

THE OUTLOOK

INCLUDING ALL PRAIRIE VIEW COMMUNITIES

Next Outlook July 9
Submission deadline July 7
prairieviewoutlook@gmail.com

**PUBLIC
NOTICES**

**CANADA DAY
SCHEDULE**

**COMMUNITY
CALENDAR**

**EMPLOYMENT
OPPORTUNITIES**

Congratulations, Graduates of 2025!



Congratulations to Birtle Collegiate Class of 2025:

photo credit Jocelyn Cottingham

Coralee Anderson, Claire Armitage, Alise Armitage, Colby Asselstine, Baker Bryant, Dylan Buchanan, Avery Clark, Deklan Cottingham, Addison Cousins, Brandi Couvier, Evan Fulton, Mae Fulton, Addison Gray, Addison Hawtin, Taylor Iverson, Clayton Judd, Aiden Lewis, Kai Qing Mai, Carter Malchuk, Matayo Mercer, Jaymee Moran, Scotlin Priestley, Ayden Ranger, Savana Sandstrom, Evangeline Simard, Mckenzie Wollny-Vuignier and Kyran Zurbyk.



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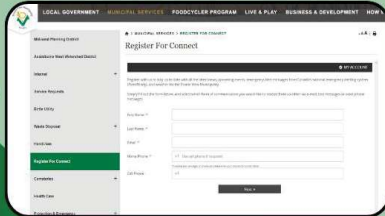
email.

Go to...

- myprairieview.ca
- **Municipal Services**
- **Register for Connect**

Once you're set up, click on "My Account" on the Register page to sign in!

Call
204-842-3234
for help!



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please contact

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* Installation fee due at time of install.

* Wireless Router can be provided for an additional cost.

LOCAL NOTICES

May 27 - Vaccine Clinic

May 22 - Important Notice Internet Rate Adjustment

May 12 - Recycling and Curbside Cart Info

May 12 - Dutch Elm Disease and Firewood Surveys

May 7 - Notice of Construction: Birtle Water & Sewer

May 6 - Spring Landfill Hours

To view full notices visit

<https://myprairieview.ca/p/local-notices>



Important Notice: **Internet Rate Adjustment**

Please be advised that effective July 1, 2025, the
monthly internet service rate will increase by \$5.00.

This adjustment helps us continue providing reliable
service and investing in network improvements to
serve you better.

We appreciate your understanding and continued
support.

Thank you for being a valued customer!

Please note that PVM employees will no longer be responding to Facebook comments; please call
either office or email info@myprairieview.ca with any questions.

AS OF MAY 1ST

MINIOTA LANDFILL

TUESDAY

3:00-5:30PM

FRIDAY

10:00-11:30AM &
3:00 - 4:30PM

SATURDAY

9:15-12:00PM

BIRTLE LANDFILL

TUESDAY

1:15-3:15PM

WEDNESDAY

3:00-7:00PM

THURSDAY

1:15-3:15PM

FRIDAY

3:00-5:00PM

SATURDAY

10:00AM-12:00PM & 1:00-4:00PM

BIRTLE CANADA DAY CELEBRATIONS

**8:30am - 12:00pm Breakfast Smorg at the Birtle
Riverside Golf Club**

**11:00am Parade - Line up at Fair Grounds by
10:30am 431-257-1111 to register**

**Following Parade Cake/Refreshments & BBQ Lunch
at the Town Square on Main Street**

**12pm - Beach Volley Ball Tournament
At the new court (beside the multi-courts)**

1pm - 3pm Youth Fishing Derby
Prizes Sponsored by Snake Creek Wildlife Association. Bring Your Own Tackle.
Adults Required to accompany Young Kids. Life Jackets encouraged. Catch &
Release. Registration in the Birtle Riverside Park by the Cook Shack.

1:30pm Jr. Firefighting Challenge in the Park

**2:00pm Children's Activities beside the Multi-
Courts**
Bouncy Castle Waterslide beside the Birtle Pool
Senior Bean Bag Toss beside the Cook Shack

4:00pm - Kids Sand Building Contest at the Beach

5:00pm - Birtle River Boat Races

At Birtle Riverside Park Fish Ladder. Must be homemade boats, 25 - 50cms with
a Canada Day Theme. Prizes for best decorated. .

