

Ambulance Services

First Response / EMR

Victoria Beach First Response
Box 160
Arthur Rd. & PTH 59
Victoria Beach, MB, R0E 2C0
Ph: 756-3371

Selkirk General Hospital

Box 5000, STN Main
100 Easton Dr.
Selkirk, MB, R1A 0A1
Ph: 482-3330 or 911

Audiologist

Interlake Regional Hearing Centre

Selkirk General Hospital
Box 5000
100 Easton Dr.
Selkirk, MB, R1A 2M2
Ph: 785-7497

Lisa Reid Audiologist Hearing Centre

360 Eveline St.
Selkirk, MB, R1A 1N1
Ph: 482-3738
www.hearingexperts.ca

Support Second Language Learners

Help children learn a second language by expanding on what they say. Add one or two words to make their phrase or sentence more complete or to include a new idea. When children hear their own ideas expressed in slightly more complex ways, they learn new vocabulary as well as how to express themselves using more mature language.

Clinics

Grand Beach Medical Clinic (Seasonal)

55 Grand Beach Rd.
Grand Beach, MB, R0E 0T0
Ph: 754-2525

Red River Medical Clinic

Selkirk Town Plaza
366 Main St.
Selkirk, MB, R1A 2J7
Ph: 482-8953

Seasonal Doctor

126 Birch Ave.
Victoria Beach, MB, R0E 2C0
Ph: 756-2247

Counselling Services

Into The Wind Counseling

201-250 Manitoba Ave.
Selkirk, MB, R1A 0V5
Ph: 482-1625

Nova House

Box 337
Selkirk, MB, R1A 2B3
Ph: 482-1200 or 1-877-977-0007
Service only open to children whose mother's are using Nova House services

Selkirk & Interlake Mental Health Support Centre

242 Manitoba Ave.
Selkirk, MB, R1A 0Y5
Ph: 785-8073 or 482-3536

Selkirk Friendship Centre

425 Eveline St.
Selkirk, MB, R1A 2J5
Ph: 482-7525
www.selkirkfriendshipcentre.ca

Dentists

Dr. Kowal & Dr. Scherle
421 Main St.
Selkirk, MB, R1A 1V2
Ph: 785-8662

Main Dental Group

343 Main St.
Selkirk, MB, R1A 1T3
Ph: 482-3025

Red River Dental Group

347 Main St.
Selkirk, MB, R1A 5702
Ph: 482-5702

Health Centre**Selkirk Medical Centre**

353 Eveline St.
Selkirk, MB, R1A 1N1

Programs:

- Paediatrician
- Physiotherapy
- Vision Centre
- General Practice Doctors

Hospital**Selkirk General Hospital**

Box 5000
100 Easton Dr.
Selkirk, MB, R1A 2M2
Ph: 482-5800

Naturopathic Medicine**Interlake Naturopathic Medicine**

Jenkinson Health Clinic
208 Main St.
Selkirk, MB, R1A 1R8
Ph: 482-2264
www.interlakenaturopathic.com

Mental Health**Community Mental Health Workers**

Interlake Regional Health Authority
202-446 Main St.
Selkirk, MB, R1A 1V7
Ph: 785-4879

Selkirk Mental Health Centre

Box 9600
825 Manitoba Ave.
Selkirk, MB, R1A 0Z3
Ph: 482-3810 or 1-800-881-3073
www.gov.mb.ca/health/smhc/index.html

Paediatricians**Selkirk Medical Centre**

353 Eveline St.
Selkirk, MB, R1A 1N1
Ph: 482-5777

Physiotherapy**Physiotherapy at the Beach**

9 Pine St.
Grand Marais, MB, R0E 0T0
Ph: 754-8165

Physiotherapy on the Red

353 Eveline St.
Selkirk, MB, R1A 1N1
Ph: 482-3200

Physiotherapy

Selkirk General Hospital
Box 5000, STN Main
100 Easton Dr.
Selkirk, MB, R1A 0A1
Ph: 785-7416

Public Health

Public Health Nurse
202-237 Manitoba Ave.
Selkirk, MB, R1A 0Y4
Ph: 785-7702

Programs:

- Prenatal Classes
- Families First
- Infant Immunization
- Telephone Support
- Resource Material
- Step N' Out With Mom

Window Falls

Falls from windows are a hazard for all young children while in buildings two stories or higher. Toddlers (18 months to 3 years) are especially at risk because they can crawl, walk and climb over furniture to reach windows.

Since children have poor balance and do not understand the risks associated with falling from heights, parents should take the following precautions:

1. *Use window guards or stops following the instructions provided.*
2. *Arrange furniture away from windows.*
3. *Ensure that balcony doors are kept locked.*
4. *Keep furniture on balconies away from railings.*
5. *Remember that screens can easily give way under the weight of a small child.*

For more information on window falls, see the Safer Homes for Children Guide at www.safekidscanada.ca

Nursery Rhymes are learning tools!

Nursery Rhymes Develop:

Language Skills

- *As children recite rhymes and sing songs, they are learning new vocabulary, and also how to articulate words, modulate their voices, and enunciate clearly.*

Reading Skills

- *In almost all finger plays, the hands move from left to right. This left-to-right directional motion is important for children to experience, since it prepares them for the order of the written word in English*

Math Concepts

- *There is frequent use of counting in young children's songs and rhymes, in both a forward and backward direction.*

Creativity

- *When children are encouraged by an adult to display their creativity in an atmosphere that is free of criticism, their sense of self is strengthened and their confidence in expressing themselves increases.*

Fine and Gross Motor Skills

- *Many of the nursery rhyme songs provide an excellent opportunity for children to practice their fine (Itsy Bitty Spider) or gross (Jack be Nimble) motor skills.*

SECURITY

Citizens on Patrol

www.rcmp-grc.gc.ca/mb/detach/selkirk-eng.htm

RCMP (Beaches)

104008 Hwy 12
Grand Marais, MB, R0E 0T0
Ph: 754-3494

RCMP

1019 Manitoba Ave.
Selkirk, MB, R1A 3T7
Ph: 482-1222

RCMP

Highway Trailer Gardens Trailer Court
PTH 9
St. Andrews, MB
Ph: 482-1222

RCMP

South St. Clements
East Selkirk, MB
Ph: 482-1222

Child Witness Support Program

Manitoba Justice
339A Main St.
Selkirk, MB, R1A 1T3
Ph: 785-5313

Fire Departments

Clandeboye Fire Hall

Railway Ave.
Clandeboye, MB, R0C 0P0
Ph: 738-2607 or 911
www.rmofstandrews.com/main.asp?fxoid=FXMenu,4&cat_ID=3&sub_ID=128

Grand Marais Fire Department

39052 Rd. 104 North
Fey Road
Grand Marais, MB, R0E 0T0
Ph: 911

St. Clements Fire Department

661 Coville Rd.
East Selkirk, R0E 0M0
Ph: 482-8838 or 911

St. Andrews Fire Department

Donald Road & PTH 9
St. Andrews, MB
Ph: 757-4748 or 911
www.rmofstandrews.com/main.asp?fxoid=FXMenu,4&cat_ID=3&sub_ID=128

Selkirk Fire Department

310 Christie Ave.
Selkirk, MB, R1A 2L6
Ph: 785-4965 or 482-5448
www.selkirkfire.org

Victoria Beach Fire Department

Arthur Rd. & PTY 59
Box 160, 69 PTH 59
Victoria Beach, MB, R0E 2C0
Ph: 756-3371 or 911

Think "veggie" all day long

Don't just save vegetables for dinnertime. When kids are hungry, they are more likely to try new things. And they will eat more healthy choices if you offer them. After school or after naps is a great time to offer lots of fruits and vegetables.



Police**Royal Canadian Mounted Police**

Grand Marais RCMP Community Office
Hwy 12, 104008 Hwy 12
Grand Marais, MB, R0E 0T0
Ph: 754-3494 or 754-2300
www.rcmp-grc.gc.ca/mb/detach/selkirk-eng.htm

- Rural Crime Watch
- Citizens on Patrol - Beaches

Royal Canadian Mounted Police

Selkirk Detachment
1019 Manitoba Ave.
Selkirk, MB, R1A 3T7
Ph: 482-1222
www.rcmp-grc.gc.ca/mb/detach/selkirk-eng.htm

- Programs:
- Block Parents
 - Neighbourhood Watch
 - Citizens on Patrol

Victoria Beach Police Service

21 Ateah Rd.
Victoria Beach, MB, R0E 2C0
Ph: 756-2322
www.vbpolice.ca

Rural Crime Watch**RCMP – Grand Marais**

104008 Hwy 12
Grand Marais, MB, R0E 0T0
Ph: 754-3494

**Healthy eating involves decisions
by you and your child***Adults decide...*

- when to eat
- what to eat
- where to eat

Children decide...