MUSIC IN THE PARK

BESIDE THE COOK SHACK FROM 5PM - 10PM

FIREWORKS AT DUSK

A HUGE THANK YOU TO THE FOLLOWING SPONSORS:



Canada 

Adam Shoalts, Arctic Explorer and Bestselling Author, Visits Birtle submitted

Museum members Lorraine Snow, Brenda Evans and Margaret Ashcroft spent a very interesting afternoon with Canadian Geographic Explorer in Residence, bestselling author and sought after public speaker, Adam Shoalts. when he paid a visit to Birtle last October as part of his research for his upcoming book on arctic explorer, Hubert Darrell.

Hubert Darrell homesteaded in the Birtle area in 1890 along with his brother, Charles.

However, it wasn't long before Hubert was enticed by the Klondike gold rush to seek his fortune with the intent to pay off the farm. He ended up spending the rest of his life in the north for the love of the region and the adventures it offered and took up exploring the far reaches of the arctic from 1899 until 1910 when he mysteriously disappeared

east of Tuktoyaktuk, N.W.T. He also acted as a guide and friend to several well-known arctic explorers and, for a period of time, he was a mail carrier for Hudson Bay posts and also a guide for the North West Mounted Police patrols in the Yukon.

Adam considers Hubert Darrell, "one of the greatest in North American exploration history — who rarely used canoes and almost always travelled on foot, and often in the winter. No one has ever written a book about him and he doesn't even have a Wikipedia page, but when he's mentioned in the journals of celebrity explorers like Hanbury, Tyrrell and Stefansson, he sounds practically superhuman. He vanished without a trace in 1910, at the age of 35, somewhere near the Anderson River in the Western Arctic. There were later reports, carried back to Hudson's Bay



Pictured: Brenda Evans, Adam Shoalts and Marg Ashcroft
photo submitted

Company posts, of strange carvings in trees, and it was speculated that he might have left them as messages."

Adam's passion for the past decade has been learning all he could about Hubert Darrell which included retracing his forgotten routes with the intent of finally giving Darrell the recognition he deserves. Adam says his soon to be released book; Vanished Beyond the Map, The Mystery of Lost Explorer, Hubert Darrell "represents the culmination of more than a decade of research in the wilderness, searching out old ruins, and forgotten campsites, and endless hours spent squinting at faded letters and water-stained journals, all to bring to light the story of legendary lost explorer Hubert Darrell."

Margaret Ashcroft was

able to show Adam exactly where the Darrell's lived since they homesteaded adjacent to her family's land, southeast of Birtle in what was then known as the Warleigh district. Adam was excited to learn that Margaret was able to fill in some missing details about the Darrell family since she remembered Hubert's brother, Charles, when she was a young girl.

Adam also had a tour of the museum and was very interested to see old photographs of the town during the time period Hubert lived in the area. Museum members were able to provide some information about Agnes Dudley, to whom Hubert had become engaged and also about her father, banker, Joseph Dudley.

Cont'd next page

Birtle Pharmacy

808 Main Street



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Alison & Steve Desjardins

birtlepharmacy@gmail.com

Rx PharmaChoice
Advice for Life

Adam Shoalts, Arctic Explorer and Bestselling Author, Visits Birtle continued

Cont'd prev page

The pleasant afternoon was also spent driving around the countryside, showing Adam some of the beautiful scenic spots in and around Birtle so he could get a sense of the place Hubert Darrell called home. One of the unexpected highlights for Adam was seeing a prairie garter snake – a first for him. He enthusiastically jumped out of the car with his camera to take a picture. Adam explained that one of his projects is the Great Canadian Snake Quest, a multi-year expedition project to find, document, and photograph all of Canada's native snake species in the wild. The goal is to raise awareness about the threats they face and provide educational resources to classrooms across the country.

Plans are in the works to develop a display dedicated to Hubert Darrell in the museum in the upcoming months where you can learn more about this man's extraordinary life and accomplishments.

Vanished Beyond the Map, The Mystery of Lost Explorer, Hubert Darrell will be released on October 7th, 2025 and is available for preorder at most bookstores. There may be a possibility that Adam Shoalts will include Birtle on his book tour across Canada. Stay tuned!