- whether to eat
- how much to eat

**Play**

If you...
Invite one peer over to play for a short time

Your child will...
Begin to develop social skills & become more able to play with others one on one

If you...
Teach your child that while playing some games someone wins and someone loses

Your child will...
Learn how to cope with disappointments as well as successes



HEALTH PROGRAMS

Baby n' Me

Growing Years Family Resource Centre
216 Manitoba Ave.
Selkirk, MB, R1A 0Y5
Ph: 785-8218
www.growiingyears.info
www.familyconnections.ca

Families First

Interlake Regional Health Authority
202-237 Manitoba Ave.
Selkirk, MB, R1A 0Y4
Ph: 785-9318 or 785-7702
<http://www.familyconnections.ca>

Nutrition

School Breakfast Programs

Ruth Hooker School

430 Morris Ave.
Selkirk, MB, R1A 1B4
Ph: 482-3614
www.lssd.ca/rhs/index

Daerwood School

211 Main St.
Selkirk, MB, R1A 1R7
Ph: 482-4326
www.lssd.ca/daerwood

Robert Smith School

300 Sophia St.
Selkirk, MB, R1A 2E2
Ph: 482-3677
www.lssd.ca/rss

Walter Whyte School

Box 189
40006 Jackfish Lake Rd. North
Grand Marais, MB, R0E 0T0
Ph: 754-2240
www.lssd.ca/ww_school

Prenatal Classes

Public Health

202-237 Manitoba Ave.
Selkirk, MB, R1A 0Y4
Ph: 785-7704
www.familyconnections.ca

Step N' Out With Mom

Families First
201-237 Manitoba Ave.
Selkirk, MB, R1A 0Y4
Ph: 785-7708
www.familyconnections.ca

Tips to Encourage Healthy Eating

- *Offer a variety of food from the four food groups of Canada's Food Guide to Healthy Eating.*
- *Have available ready-to-eat snacks such as fresh fruit, yogurt, vegetables & dip, and low-sugar cereals with milk.*
- *Eat a healthy breakfast every day. Breakfast helps children and adults refuel after a night's sleep and keep up with their day.*
- *Meal time is a chance for you and your family to spend quality time together. Have a healthy family meal without TV or other distractions, but with cheerful conversation.*
- *Be a good role model. If you eat healthy your children are more likely to eat healthy as well.*

Sector 3: SPORTS AND LEISURE

PHYSICAL STRUCTURES

Arenas

East Selkirk Recreation Association

East Selkirk Recreation Centre
Box 293
East Selkirk, MB, R0E 0M0
Ph: 785-2364
www.eastselkirk.com

Programs:

- House league hockey skills
- Public skating

St. Andrews Community Club

28A St. Andrews Rd.
St. Andrews, MB, R1A 2Y1
Ph: 661-0106
www.standrewsrec.com

Programs:

- Canskate
- Introduction to Skating
- Parent-Child Learn to Skate
- Public skating

Selkirk Arena

370 Jemima St.
Selkirk, MB, R1A 1X3
Ph: 785-4964

Selkirk Recreation Complex

180 Easton Dr.
Selkirk, MB, R1A 0W6
Ph: 785-4950

Programs:

- Figure skating
- Hockey
- Public skating
- Ringette
- Speed skating
- Walking facility

Baseball Diamonds

Centennial School

19 Centennial Ave.
Selkirk, MB, R1A 0C8
Ph: 482-3265
www.lssd.ca/centennial

Daerwood School

211 Main St.
Selkirk, MB, R1A 1R7
Ph: 482-4326
www.lssd.ca/daerwood

Grand Marais Recreation Centre

90 Matilda Ave.
Grand Marais, MB, R0E 0T0
Ph: 754-2325

Happy Thought School

Box 6, Group 35, RR1
659 Quarry Rd.
East Selkirk, MB, R0E 0M0
Ph: 482-4521
www.lssd.ca/hts

Lockport School

129 Lockport Rd.
Lockport, MB, R1A 3H6
Ph: 757-9881
www.lssd.ca/lockport

Lord Selkirk Regional Comprehensive Secondary School

221 Mercy St.
Selkirk, MB, R1A 2C8
Ph: 482-6926
www.lssd.ca/lsrcss

Mapleton School

112 Calder Rd.
St. Andrews MB, R1A 4B5
Ph: 482-4409
www.lssd.ca/maple

Netley Colony School
Box 360
Petersfield, MB, R0C 2L0
Ph: 738-4630
www.lssd.ca/netley_school

Robert Smith School
300 Sophia St.
Selkirk, MB, R1A 3E2
Ph: 482-3677
www.lssd.ca/rss

Ruth Hooker School
430 Morris Ave.
Selkirk, MB, R1A 1B4
Ph: 482-3614
www.lssd.ca/rhs/index

St. Andrews School
8 St. Andrews Rd.
St. Andrews, MB, R1A 2Y1
Ph: 338-7510
www.lssd.ca/sandrews/

Selkirk Park
490 Eveline St.
Selkirk, MB, R1A 1P2
www.cityofselkirk.com

Selkirk Recreation Complex
180 Easton Dr.
Selkirk, MB, R1A 0W6
Ph: 785-4950
www.cityofselkirk.com

Victoria Beach
on PTH 59 next to Public Works Yard
Victoria Beach, MB, R0E 2C0
1-800-513-3839

Village Green
First Ave (by the Clubhouse)
Victoria Beach, MB, R0E 2C0
Ph: 1-800-513-3839

Walter Whyte School
Box 189
40005 Jackfish Lake Rd. North
Grand Marais, MB, R0E 0T0
Ph: 754-2240
www.lssd.ca/ww_school

William S. Patterson School
Box 100
8461 Hwy #9
Clandeboye, MB, R0C 0P0
Ph: 738-4700
www.lssd.ca/wsp

Bowling Alleys

Selkirk Bowling Centre
510 Sophia St.
Selkirk, MB, R1A 1Z5
Ph: 785-1260

Campgrounds

Chesley's Resort
Box 220
212 Tom Prince Dr.
Petersfield, MB, R0C 2L0
Ph: 738-2250
www.chesleys.com

Grand Beach Provincial Park
Box 220
Grand Beach, MB, R0E 0T0
Ph: 754-5040
www.gov.mb.ca/conservation/parks/popular_parks/central/grand.html

Netley Resort Ltd.
Box 261
350 Tom Prince Dr.
Petersfield, MB, R0C 2L0
Ph: 738-2203

Selkirk Park Campground
inside Selkirk Park
Ph: 785-4958
www.cityofselkirk.com

Willow Springs Campground
Box 241
end of Breezy Point Rd
Selkirk, MB, R1A 2B2
Ph: 485-1344

Canoe/Kayak**Selkirk Canoe & Kayak Centre**

Selkirk Park
Queen Ave. & Eveline St.
Selkirk, MB
Ph: 482-3086
www.members.shaw.ca/selkirkpaddle

Community Garden**Chronic Disease Prevention Initiative**

105 Little Britain Rd.
Lockport, MB, R1A 2P8

Hillside Beach & Victoria Beach Border

Victoria Beach, MB, R0E 2C0

Mill Pond

West of 59 Hwy – Mill Pond
Albert Beach, MB, R0E 2A0

Community Halls**Christ Church Hall**

227 McLean Ave
Selkirk, MB, R1A 0T7
Ph: 482-5858

Clandeboye Community Club

111 Main St.
Clandeboye, MB, R0C 0P0
Ph: 738-4626

Croatian Community Centre

22 Skazyk Rd.
Lockport, MB, R1A 3K7
Ph: 757-9462

East Selkirk Hall

711 Old Henderson Hwy
East Selkirk, MB
Ph: 482-4786

East Selkirk Recreation Association

East Selkirk Recreation Centre
Box 293
East Selkirk, MB, R0E 0M0
Ph: 785-0891
www.eastselkirk.com

Evangelical Lutheran Church

Jemima St. & Manitoba Ave
Selkirk, MB
Ph: 482-6606

Grand Marais Recreation Centre

90 Matilda Ave.
Grand Marais, MB, R0E 0T0
Ph: 754-2325

Holy Eucharist Ukrainian Catholic Church

500 Pacific Ave.
Selkirk, MB, R1A 0P4
Ph: 482-7741

Libau Community Club

31145 Road 86N
Libau, MB, R0E 1C0
Ph: 766-2257

Little Britain Community Hall

571 Little Britain Rd
Lockport, MB, R1A 3T1
Ph: 757-2214

Little Britain United Church Hall

5979 Hwy 9
Lockport, MB, R1A 2P7
Ph: 757-2489

Memorial Hall

368 Jemima St.
Selkirk, MB, R1A 1X3
Ph: 785-4950
www.cityofselkirk.com

Netley Community Hall

693 Kraemer Rd.
Netley, MB, R0C 2L0
Ph: 738-4742

Notre Dame Roman Catholic Church

269 Jemima St.
Selkirk, MB, R1A 1W9
Ph: 482-7514

Patricia Beach Community Club
Patricia Beach, MB, R0E 0B0

Petersfield Community Club
401 Main St.
Petersfield, MB, R0C 2L0
Ph: 738-4626

Rossdale Community Hall
Donald Rd.
St. Andrews, MB.
Ph: 757-2637

St. Andrews Community Club
28A St. Andrews Rd.
St. Andrews, MB, R1A 2Y1
Ph: 661-0106
www.standrewsrec.com

St. Clements Church
1198 River Rd.
St. Andrews MB, R1A 2E1
Ph: 482-9486

St. Jude's Anglican Church
Hwy 12
Grand Marais, MB, R0E 0T0

Selkirk Friendship Centre
425 Eveline St
Selkirk, MB, R1A 2J5
Ph: 482-8656
www.selkirkfriendshipcentre.ca

Selkirk Recreation Complex
180 Easton Dr.
Selkirk, MB, R1A 0W6
Ph: 785-4950
www.cityofselkirk.com

Selkirk United Church
202 McLean Ave
Selkirk, MB, R1A 0T6
Ph: 482-5914
www.selkirkunitedchurch.ca

Victoria Beach Sports Club
5 Ash Ave.
Victoria Beach, MB, R0E 2C0
Ph: 756-2330

Curling Clubs

Petersfield Curling Club
700 Main St.
Petersfield, MB, R0C 2L0
Ph: 738-4446
www.petersfieldcurlingclub.com

Selkirk Curling Club
381 Jemima St.
Selkirk, MB, R1A 2B1
Ph: 482-6949

Victoria Beach Curling Club
Box 160
43 Pine Rd.
Victoria Beach, R0E 2C0
Ph: 756-2330

Golf Courses

Beaches Golf Course
105011 Road 40E
Grand Beach, MB, R0E 0T0
Ph: 754-8789

Grand Pines Golf Course
Hwy 59 (1 km north of Hwy. 11)
Box 171
Traverse Bay, MB, R0E 2A0
Ph: 756-2345
www.golfgrandpines.com

Heritage Golf Course
Hwy 202 & Henderson Hwy.
5912 Hwy 202
Lockport, MB
Ph: 757-2830
<http://members.shaw.ca/heritagegolf/index.html>

Larters
St. Andrews Golf & Country Club
30 River Rd.
St. Andrews, MB, R1A 2V1
Ph: 334-2107
www.larters.com

Mars Sand Hills Resort & Golf Course
RR 1
Libau, MB, R0E 1C0
Ph: 265-6444

Netley Creek Golf & Country Club
1753 Fairway Rd.
Petersfield, MB, R0C 2L0
Ph: 738-4653
www.netleycreekgolf.mb.ca

Programs:
- Snag Off lessons
- Tiny Tots lessons

Selkirk Golf & Country Club
Box 15
100 Sutherland Ave.
Selkirk, MB, R1A 2B1
Ph: 482-2052
www.selkirkgolfcourse.com
Programs:
- Golf lessons

Victoria Beach Golf Course
223 ½ Eighth Ave.
Victoria Beach, R0E 2C0
Ph: 756-2435

Gymnasiums

Centennial School
19 Centennial Ave.
Selkirk, MB, R1A 0C8
Ph: 482-3265
www.lssd.ca/centennial

Daerwood School
211 Main St.
Selkirk, MB, R1A 1R7
Ph: 482-4326
www.lssd.ca/daerwood

East Selkirk Middle School
Box 310
East Selkirk, MB, R0E 0M0
Ph: 785-2036
www.lssd.ca/ESMS

Happy Thought School
Box 6, Group 35, RR 1
659 Quarry Rd.
East Selkirk, MB, R0E 0M0
Ph: 482-4521
www.lssd.ca/hts

Lockport School
129 Lockport Rd.
Lockport, MB, R1A 3H6
Ph: 757-9881
www.lssd.ca/lockport

**Lord Selkirk Regional Comprehensive
Secondary School**
221 Mercy St.
Selkirk, MB, R1A 2C8
Ph: 482-6926 or 1-866-433-6926
www.lssd.ca/lsrcss

Mapleton School
112 Calder Rd.
St. Andrews, MB, R1A 4B5
Ph: 482-4409
www.lssd.ca/maple

Robert Smith School
300 Sophia St.
Selkirk, MB, R1A 2E2
Ph: 482-3677
www.lssd.ca/rss

Ruth Hooker School
430 Morris Ave.
Selkirk, MB, R1A 1B4
Ph: 482-3614
www.lssd.ca/rhs/index

St. Andrews School
8 St. Andrews Rd.
St. Andrews, MB, R1A 2Y1
Ph: 338-7510
www.lssd.ca/sandrews

Ecole Selkirk Junior High
516 Stanley Ave.
Selkirk, MB, R1A 0S1
Ph: 785-8514
www.lssd.ca/sjih

Walter Whyte School
Box 189
40005 Jackfish Lake Rd. North
Grand Marais, MB, R0E 0T0
Ph: 754-2240
www.lssd.ca/ww_school

William S. Patterson School
Box 100
8461 Hwy #9
Clandeboye, MB, R0C 0P0
Ph: 738-4700
www.lssd.ca/wsp

Outdoor Skating Rinks

Centennial School
19 Centennial Ave.
Selkirk, MB, R1A 0C8
Ph: 785-4950

Christie Bay
Selkirk
Ph: 785-4957
www.cityofselkirk.com

Clandeboye Skating Rink
111 Main St.
Clandeboye, MB, R0C 0P0
Ph: 738-4742

Grand Marais Recreation Centre
90 Matilda Ave.
Grand Marais, MB, R0E 0T0
Ph: 754-2325

Kin Centre
across from Memorial Hall
Selkirk
Ph: 785-4957

Little Lake Park
end of Dorchester Ave.
Selkirk
Ph: 785-4950
www.cityofselkirk.com

Netley Colony School
Box 360
Petersfield, MB, R0C 2L0
Ph: 738-4630
www.lssd.ca/netley_school

Outhwaite Dr.
Selkirk
Ph: 785-4950

Phyllis Ave. & Jemima St.
Selkirk, MB
Ph: 785-4950

St. Andrews Community Club
28A St. Andrews Rd.
St. Andrews, MB, R1A 2Y1
Ph: 661-0106
www.standrewsrec.com

Victoria Beach Sports Club
Box 160
5 Ash Ave.
Victoria Beach, MB, R0E 2C0
Ph: 756-2330

Peanut-Free Lunchbox

Getting children to eat healthy, balanced lunches at school is a challenge in itself without having to worry about a peanut allergy or a peanut-free school policy. Most children can eat enough protein by choosing foods from the four food groups of Eating Well with Canada's Food Guide.

These foods have about the same amount of protein as 2 tablespoons of peanut butter:

- 1 oz. (30 ml) meat, poultry or fish
- 2 eggs
- ¼ c. (175 ml) beans, peas or lentils
- 1 c. (250 ml) milk
- ¾ c. (175 ml) yogurt
- 1 oz. (30 ml) cheese (Cheddar, Swiss, gouda)

Parks

Grand Beach Provincial Park

Box 220
Grand Beach, MB, R0E 0T0
Ph: 754-5040
www.gov.mb.ca/conservation/parks/popular_parks/central/grand.html

- Hiking/skiing trails
- Picnic Areas
- Campground
- Play Structure

Lockport Provincial Heritage Park

East side of Lockport Bridge
PTH 44
Lockport, MB, R1B 1A1
Ph: 757-2902
www.gov.mb.ca/conservation/parks/popular_parks/central/lockport.html

Programs:

- Picnic Area
- Walking Path
- Kenosewun Interpretative Centre

Lower Fort Garry National Historic Park

5925 Hwy 9
St. Andrews, MB, R1A 4A8
Ph: 785-6050 or 1-888-773-8888
www.pc.gc.ca/eng/lhn-nhs/mb/fortgarry/index.aspx

Memorial Park

Eveline St. & Britannia Ave.
Selkirk, MB
Ph: 785-4900
www.cityofselkirk.com

Patricia Beach Provincial Park

Box 220
Grand Beach, MB, R0E 0T0
Ph: 754-5040
www.gov.mb.ca/conservation/parks/popular_parks/central/grand_info.html#05bPrograms

- Picnic Area

Queen's Park

West side of the Selkirk Bridge
Eveline St. & Selkirk, Ave.
Selkirk, MB,
Ph: 785-4900
www.cityofselkirk.com

Selkirk Park

Eveline St. & Queen Ave.
Selkirk
Ph: 785-4950
www.cityofselkirk.com

Programs:

- Pool
- Camping
- Walking trail

Picnic Areas

Grand Beach Provincial Park

Box 220
Grand Beach, MB, R0E 0T0
Ph: 754-5040
www.gov.mb.ca/conservation/parks/popular_parks/central/grand.html

Lockport Provincial Heritage Park

East side of Lockport Bridge
PTH 44
Lockport, MB
www.gov.mb.ca/conservation/parks/popular_parks/central/lockport.html

Patricia Beach Provincial Park

Box 220
Grand Beach, MB, R0E 0T0
Ph: 754-5040
www.gov.mb.ca/conservation/parks/popular_parks/central/grand.html

River Road National Heritage Parkway

St. Andrews, MB
www.gov.mb.ca/conservation/parks/popular_parks/central/river.html

Selkirk Park

Eveline St. & Queen Ave.
Selkirk
Ph: 785-4950
www.cityofselkirk.com

Play Structures

ARC Park

200 Blk Jemima St.
Selkirk, MB
Ph: 785-4950
www.cityofselkirk.com

Belair Properties

Belair, MB, R0E 0E0
Ph: 367-6170
www.rmalexander.com

Centennial School

19 Centennial Ave.
Selkirk, MB, R1A 0C8
Ph: 482-3265
www.lssd.ca/centennial

Chesley's Resort

Box 220
212 Tom Prince Dr.
Petersfield, MB, R0c 2L0
Ph: 738-2250
www.chesleys.com

Daerwood School

211 Main St.
Selkirk, MB, R1A 1R7
Ph: 482-4326
www.lssd.ca/daerwood

Daerwood Village

East end of Daerwood Village development
Selkirk, MB
Ph: 785-4950
www.cityofselkirk.com

Grand Beach Provincial Park

Box 220
Grand Beach, MB, R0E 0T0
Ph: 754-5040
www.gov.mb.ca/conservation/parks/popular_parks/grand_beach/info.html

Happy Thought School

Box 6, Group 35, RR1
659 Quarry Rd
East Selkirk, MB, R0E 0M0
Ph: 482-4521
www.lssd.ca/hts

Hillside Trailer Park

Hillside Beach, MB, R0E 2A0
Ph: 367-6170
www.rmalexander.com

Hydro Park

Main St. between Strathnaver & Maple Dr.
Selkirk, MB
Ph: 785-4950
www.cityofselkirk.com

Ironwood Point Park

Albert Beach, MB, R0E 0E0
Ph: 367-6170
www.rmalexander.com

Lester Beach

Lester Beach, MB, R0E 0E0
Ph: 367-6170
www.rmalexander.com

Little Lake Park

East end of Dorchester Ave.
Selkirk, MB
Ph: 785-4950
www.cityofselkirk.com

Mapleton School

112 Calder Rd.
St. Andrews MB, R1A 4B5
Ph: 482-4409
www.lssd.ca/maple

Netley Colony School

Box 360
Petersfield, MB, R0C 2L0
Ph: 738-4630
www.lssd.ca/netley_school

Penwarden Park

west end of Selkirk Ave
Selkirk, MB
Ph: 785-4950
www.cityofselkirk.com

Queen Ave. at Main St.