More about Adam Shoalts:



Pictured above: Adam Shoalts

Declared one of the “greatest living explorers” by Canadian Geographic, and named “Canada’s Indiana Jones” by the Toronto Star, Adam Shoalts is a professional adventurer and the author of five national bestselling books. His career has included mapping rivers, leading expeditions for the Royal Canadian Geographical Society and Mountain Equipment Co-op, archaeological digs, tracking endangered species, and completing a nearly 4,000 km solo jour-

ney across Canada’s Arctic. On his expeditions he sometimes goes months without seeing another person. In 2022, he canoed and hiked from southern Canada to the Arctic.

Shoalts has written about edible mushrooms, deforestation, and watershed pollution in northern Canada. His writing career began with his “Reflections of a Naturalist” column on wild animals and conservation, which later led to his #1 national bestsellers *Alone Against the North* and *Be-*

photo submitted

yond the Trees, the award-winning story of his adventures. Shoalts’s work has been featured in media around the world, including the BBC, CNN, CTV, CBC, Reader’s Digest, the Washington Post, The Guardian and many others.

A History of Canada in 10 Maps is currently the #1 bestselling nonfiction book in Canada as of June 17, 2025 declared by the Toronto Star.

More about Adam’s adventures can be found at adamshoalts.com

Celebrating Youth, Community & the Arts: And Shout-Out to Our Silver Sponsors

Birtle Centre for the Arts would like to send a very special Thank You to our Silver Sponsors, Birtle Pharmacy and Desjard-Inn, for their donation!

It's contributors like these local businesses that support the creativity of our young artists. Eve Simard began attending art classes when she was a youngster and has been a valuable part of the Centre ever since.

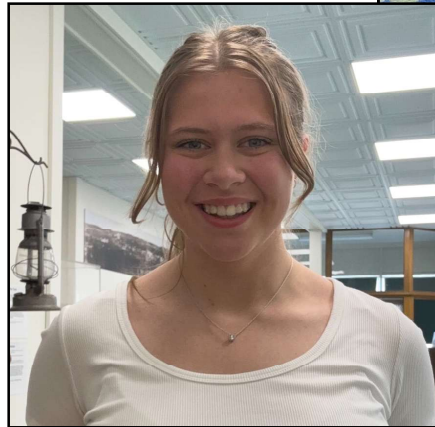
Last year, she became our first Youth Board Member, contributing as a volunteer and participating in Board Meetings and other Board activities. Throughout this school year, Eve has worked at the Centre with a local artist through Creative Manitoba's Rural Mentorship Program to develop her skills and

explore her creative style.

Eve is graduating from Grade 12 this month and plans to go on to earn a Fine Arts degree at Brandon University.

Eve's story is a good example of how the arts contribute to the lives of the young people of Birtle and the surrounding area.

Eve, we wish you all the best in your future endeavours, and we look forward to seeing you back at the Centre when you are in town!



Pictured above: Eve Simard age 10 on the pottery wheel. Left: More recent photo of Eve.
photos submitted

CHECK US OUT
ONLINE



myprairieview.ca

 Birtle Centre for the Arts
— Creating Community —

Thank you to our
2025 Silver Sponsor



 Birtle Centre for the Arts
— Creating Community —

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Park West School Division

Learners Today, Leaders Tomorrow

Stephen David
Superintendent/CEO

Stevee DeCorby
Secretary-Treasurer

Date: Friday, March 13, 2025

Topic: **Executive Summary of the June 12th Regular Board Meeting**

1. Waywayseecappo School is planning for an expanded [Outdoor Education program](#) starting in September. It will include a full-time teacher dedicated to providing land-based learning for students.
2. There are two initiatives planned for 2025-2026 to foster student empowerment by increasing meaningful student participation in school and divisional decision-making processes. The first involves the establishment of a Divisional Student Advisory Committee to ensure students have a formal, influential platform to share perspectives. The second will be a collaboration involving student councils.
3. The Middle Years track meet was held in Shoal Lake on June 10.
4. The Division received \$323,000 in provincial and federal funding for the Universally Accessible School Nutrition Program. Money was allocated directly to schools.
5. An advisory group made up of teachers, principals, and staff from across the division has developed a new K-8 Literacy Framework aligned with provincial directives to enhance student learning.
6. Teacher staffing for the 2025-2026 school year is near completion with only a few positions that remain vacant.
7. The secretary-treasurer reported on recent activities which included the completion of annual financial reporting to the province, an examination of the Five-Year Capital Plan, and an update on ventilation funding.
8. The Board approved fuel tenders for 2025-2026 with community co-ops being selected as our suppliers.
9. Trustees debriefed on two very successful recent events, the staff recognition night and the biannual meeting with Waywayseecappo.
10. Several divisional schools received recognition for Terry Fox fundraising. They included Major Pratt School, Inglis School, Shoal Lake School, and Strathclair Community School.
11. The next regular meeting of the Board is scheduled for August 28.