Selkirk, MB
Ph: 785-4950
www.cityofselkirk.com

Robert Smith School
300 Sophia St.
Selkirk, MB, R1A 3E2
Ph: 482-3677
www.lssd.ca/rss

Ruth Hooker School
430 Morris Ave.
Selkirk, MB, R1A 1B4
Ph: 482-3614
www.lssd.ca/rhs/index

St. Andrews School
8 St. Andrews Rd.
St. Andrews, MB, R1A 2Y1
Ph: 338-7510
www.lssd.ca/sandrews

Scott Park
Village Green
First Ave (by the Clubhouse)
Victoria Beach, MB, R0E 2C0
Ph: 1-800-513-3839

Selkirk Park
Eveline St & Queen Ave.
Selkirk, MB
Ph: 785-4950
www.cityofselkirk.com

Walter Whyte School
Box 189
40005 Jackfish Lake Rd North
Grand Marais, MB, R0E 0T0
Ph: 754-2240
www.lssd.ca/ww_school

Wanasing Beach
Victoria Beach, MB, R0E 2A0
Ph: 774-4264
Contact: RM of Victoria Beach

William S. Patterson School
Box 100
8461 Hwy #9
Clandeboye, MB, R0C 0P0
Ph: 738-4700
www.lssd.ca/wsp

Windy Hill Training and Learning Centre
Lakeshore Dr.
Hillside Beach, MB
Ph: 925-0379
www.mamawi.com/training_learning.html

Pool

Selkirk Park Pool
Inside Selkirk Park
Selkirk
Ph: 785-4951
Ph: 785-4952
www.cityofselkirk.com
Programs:
- Swimming lessons

Selkirk Pool
Lord Selkirk Regional comprehensive
Secondary School
221 Mercy St.
Selkirk, MB, R1A 2C8
Ph: 785-7310
www.selkirkconed.com/poolinfo.cfm
Programs:
- Crocodile & Whale Swim
- Sunfish Swim
- Salamander Swim
- Sea Turtle
- Parent & Child
- Family Swim

Major Causes of Early Childhood Tooth Decay

- *No tooth brushing (leaving cavity-causing bacteria)*
- *Putting baby to bed with a bottle with anything but plain water*
- *Staying on the bottle of sippy cup past 1 year*
- *Carrying bottle or sippy cup around all day*
- *Not removing baby from breast (once they have teeth)*
- *Poverty*
- *Lack of access to dental care and prevention*
- *Snacking too much on sweet foods and drinks*

Recreation Centres

Clandeboye Community Club

111 Main St.
Clandeboye, MB, R0C 0P0
Ph: 738-4626

- Programs:
- Outdoor Skating Rink

East Selkirk Recreation Association

East Selkirk Recreation Centre
Box 293
East Selkirk, MB, R0E 0M0
Ph: 785-2364

www.eastselkirk.com/index.asp

- Programs:
- House league hockey skills
 - Public skating

Petersfield Community Club

401 Main St.
Petersfield, MB, R0C 2L0
Ph: 738-4626

- Programs:
- Soccer Fields
 - Skate Park

St. Andrews Community Club

28A St. Andrews Rd.
St. Andrews, MB, R1A 2Y1
Ph: 661-0106

www.standrewsrec.com

- Programs:
- CanSkate
 - Introduction to Skating
 - Parent - Child Learn to Skate
 - Public skating
 - Soccer
 - Wiggle, Giggle & Munch

Grand Marais Recreation Centre

90 Matilda Ave.
Grand Marais, MB, R0E 0T0
Ph: 754-2325

- Programs:
- Baseball diamond
 - Outdoor ice rink

Selkirk Recreation Complex

180 Easton Dr.
Selkirk, MB, R1A 0W6
Ph: 785-4950

- Programs:
- Figure skating
 - Hockey
 - Public skating
 - Ringette
 - Soccer Fields
 - Speed skating
 - Walking facility

Victoria Beach Sports Club

Box 160
5 Ash Ave.
Victoria Beach, MB, R0E 2C0
Ph: 756-2330

Skate Parks

Selkirk Arena

370 Jemima St.
Selkirk, MB, R1A 1X3
Ph: 785-4950

Petersfield Community Club

401 Main St.
Petersfield, MB, R0C 2L0
Ph: 738-4626

Victoria Beach Skateboard Park

PTH 59 (next to the Public Works Yard)
Box 160
69 PTH 59
Victoria Beach, MB, R0E 2C0
Ph: 1-800-513-3839

Fun Idea

Kids love using cookie cutters. Make a sandwich and have your child flatten it with their hands (after washing them). Make fun shaped sandwiches with cookie cutters.

Ski Trails**Grand Beach Provincial Park**

Box 220
Grand Beach, MB, R0E 0T0
Ph: 754-5040
www.gov.mb.ca/conservation/parks/popular_parks/grand_beach/info.html

Larters Ski Trail

St. Andrews Golf Course and Country Club
30 River Rd.
St. Andrews, MB, R1A 2V1
Ph: 334-2107

Selkirk Park

Queen Ave. & Eveline St.
Selkirk, MB
Ph: 785-4958
www.ccski.mb.ca/map_Selkirk.pdf

Walter Whyte School

Box 189
40005 Jackfish Lake Rd. North
Grand Marais, MB, R0E 0T0
Ph: 754-2240

Soccer Fields**Centennial School**

19 Centennial Ave.
Selkirk, MB, R1A 0C8
Ph: 482-3265
www.lssd.ca/centennial

Croatian Community Club

22 Skazyk Rd.
Lockport, MB, R1A 3K7
Ph: 757-9462

Daerwood School

211 Main St.
Selkirk, MB, R1A 1R7
Ph: 482-4326
www.lssd.ca/daerwood

Happy Thought School

Box 6, Gp 35, RR 1
659 Quarry Rd.
East Selkirk, MB, R0E 0M0
Ph: 482-4521
www.lssd.ca/hts

Lockport School

129 Lockport Rd.
Lockport, MB, R1A 3H6
Ph: 757-9881
www.lssd.ca/lockport

Lord Selkirk Regional Comprehensive Secondary School

221 Mercy St.
Selkirk, MB, R1A 2C8
Ph: 482-6926
www.lssd.ca/lsrcss

Mapleton School

112 Calder Rd.
St. Andrews MB, R1A 4B5
Ph: 482-4409
www.lssd.ca/maple

Petersfield Community Club

401 Main St.
Petersfield, MB, R0C 0L0
Ph: 738-4626

St. Andrews Community Club

Southgate Rd.
St. Andrews, MB, R1A 2Y1
Ph: 661-0106
www.standrewsrec.com

St. Andrews School

8 St. Andrews Rd.
St. Andrews, MB, R1A 2Y1
Ph: 338-7510
www.lssd.ca/sandrews

Selkirk Recreation Complex

180 Easton Dr.
Selkirk, MB, R1A 0W6
Ph: 785-4950
www.cityofselkirk.com

Robert Smith School
300 Sophia St.
Selkirk, MB, R1A 3E2
Ph: 482-3677
www.lssd.ca/rss

Ruth Hooker School
430 Morris Ave.
Selkirk, MB, R1A 1B4
Ph: 482-3614
www.lssd.ca/rhs/index

Walter Whyte School
Box 189
40005 Jackfish Lake Rd. North
Grand Marais, MB, R0E 0T0
Ph : 754-2240
www.lssd.ca/ww_school

William S. Patterson School
Box 100
8461 Hwy #9
Clandeboye, MB, R0C 0P0
Ph: 738-4700
www.lssd.ca/wsp

Tennis Courts

Grand Beach Provincial Park
Box 220
Grand Beach, MB, R0E 0T0
Ph: 754-5040

**Lord Selkirk Regional Comprehensive
Secondary School**
221 Mercy St.
Selkirk, MB, R1A 2C8
Ph: 482-6926

Track

**Lord Selkirk Regional Comprehensive
Secondary School**
Indoor Track
Outdoor Track
221 Mercy St.
Selkirk, MB, R1A 2C8
Ph: 482-6926 or 1-866-433-6926
www.lssd.ca/lsrcss

Walking Facility/Trails

Grand Beach Provincial Park
Box 220
Grand Beach, MB, R0E 0T0
Ph: 754-5040
www.gov.mb.ca/conservation/parks/popular_parks/grand_beach/info.html

Lockport Provincial Heritage Park
east side of Lockport Bridge
Hwy 44
Lockport, MB
www.gov.mb.ca/conservation/parks/popular_parks/popular_parks/lockport

Selkirk Community Trail
Inside Selkirk Park
www.cityofselkirk.com

Walking Trail - Happy Thought School
Box 6, Group 35, RR1
659 Quarry Rd.
East Selkirk, MB, R0E 0M0
Ph: 482-4521
www.lssd.ca/hts

Selkirk Recreation Complex
180 Easton Dr.
Selkirk, MB, R1A 0W6
Ph: 785-4950

Water Park

Thunder Mountain Waterslides
104151 Rd. 38E
Grand Marais, MB, R0E 0T0
Ph: 754-4066



SPORTS

Baseball

St. Andrews Community Club
28A St. Andrews Rd.
St. Andrews, MB, R1A 2Y1
Ph: 661-0106
www.standrewsrec.com

Canoe/Kayak

Selkirk Canoe & Kayak Centre
Queen Ave. & Eveline St.
Selkirk Park
Selkirk, MB
Ph: 482-3086
www.members.shaw.ca/selkirkpaddle

Golf Lessons

Selkirk Golf & Country Club
Box 15
100 Sutherland Ave.
Selkirk, MB, R1A 2B1
Ph: 482-2052
www.selkirkgolfcourse.com

Snag Golf (5-7 years)
Netley Creek Golf & Country Club
1753 Fairway Rd.
Petersfield, MB, R0C 2L0
Ph: 738-4653
www.netleycreekgolf.mb.ca

Tiny Tots (3-5 years)
Netley Creek Golf & Country Club
1753 Fairway Rd.
Petersfield, MB, R0C 2L0
Ph: 738-4653
www.netleycreekgolf.mb.ca



Gymnastics

St. Andrews Gymnastics Club
Located at: St. Andrews School
8 St. Andrews, MB, R1A 2Y1
Ph: 338-7198
www.gymnastics.mb.ca

Selkirk Selects Gymnastics Club
965 Main St.
Selkirk, MB
Ph: 482-6422
www.gymnastics.mb.ca

Hockey

Hockey Skills
St. Andrews Community Club
28A St. Andrews Rd.
St. Andrews, MB, R1A 2Y1
Ph: 661-0106
www.standrewsrec.com

Hockey Skills
Selkirk Youth Hockey Association
180 Easton Dr.
Selkirk, MB, R1A 0W6
Ph: 785-8551

House League Hockey Skills
East Selkirk Recreation Association
East Selkirk Recreation Centre
Box 293
East Selkirk, MB, R0E 0M0
Ph: 785-2364
Ph: 785-0891
www.eastselkirk.com/index.asp



Martial Arts**Tae Kwon Do**

T.K. Tae Kwon Do
Located at: Ruth Hooker School
430 Morris Ave.
Selkirk, MB, R1A 1B4
Ph: 482-7034

Tae Kwon Do

T.K. Tae Kwon Do
Located at: Happy Thought School
659 Quarry Rd.
East Selkirk, MB, R0E 0M0
Ph: 482-7034

Ringette**Bunnies Ringette**

Selkirk Ringette Association
Selkirk Recreation Complex
180 Easton Dr.
Selkirk, MB, R1A 0W6
Ph: 482-7150
www.selkirkringette.com/portal

Skating**CanSkate**

St. Andrews Skating Club
St. Andrews Community Club
28A St. Andrews Rd.
St. Andrews, MB, R1A 2Y1
Ph: 334-2030
www.standrewsrec.com

CanSkate

Selkirk Recreation Complex
180 Easton Dr.
Selkirk, MB, R1A 0W6
Ph: 785-4950

Parent – Child Learn to Skate

St. Andrews Skating Club
St. Andrews Community Club
28A St. Andrews Rd.
St. Andrews, MB, R1A 2Y1
Ph: 334-2030
www.standrewsrec.com

Preschool Learn to Skate

St. Andrews Skating Club
St. Andrews Community Club
28A St. Andrews Rd.
St. Andrews, MB, R1A 2Y1
Ph: 334-2030
www.standrewsrec.com

Public Skating

St. Andrews Community Club
28A St. Andrews Rd.
St. Andrews, MB, R1A 2Y1
Ph: 661-0106
www.standrewsrec.com

Public Skating

Selkirk Recreation Complex
180 Easton Dr.
Selkirk, MB, R1A 0W6
Ph: 785-4950

Public Skating

East Selkirk Recreation Association
East Selkirk Recreation Centre
Box 293
East Selkirk, MB, R0E 0M0
Ph: 785-0891
www.eastselkirk.com/index.asp

Speed Skating

Interlake Speed Skating Club
Selkirk Recreation Complex
180 Easton Dr.
Selkirk, MB, R1A 0W6
Ph: 482-6447



Soccer

Beaches Eagles Soccer Team

Walter Whyte School
Box 189
40005 Jackfish Lake Rd. North
Grand Marais, MB, R0E 0T0
Ph: 754-2240

East Selkirk Recreation Association

East Selkirk Recreation Centre
Box 293
East Selkirk, MB, R0E 0M0
Ph: 785-0891
www.eastselkirk.com/index.asp

Red River Recreation Soccer Association (Clandeboye/Petersfield Soccer)

Clandeboye Community Club
111 Main St.
Clandeboye, MB, R0E 0P0
www.rrrsa.ca

Red River Recreation Soccer Association (Selkirk Soccer)

Selkirk Recreation Centre
180 Easton Dr.
Selkirk, MB, R1A 0W6
Ph: 482-9413
www.rrrsa.ca

St. Andrews Community Club

28A St. Andrews Rd.
St. Andrews, MB, R1A 2Y1
Ph: 661-0106
www.standrewsrec.com

Swimming

Crocodile & Whale Pre-school Swim

Selkirk Pool
Lord Selkirk Regional Comprehensive
Secondary School
221 Mercy St.
Selkirk, MB, R1A 2C8
Ph: 785-7310
www.selkirkconed.com/poolinfo.cfm

Family Swim

Selkirk Pool
Lord Selkirk Regional Comprehensive
Secondary School
221 Mercy St.
Selkirk, MB, R1A 2C8
Ph: 785-7310
www.selkirkconed.com/poolinfo.cfm

Parent & Child Swim

Selkirk Pool
Lord Selkirk Regional Comprehensive
Secondary School
221 Mercy St.
Selkirk, MB, R1A 2C8
Ph: 785-7310
www.selkirkconed.com/poolinfo.cfm

Salamander Swim

Selkirk Pool
Lord Selkirk Regional Comprehensive
Secondary School
221 Mercy St.
Selkirk, MB, R1A 2C8
Ph: 785-7310
www.selkirkconed.com/poolinfo.cfm

Sea Turtle Swim

Selkirk Pool
Lord Selkirk Regional Comprehensive
Secondary School
221 Mercy St.
Selkirk, MB, R1A 2C8
Ph: 785-7310
www.selkirkconed.com/poolinfo.cfm

Sun Fish Swim

Selkirk Pool
Lord Selkirk Regional Comprehensive
Secondary School
221 Mercy St.
Selkirk, MB, R1A 2C8
Ph: 785-7310
www.selkirkconed.com/poolinfo.cfm

Swimming Lessons

Selkirk Park Pool
Selkirk Park
Queen Ave. & Eveline St.
Ph: 785-4951
Ph: 785-4952
www.cityofselkirk.com

T-Ball

Selkirk Minor Recreational Baseball Association
Selkirk Recreation Complex
180 Easton Dr.
Selkirk, MB, R1A 0W6
Ph: 785-2707



Tips to Encourage Active Play

- *Create an environment that supports physical activity: indoors and outside, e.g. space to dance or play at the playground.*
- *Take part in your child's activities. A child's self esteem and skills improve when adults take part in their play.*
- *Dress your child in comfortable clothing that allows free movement, is appropriate for the weather, and that can get dirty.*
- *Praise and encourage your child on things he/she does well. This will help your child to feel good about himself / herself and about being active.*
- *Offer a wide variety of activities that are enjoyable and non-competitive.*

Dental Information & Tips

Newborn

- *comfort baby with a soother instead of a bottle (after breastfeeding is well-established, usually 4-6 weeks)*

2 Months

- *Start brushing baby's teeth as soon as the first tooth appears.*

6 Months

- *Start brushing baby's teeth as soon as the first tooth appears*
- *Switch from the bottle to a sippy cup*
- *Do not use the sippy cup for juice or pop, use a regular that you help hold.*

1 Year

- *Check for early childhood tooth decay regularly.*
- *Start using a very tiny smear of toothpaste 1/8 size of a pea with fluoride*
- *Switch from the bottle and sippy cup to regular by 14 months*



Recreational Programs

Adventure Day Camp

St. Andrews Community Club
28A St. Andrews Rd.
St. Andrews, MB, R1A 2Y1
Ph: 661-0106
www.standrewsrec.com

Mad Science Day Camp

St. Andrews Community Club
28A St. Andrews Rd.
St. Andrews, MB, R1A 2Y1
Ph: 661-0106
www.standrewsrec.com

Summer Adventures Program

Little Britain United Church Hall
5979 Hwy 9
Lockport, MB, R1A 2P7
Ph: 757-2489

Eating on the go!

Snacking can be a part of healthy eating but it is important to choose snack foods wisely. For example, if you want:

...a sweet snack

*INSTEAD of a peanut chocolate bar
CHOOSE peanut butter on apple slices
for more fibre, protein and good fats.*

...a spicy snack

*INSTEAD of barbeque chips
CHOOSE barbecue-flavoured rice cakes
for less fat and fewer calories*

...something thirst quenching

*INSTEAD of pop or a sugary fruit drink
CHOOSE chocolate milk for calcium
OR CHOOSE water and a piece of fruit
for more vitamins and fibre.*

How Much Physical Activity do Young Children Need?

Babies, toddlers and preschoolers should be active every day. Much of this physical activity will happen naturally as children play and explore the world around them. The fun part is finding ways to support children's natural need to be active and doing it in a way that suits their age and stage of development.

You can do this in two ways:

- 1. Unstructured physical activity/play – children play freely on their own or with other children, and you are there to watch or supervise.*
- 2. Structured physical activity/play – you plan or lead activities. This way you get to play too!*

Here are some suggestions on how much physical activity young children need:

Babies (birth to 12 months)

- should have many daily activities that let them play actively. These activities will occur through interactions with parents, siblings, family and caregivers.*

Toddlers (12 to 36 months)

- should get at least 30 minutes of daily, structured physical activity/play, plus a minimum of 60 minutes of unstructured activity/play, ideally much more.*

Preschoolers (3-5 years)

- should get at least 60 minutes of daily, structured physical activity/play, plus a minimum of 60 minutes of unstructured activity/play, ideally much more.*

Reading and Writing Preschool Tips

- *Begin reading to your child from birth.*
- *Sing songs, play rhyming games*
- *Label and describe things, e.g. "That's a bulldozer. It pushes dirt."*
- *Read books that have a lot of repetition, e.g. The Three Little Pigs. Encourage your child to join in.*
- *Draw attention to words in your child's everyday environment, e.g. reading signs, cereal boxes, shopping lists, etc.*
- *When reading books, first look at the cover and predict what the story will be about, e.g. "I think...", "I wonder..." Next look at the pictures, talk about them and then read the story.*
- *Make reading fun by changing your voice, e.g. loud, soft, silly*
- *Talk about how the pictures help to tell the story, e.g. "I can see that the wolf is trying to blow down the house."*
- *Talk about the story after you have read it, e.g. "tell me your favourite part of the story"; "tell me why you liked (character's name, setting)."*
- *Re-read your child's favourite stories as many times as your child want to hear them.*
- *Print familiar words, e.g. your child's name, Mom, Dad, love, etc.*

Numbers and Math Preschool Tips

- *Draw attention to numbers in your child's everyday environment, e.g. grocery stores, street signs, license plates, telephones.*
- *Play card games (fish, concentration, crazy eights) and board games.*
- *Involve your child in daily activities that are "rich" in math, such as shopping cooking/baking (measuring), and counting place settings for the dinner table.*
- *Do puzzles together.*
- *Practice writing numbers with fun things! Try bingo dabbers, pudding on a plate, or clay.*
- *Sort everyday objects, such as socks and plastic containers, into groups by colour, size, shape.*
- *Estimate and measure water, rice, sand, and other materials using different sized containers.*
- *Count things forwards and backwards, e.g. stairs, buttons on shirts, etc.*
- *Include math concepts and language while playing e.g. "I'm adding this car to my pile. Now, I have 3"; "I put the blue box under the red box."*
- *Sing counting songs (e.d. This Old Man...) and read counting books.*
- *Talk about directions, street signs, familiar landmarks, etc. when going for a walk with your child.*

SECTOR 4: SOCIAL

FAMILY SERVICES

Child Care Program

Manitoba Family Services & Housing

Selkirk Mental Health Centre
Box 9600
3rd Floor Administration Bldg.
825 Manitoba Ave.
Selkirk, MB, R1A 2B5
Ph: 785-5107
www.gov.mb.ca/childcare
Assists parents to find child care, gives fee subsidies

Clothing Depot / Value Store

Selkirk House of Economy

246 Manitoba Ave.
Selkirk, MB, R1A 0Y5
Ph: 785-8350

Swap N' Shop Clothing Exchange

Growing Years Family Resource Centre
216 Manitoba Ave.
Selkirk, MB, R1A 0Y5
Ph: 785-8218

Twice Over

214 Manitoba Ave.
Selkirk, MB, R1A 0Y5
Ph: 785-9484

Food Bank

Selkirk Food Bank

B-730 Sophia St.
Selkirk, MB, R1A 2C7
Ph: 482-9178

Parent Councils

Centennial School

19 Centennial Ave.
Selkirk, MB, R1A 0C8
Ph: 785-7817
www.lssd.ca/centennial

Daerwood School

211 Main St.
Selkirk, MB, R1A 1R7
Ph: 482-4326
www.lssd.ca/daerwood

Ecole Bonaventure

516A Stanley Ave.
Selkirk, MB, R1A 0S1
Ph: 785-8284
www.lssd.ca/bonaventure

Happy Thought School

659 Quarry Rd.
East Selkirk, MB, R0E 0M0
Ph: 757-2718
www.lssd.ca/hts

Mapleton School

112 Calder Rd
St. Andrews, MB, R1A 4B5
Ph: 482-4409
www.lssd.ca/maple

Robert Smith School

300 Sophia St.
Selkirk, MB, R1A 2E2
Ph: 482-3677
www.lssd.ca/rss

Ruth Hooker School

430 Morris Ave.
Selkirk, MB, R1A 1B4
Ph: 482-3614
www.lssd.ca/rhs/index

St. Andrews School
8 St. Andrews Rd.
St. Andrews, MB, R1A 2Y1
Ph: 338-7510
www.lssd.ca/sandrews

Walter Whyte School
Box 189
40005 Jackfish Lake Rd. North
Grand Marais, MB, R0E 0T0
Ph: 754-2240
www.lssd.ca/ww_school

William S. Patterson School
Box 100
8461 Hwy #9
Clandeboye, MB, R0C 0P0
Ph: 738-2792
www.lssd.ca/wsp

Soup Kitchen

Our Daily Bread Soup Kitchen
Box 123, Selkirk, R1A 2B1
Memorial Hall
368 Jemima St.
Selkirk, MB, R1A 1X3
Ph: 785-9514

Special Needs

Children's Special Services
Manitoba Family Services and Housing
101-446 Main St.
Selkirk, MB, R1A 1V7
Ph: 785-5106
www.gov.mb.ca/fs/pwd/css.html

Energy Busters
Located at: Happy Thought School
659 Quarry Rd.
East Selkirk, MB, R0E 0M0
Ph: 785-2718

SMD Children's Services
SMD & Me
382 Main St.
Selkirk, MB, R1A 1T8
Ph: 785-9338
www.smd.mb.ca

Selkirk & District Handi-Bus Inc.
367 Eveline St.
Selkirk, MB, R1A 1N2
Ph: 482-8884

Women's Shelter

Nova House
Box 337
Selkirk, MB, R1A 2B3
Ph: 482-7882
<http://novahouse.shelternet.ca>

Programs:

- Children's Counselling
- Children's programming

Peanut Butter-Less Snack

Remember, a healthy and balanced snack includes food items from at least 2 of the 4 food groups. Make your own favourite combination of 2 food group items. Here are some examples:

- o any fresh fruit dipped in vanilla yogurt
- o milk pudding and strawberries
- o fruit cup packed in juice and milk
- o cheese and rice cakes
- o mini homemade muffin with cheese cubes
- o half bagel with cheese and cucumber slices
- o soft tortilla with bean spread
- o popcorn (for older children) or pretzel and juice boxes – 100% vegetable or fruit
- o veggies with cottage cheese, tzatziki or other dip
- o sliced meat wrapped around cheese sticks and whole wheat crackers
- o hard boiled egg and mini break sticks
- o homemade trail mix with cereal and dried fruit
- o baked potato with chili or salsa
- o oatmeal or graham cookies with applesauce
- o cold vegetarian pizza slice

COMMUNITY SERVICES

Community Computers

Community Access Program – Community Computers

Selkirk & District Learning Centre
511 Robinson Ave.

Selkirk, MB R1A 1E5

Ph: 482-2111

www.selkirklearningcentre.ca

Community Computer

Red River North Regional Library
303 Main St.

Selkirk, MB, R1A 1S7

Ph: 482-3522

www.ssarl.org

Community Lending Library – Community Computers

Selkirk & District Learning Centre
511 Robinson Ave.

Selkirk, MB R1A 1E5

Ph: 482-2111

www.selkirklearningcentre.ca

Early Literacy Computers

Red River North Regional Library
303 Main St.

Selkirk, MB, R1A 1S7

Ph: 482-3522

www.ssarl.org

Walter Whyte School Library

Walter Whyte School

Box 189

40005 Jackfish Lake Rd. North

Grand Marais, MB, R0E 0T0

Ph: 754-2240

www.lssd.ca/ww_school



Frequently Asked Questions About Second Hand Smoke

If I open the windows at home or in the car, isn't that good enough?

No, opening a window does not get rid of all the smoke. You would need a gale force wind going through the room or car to clear the smoke.

What if I just cut down my smoking and only smoke when the children are out?

The chemicals will still linger in the air. A total ban in the house and car is the best way to protect children. Even if you only smoke 5 cigarettes a day while the children are present, that still means they will inhale the smoke from 1,800 cigarettes in a year.

What if my spouse/partner/relatives don't believe that second hand smoke is harmful?

A large amount of evidence around the world clearly shows that second hand smoke is harmful, including a report by the World Health Organization. Call us to get more information on second hand smoke that you can share with your spouse.

Is smoking out on the balcony okay?

Yes. Make sure windows and doors are closed to prevent smoke from drifting back in. Also, if your balcony is right next to the neighbours' balconies, make sure your smoke is not bothering them.

How do I tell visitors not to smoke in my house, apartment, or car?

Tell them you are looking after your child's health by not allowing smoking inside. Putting up signs helps if you are shy about telling them that your house is smoke-free. If you want to accommodate visitors who smoke, designate a smoking area outside. If you're in an apartment, suggest a walk outside for everyone, including the kids.

What if I really need a cigarette but can't leave the kids to go outside?

Try making arrangements with a neighbour – would they sit with your children for 5 minutes while you have a smoke break? Also, consider nicotine gum or a nicotine inhaler to curb your desire to smoke at times when you can't leave the children.

Flu Shot

Anyone who's at risk of getting really sick **needs** to get a flu shot, or vaccine. People such as doctors and nurses also need the shot because they take care of sick people, and it's good for anyone who is around older people and younger kids to get the vaccine.

And now, experts say that all kids between the ages of 6 months and 18 years should get the flu shot. This is especially important for kids who have:

- heart or lung disorders, including asthma
- chronic diseases such as diabetes, kidney disease, certain kinds of anemia, or immune system problems, including HIV/AIDS

Flu vaccines are usually given in the fall, before flu season starts. Flu season means the months of the year when a lot of people have the flu and it's easy to catch it. It starts in November and usually ends in April.



How Does the Flu Spread?

This virus gets around in little drops that spray out of an infected person's mouth and nose when he or she sneezes, coughs, or even laughs. You can catch the flu from someone who has it if you breathe in some of those tiny flu-infected drops. You can also catch the flu if those drops get on your hands and you touch your mouth or nose. No wonder people are always saying to cover your mouth when you sneeze!



What If You Get the Flu?

But even if you get a flu shot, steer clear of sneezers, and you wash your hands regularly, you still might get the flu.

Based on your symptoms, your doctor can usually tell if you have the flu, especially during times when a lot of flu is going around your town.

Once your doctor says you have the flu, you can start taking these steps to feel better:

- Rest in bed or on the couch.
- Drink lots of liquids, like water, chicken broth, and other fluids.
- Take the medicine your mom or dad gives you to ease your fever, aches, and pains.
- If you have trouble breathing, your muscles really hurt, or if you feel confused - these are signs you may need to see the doctor again.

Most of the time, you'll feel better in a week or two. Until then, you'll have to stay home from school and take it easy. We hope you're flu-free this year, but if you **do** get the flu, now you know what to do!

Sector 5: SPECIAL INTEREST

COURSES / CLASSES

Art Classes

The Selkirk Community Arts Centre Inc.

The Old Post Office
101-250 Manitoba Ave.
Selkirk, MB, R1A 0Y5
Ph: 482-4359
www.gwenfoxgallery.com

Dance

Evolution Dance Studio

234 Manitoba Ave.
Selkirk, MB, R1A 0Y5
Ph: 785-1285
www.evolutiondance.ca

Programs:

- Pre-dance (ages 4-5)
- Creative movement (ages 3 & up)

Selkirk Zorya Ukrainian School of Dance

Box 527
East Selkirk, R0E 0M0
Ph: 467-7122
Located at: Happy Thought School
659 Quarry Rd., East Selkirk
www.selkirkzorya.ca

Encourage Outdoor Games

Classic games like Tag, Follow the Leader, the Hokey Pokey, and Hide and Seek will keep little ones on the go. Most young children are active learners, so games like Hopscotch and Four Square will help them learn their numbers while also keeping them physically fit.

Music Lessons

Bonnie Fuerst Music Lessons

955 Frank St.
East Selkirk, MB, R0E 0M0
Ph: 482-7845
Programs:

- offers pre-school music program ages 3.5 – 6 years

Guitar Explorations

326 Vaughn Ave.
Selkirk, MB, R1A 0S7
Ph: 785-1003

Junior Fiddling

Walter Whyte School
Box 189
40005 Jackfish Lake Rd. North
Grand Marais MB, R0E 0T0
Ph: 754-2240

Keith Irwin B.A. (Music) Productions

The Old Post Office
201-250 Manitoba Ave.
Selkirk, MB, R1A 0Y5
Ph: 785-9464

L.A. School of Music

205 Manitoba Ave.
Selkirk, MB, R1A 0Y4
Ph: 482-7776

Lynn Bryll Music Lessons

Box 21, Group 232, RR #2
Selkirk, MB, R1A 2A7
Ph: 482-4470

Maizelle Disbrowe Piano Lessons

353 Robinson Ave.
Selkirk, MB, R1A 1E2
Ph: 785-8373

Maria Jones Piano Studio
14 Park Rd.
Selkirk, MB, R1A 0B3
Ph: 482-7906

Music for Young Children
Box 129
Clandeboye, MB, R0C 0P0
Ph: 738-2310
www.myc.com/teach/Kjackson

Music for Young Children
496 Lockport Rd.
Lockport, R1A 3L3
Ph: 757-2439
www.myc.com/teacher/Mhooper

- Programs:
- Music Pups (ages 0 - 2.5)
 - Sunrise (ages 2.5 – 4)
 - Sunshine 1 (4 years)
 - Sunbeams (ages 5-7)

Music Lessons
636 Manchester Ave
Selkirk, MB, R1A 2B7
Ph: 482-3075

Quilting

Growing Years Family Resource Centre
216 Manitoba Ave.
Selkirk, MB, R1A 0Y5
Ph: 785-8218
www.growingyears.info
www.familyconnections.ca

Kitchen Safety

- Always check temperature of liquids and solids before serving.
- Keep all poisons (cleaning products, cigarettes, alcohol, medicine) locked up and/or out of reach of children. Many toddlers can open child-resistant containers.
- Cook on the back burners of the stove.



Numbers

Between the ages of one and two, some children will understand, but not be able to explain the concepts of "more" and "enough." For example, when they want more cookies than they were given, they will say "more." They also may say "no more" when they are satisfied with the amount they were given.

Some two-year-olds may understand the words "one" and "two." And they will be able to follow simple directions, such as asking them to "take one" or "pick two."

Many two-year-olds will know they are two and can hold up two fingers to show you.

Toward the end of the second year, some two-year-olds may try to recite number words in sequence but as they count higher, they may get the numbers out of order.



RELIGION

Churches

Albert Beach Chapel
Saffie Rd.
Traverse Bay, MB, R0E 2A0

Baha'is of the Interlake
Box 400
Petersfield, MB, R0C 2L0
Ph: 738-2601

Beaches Community Fellowship
Walter Whyte School
Box 189
40005 Jackfish Lake Rd. North
Grand Marais, MB, R0E 0T0

Bethel Chapel
200 Main St.
Selkirk, MB, R1A 1R6
Ph: 482-5482
www.mts.net/~mdp123/Marcel/Bethel

- Programs
- Kids Church
 - Toddler Nursery during church
 - Rock Zone (ages 5+)
 - Youth Group (13-18 yrs)

Blessed Virgin Mary Church
725 Old Henderson Hwy
East Selkirk, MB, R0E 0M0
Ph: 482-4016

Christ Church
227 McLean Ave.
Selkirk, MB, R1A 0T7
Ph: 482-5058

- Programs
- Community Hall
 - Sunday School

Church of Jesus Christ of Latter Day Saints
1172 River Rd.
St. Andrews, MB, R1A 4A1
Ph: 482-7864

Church of Selkirk Good Shepard Lutheran
Box 448, 6088 PTH 9A
St. Andrews, MB, R1A 2B3
Ph: 482-5592

Programs

- Sunday School

Clandeboye Amalgamated United Church
Box 149, 8456 Hwy #9
Clandeboye, MB, R0C 0P0
Ph: 738-4313

Cloverdale United Church
805 Cloverdale Rd.
Selkirk, MB, R1A 4J8
Ph: 482-5914
www.selkirkunitedchurch.ca

Dunara United & Full Gospel Church
8904 Hwy #8
Petersfield, MB, R1A 4J2

Evangelical Lutheran
329 Clandeboye Ave.
Selkirk, MB, R1A 0X4
Ph: 482-6606

Programs

- Sunday School
- Community Hall

Grace Baptist
321 Sophia St.
Selkirk, MB, R1A 1Z2
Ph: 482-5464

Holy Eucharist Ukrainian Catholic Church
Box 56
500 Pacific Ave.
Selkirk, MB, R1A 2B1
Ph: 482-7741

Programs

- Community Hall
- Sunday School

Holy Trinity Ukrainian Catholic Church
6297 Henderson Hwy.
St. Clements, MB, R1A 3R9
Ph: 757-2918

Jehovah Witness Selkirk Congregation
12 Hawthorne Pl.
St. Andrews, MB, R1A 2V2
Ph: 482-7441

Knox Presbyterian Church
341 Eveline St.
Selkirk, MB, R1A 1M9
Ph: 482-6425
www.presbyterian.ca/node/857
Programs
- Sunday School
- Nursery during service

Lighthouse Baptist Church
32 Bell Bay
Selkirk, MB, R1A 2P4
Ph: 785-9957

Little Britain United Church
5879 Hwy 9
St. Andrews, MB, R1A 2P7
Ph: 757-2489
www.littlebritainunitedchurch.ca
Programs
- Community Hall
- Sunday School
- Summer Adventures Program

Lockport Community Church
6989 Henderson Hwy
Lockport, MB, R1B 1A1
Ph: 757-2720

Notre Dame Roman Catholic Church
269 Jemima St.
Selkirk, MB, R1A 1W9
Ph: 482-3422
Programs
- Community Hall
- Sunday School

River's Edge Church of Selkirk
Gordon Howard Senior Center
384 Eveline St.
Selkirk, MB, R1A 1N3
Ph: 482-3566
www.riversedgechurch.ca
Programs
- Children's Service
- Café Mama

Rossdale Ukrainian Catholic Church
530 Donald Rd.
Lockport, MB, R1A 3K4
Programs
- Community Hall

St. Andrews Anglican Church
3 St. Andrews Rd
St. Andrews, MB, R1A 2Y4
Ph: 334-5700

St. Anne's Roman Catholic Church
500 Edith Ave.
Petersfield, MB, R0C 2L0
Ph: 785-2742

St. Clements Mapleton Anglican
1178 River Rd.
St. Andrews, MB, R1A 4A1
Ph: 482-9486

St. George's Wakefield Anglican Church
8716 Hwy #9
Petersfield, MB, R0C 2L0
Ph: 738-4366

St. Jude's Anglican Church
Hwy 12
Grand Marais, MB, R0E 0T0

St. Matthew's Anglican Church
601 Pigeon Bluff Rd.
St. Andrews, MB, R1A 4K2

St. Margaret's Roman Catholic Church
105 Little Britain Rd.
Lockport, MB, R1A 2P8

St. Marguerite Chapel
Pitt Rd.
Traverse Bay, MB, R0E 2A0

St. Michael's Church
120th Eighth Ave.
Victoria Beach, MB, R0E 2C0

St. Peter's Dynevor Anglican Church
Box 19, Group 215, RR #2
East Selkirk, MB, R1A 2A7

St. Stanislaus Church
702 Old Henderson Hwy
East Selkirk, MB
Ph: 482-4197

St. Therese Roman Catholic Church
Grand Marais, MB, R0E 0T0

St. Thomas Anglican Church
3 Stevens Ave.
Lockport, MB, R1A 2R5
Ph: 757-9460

Selkirk Aboriginal Redemption Centre
209 Dufferin Ave.
Selkirk, MB, R1A 1B9
Ph: 785-8515
Programs
- Children's Church – ages 10 and under

Selkirk Alliance Church
2001 Manitoba Ave.
Selkirk, MB, R1A 4L3
Ph: 785-2378
www.selkirkalliancechurch.blogspot.com
Programs
- Sunday School

Selkirk Christian Fellowship
173 Main St.
Selkirk, MB, R1A 1R5

Selkirk Community Mennonite Brethren Church
210 Main St.
Selkirk, MB, R1A 1R8
Ph: 482-6808
Programs
- Sunday School

Selkirk Gospel Chapel
211 Eaton Ave
Selkirk, MB, R1A 0W7
PH: 482-4717
www.selkirkgospelchapel.org
Programs
- Sunday School

Selkirk United Church
202 McLean Ave.
Selkirk, MB, R1A 0T6
Ph: 482-5914
www.selkirkunitedchurch.ca
Programs
- Sunday School
- Nursery during Service (2 yrs & under)
- Community Hall

Springs of the Living Water Selkirk Church
479 Eveline St.
Selkirk, MB, R1A 1P3
Ph: 482-3223
www.springschurch.com

Wayside Gospel
39081 Fey Rd.
Grand Marais, MB, R0E 0T0

What can moving your body do?

With more physical activity, you can:

- *better control your blood sugar*
- *lower your blood pressure*
- *reduce your cholesterol*
- *relieve tension and stress*
- *strengthen your heart muscle and lungs*
- *improve your circulation*
- *strengthen your bones*
- *help maintain a healthy weight*

And you can reduce your risk of type 2 diabetes, heart disease, and other chronic diseases.

If you already have diabetes, heart disease, or other chronic diseases, exercise can help you better manage these diseases.

Sunday School

Bethel Chapel

200 Main St.
Selkirk, MB, R1A 1R6
Ph: 482-5482
www.mts.net/~mdp123/Marcel/Bethel

Christ Church

227 McLean Ave.
Selkirk, MB, R1A 0T7
Ph: 482-5858

Church of Selkirk – Good Shepherd Lutheran

6088 PTH 9A, Box 448
Selkirk, MB, R1A 2B3
Ph: 482-5592

Evangelical Lutheran Church

Box 65
329 Clandeboye Ave.
Selkirk, MB, R1A 2B1
Ph: 482-6608

Knox Presbyterian Church

341 Eveline St.
Selkirk, MB, R1A 1M9
Ph: 482-6425
www.presbyterian.ca/node/857

Little Britain United Church

5879 PTH No. 9
St. Andrews, MB, R1A 2P7
Ph: 757-2489
www.littlebritainunitedchurch.ca

Notre Dame Roman Catholic Church

269 Jemima St.
Selkirk, MB, R1A 1W9
Ph: 482-3422

River's Edge Church of Selkirk

384 Eveline St.
Selkirk, MB, R1A 1N3
Ph: 482-3566
www.riversedgechurch.ca

Selkirk Aboriginal Redemption Church

209 Dufferin Ave.
Selkirk, MB, R1A 1B9
Ph: 785-8515

Selkirk Alliance Church

2001 Manitoba Ave.
Selkirk, MB, R1A 4L3
Ph: 785-2378
www.selkirkalliancechurch.blogspot.com

Selkirk Community Church (Mennonite Bretheran)

210 Main St.
Selkirk, MB, R1A 1R8
Ph: 482-6808

Selkirk Gospel Chapel

211 Eaton Ave.
Selkirk, MB, R1A 0W7
Ph: 482-4717
www.selkirkgospelchapel.org

Selkirk United Church

202 McLean Ave
Selkirk, MB, R1A 0T6
Ph: 482-5914
www.selkirkunitedchurch.ca

Bring Kids into the Kitchen

Teaching kids how to feel comfortable in the kitchen and giving them basic cooking skills is one of the most important ways to prepare them for living on their own.

Invite your kids into the kitchen while you're preparing food by offering them small jobs or simply allowing them to watch. Although this maybe slightly more time consuming (and messier), the payoff is worth it. In addition to learning about cooking and food, the kitchen offers lessons in science, math, and even reading!

COMMUNITY GROUPS

Beavers / Scouts

1st St. Andrews on the Red Scouts
Located at: Lockport School
129 Lockport Rd.
Lockport, MB, R1A 3H6
Ph. 334-2326

Walter Whyte School

Located at: Walter Whyte School
Box 189
40005 Jackfish Lake Rd. North
Grand Marais, MB, R0E 0T0
Ph: 754-6232

Parenting Groups

Beyond the Basics of Parenting

Growing Years Family Resource Centre
216 Manitoba Ave.
Selkirk, MB, R1A 0Y5
Ph: 785-8218

Developing Capable People

Growing Years Family Resource Centre
216 Manitoba Ave.
Selkirk, MB, R1A 0Y5
Ph: 785-8218

Nobody's Perfect

Growing Years Family Resource Centre
216 Manitoba Ave.
Selkirk, MB, R1A 0Y5
Ph: 785-8218

Nova House (for women using Nova House services)

Box 337
Selkirk, MB, R1A 2B3
Ph: 482-1200
<http://novahouse.shelternet.ca/library/SNetCore.cfm?languageid=1&skiplt=YES>

Positive Parenting Program

Student Services Centre
211 Main St.
Selkirk, MB, R1A 1R7
Ph: 785-8224
www.lssd.ca/ssc/

Triple P Parenting

Robert Smith School
300 Sophia St.
Selkirk, MB, R1A 2E2
Ph: 482-3677
www.lssd.ca/rss

Sparks

Girl Guides
Located at: St. Andrews School
8 St. Andrew's Rd.
St. Andrews, MB, R1A 2V1
Ph: 1-877-508-1333
www.girlguides.mb.ca

Support Groups

Café Mama

River's Edge Church of Selkirk
The Edge Café
210 Manitoba Ave
Selkirk, MB, R1A 0V5
Ph: 482-3566
www.riversedgechurch.ca/edge.htm



**Frequently Asked Questions about
Second Hand Smoke**

If I open the windows at home or in the car, isn't that good enough?

No, opening a window does not get rid of all the smoke. You would need a gale force wind going through the room or car to clear the smoke.

What if I just cut down my smoking and only smoke when the children are out?

The chemicals will still linger in the air. A total ban in the house and car is the best way to protect children. Even if you only smoke 5 cigarettes a day while the children are present, that still means they will inhale the smoke from 1,800 cigarettes in a year.

What if my spouse/partner/relatives don't believe that second hand smoke is harmful?

A large amount of evidence around the world clearly shows that second hand smoke is harmful, including a report by the World Health Organization. Call us to get more information on second hand smoke that you can share with your spouse.

Is smoking out on the balcony okay?

Yes. Make sure windows and doors are closed to prevent smoke from drifting back in. Also, if your balcony is right next to the neighbours' balconies, make sure your smoke is not bothering them.

If you want to accommodate visitors who smoke, designate a smoking area outside. If you're in an apartment, suggest a walk outside for everyone, including the kids.

How do I tell visitors not to smoke in my house, apartment, or car?

Tell them you are looking after your child's health by not allowing smoking inside.

Putting up signs helps if you are shy about telling them that your house is smoke-free.

What is second hand smoke?

You've heard of it, but what exactly is it? Second hand smoke is the smoke from other people's cigarettes, cigars, or pipes. This smoke comes directly from the burning end of the cigarettes as well as the smoke being breathed out from someone smoking.

The fascinating fact is that second hand smoke has higher concentrations of cancer-causing compounds than the smoke that is inhaled by the smoker.

Other people's smoke contains 4,000 chemicals, some known to cause cancer.

**How Tobacco Smoke Hurts
Your Child's Health**

Children are more affected than adults by second hand smoke for several reasons:

- they tend to remain close to parents or caregivers, placing them closer to smoke than others would be they have less freedom to move to an area where they are less bothered by smoke
- children's bodies absorb more chemicals per kilogram than adults and they breathe in more air for their size than adults children's bodies are less well developed and they are more easily harmed

Also, their lung function (ability to breathe in oxygen) can be damaged when they are around smoke.

Children exposed to second hand smoke have an increased risk of:

- tonsillitis
- ear infections
- sore eyes, noses, and throats
- cough, wheeze, and asthma
- hospitalizations for bronchitis and pneumonia

Babies exposed to second hand smoke have a 200% higher risk of dying from Sudden Infant Death Syndrome.

Sector 6: CULTURE AND ENTERTAINMENT

Art Gallery

Gwen Fox Gallery

The Selkirk Community Arts Centre Inc.
101-250 Manitoba Ave.
Selkirk, MB, R1A 0Y5
Ph: 482-4359

www.gwenfoxgallery.com

Programs

- Art Classes
- Workshops

Cultural Centre

Selkirk Friendship Centre

425 Eveline St.
Selkirk, MB, R1A 2J5
Ph: 482-7525

www.selkirkfriendshipcentre.ca

Programs

- Aboriginal Head Start
- After School Club (6-12 years)
- Child Care
- Counselling Service
- Cultural Events
- Hall Rental
- Mapleton School Before & After School Program
- Tikanogan Rock N' Read
- Young Minds Program (13-24 years)

Windy Hill Training and Learning Centre

Lakeshore Rd. & Ironwood Point Rd.
Hillside Beach, MB, R0# 2A0
Ph: 925-0379

www.mamawi.com/files/Community_Training_Package2.pdf

Programs

- Community Training
- Consultation & Resource Development
- Cultural Training & Activities
- Learning Conferences
- Play Structure
- Workshops

Movie Theatre

The Garry Theatre

225 Manitoba Ave
Selkirk, MB, R1A 0Y4
Ph: 482-3912

Museum

Kenosewun Interpretive Centre

East Side of Lockport Bridge
HWY 44

1 Keystone Dr.
Lockport, MB, R1A 3M9

Ph: 785-5080

www.gov.mb.ca/conservation/parks/education/centres/lockport.html

Lower Fort Garry National Historic Site

5925 Hwy 9
St. Andrews, MB, R1A 4A8

Ph: 785-6050 or 1-888-773-8888

www.pc.gc.ca/lhn-nhs/mb/fortgarry/default.asp

Marine Museum of Manitoba

Entrance to Selkirk Park
Box 7

490 Eveline St.
Selkirk, MB, R1A 2B1
Ph: 482-7761

www.marinemuseum.ca

St. Andrews Heritage Museum

Box 172
Clandeboye, MB, R0C 0P0

Ph: 738-4437

www.museumsmanitoba.com/dir/eastern/147.html

St. Andrews Rectory National Historic Site of Canada

374 River Rd.
St. Andrews, MB, R1A 2Y1

Ph: 334-6405

www.pc.gc.ca/lhn-nhs/mb/standrews/index_e.asp

Theatre

Grand Beach Amphitheatre
Grand Beach Provincial Park
Grand Beach, MB, R0E 0T0

Tourist Centre

Red River North Tourism
Community Futures North Red
18 Main St.
Selkirk, MB, R1A 1P5
Ph: 482-2020
www.northredcfdc.com

Windy Hill Training and Learning Centre
Lakeshore Dr.
Hillside Beach, MB,
Ph: 925-0379
www.mamawi.com/files/Community_Training_Package2.pdf

Programs

- Ceremonial Grounds
- Community Training
- Consultations & Resource Development
- Cultural Training & Activities
- Learning Conferences
- Play Structure
- Workshops



Choking

- o *Always put baby to sleep on her back. Do not use a pillow.*
- o *Keep small pieces and toys out of baby's reach.*
- o *Keep latex balloons away from children. Pieces of balloon can cause fatal choking.*
- o *Check pacifiers regularly for stickiness or cracks. Throw away if found.*
- o *Tie up curtain/blind cords.*
- o *Cut food into very small pieces. Avoid nuts, popcorn, gum, hard candy, and wheel hotdogs until your child is over 4.*

Cook at home more.

When you make your own food, rather than relying on a restaurant or take out, you tend to eat healthier.

The food you make at home tends to:

- *be lower in fat*
- *have less sodium, and*
- *tends to offer more in the way of fruits and vegetables*

If you are a take-out kind of family, begin by cutting down slowly. For example, if you tend to grab fast food four nights a week, start by cutting down to two or three nights a week.

You may need to work on building up your "go-to" recipes; a rotation of about 5 to 10 recipes that you can "go-to" on busy nights. These are the dishes that you know your family likes and that are easy to make. Challenge yourself to find healthy recipes that you can put into your core rotation.