Birtle News

by Jan Fleury

On June 12th Nancy Birch attended an entertaining evening in Souris, MB organized by the Souris School staff in honour of her daughter Barb's retirement from teaching. Also attending were Mark and Colleen Talbot of Dauphin and their children Kylie and Benjamin Talbot of Winnipeg, Brad and Karen (Kowaluk) Pilling, Jill Falloon and Stacey Bradley all from Brandon. Congratulations Barb! Enjoy this next chapter!

Congratulations to the Birtle Collegiate Class of 2025 as you celebrate your graduation! This year's ceremonies will be held June 24th at the Birtle Arena at 1:30 with the Graduates Parade at 4:30 from the Arena down Main Street and up to

Sunnyside Manor and return on the same route. Enjoy your day and Best Wishes for your future!

Ted and Mona Cooley of Calgary spent some time visiting with family and friends in the area during the week of June 16th.

Morning Star Daycare Centre hosted a very successful golf tournament on June 21st. Funds raised will be used toward the planned expansion of the daycare.

Walter, Helen and Maryanne Choptuik had several visitors last weekend. Lisa and Scott Falloon of Foxwarren, Virginia and Fred Cross of Roblin, Petra and James Durston of Dauphin, Ernie and Margaret Choptuik of Lockport and Kara and Mike Cross and Brandi

and Robert Cross all of Saltcoats, SK came to celebrate Walter's birthday. Happy Birthday Walter!

Loraine Davidson from Gimli and her daughter Sabrina and her son Benjamin from Steinbach were visiting with Iris Bamford last weekend. They all attended the Dirt Bike races at Minn Kota with Sabrina competing.

Congratulations to Sabrina who was successful in winning her class.

First half of 2025 has come and gone in a flash! Next week we will celebrate Canada Day on July 1st. Many activities have been planned for the day. Hope everyone is able to enjoy the festivities! Happy Canada Day!

LOCAL NEWS MEANS THE WORLD TO US

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prairieviewoutlook@gmail.com



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Box 1389, Virden, MB, R0M 2C0



684 Main St. Birtle CDC Building
Drop box available.
Please call ahead.

To make an appointment, please
contact our Hamiota Office at
204-764-2544

Tina Collier CPA, CGA, CMAA
in attendance 204-813-4198

allianceaccounting.ca

Drizzles and Deals at Birtle's Town Wide Garage Sale

Despite a little rain, the community came out in full force for this year's town-wide garage sale - and what a day it was!

With 11 sales booked across town, plus 6 families set up inside the United Church Hall, there was no shortage of treasures to browse. The Value Shop opened from 12 to 2, and we even welcomed two out-of-town sellers into the mix.

A big thank you to everyone who participated, whether you set up a table, hosted a sale or just came out to browse and support your neighbours. Also thanks to those who rented tables in the hall. Thank you to Wendy who managed things inside and Tracey who was busy barbecuing. Over 70 maps were printed and could have likely used more - what a fantastic turnout!



Don't Miss our
Celebrations July 1
in Birtle

Birdtail Country Museum

SUMMER MARKET

Make It - Bake It - Grow It

Birtle, MB

Saturdays 11:00 AM to 2:00 PM

June 21	August 2
July 5	August 16
July 19	August 30

Contact Bridget 204-796-0074 or Val 204-210-1036
Tables \$15/each 756 Main St. Birtle

Miniota News

by Linda Clark

Nick and Tracy Young travelled to Regina where they met up with Mikaela who had flown in from Ottawa to surprise Jessica at her Bachelor of Education Graduation ceremony at the University of Regina. Congratulations Jessica and best wishes in your teaching career. Mikaela stayed for a week visiting family and friends and worked at the Night Hawk/C Hawk Alumni Golf tournament.

Hadley Bryant and Adrianna Cousins are members of the Westman Fury, a team of girls, all who live north of #1 Highway. This past weekend they competed in a Softball MB AA Showcase Tournament at the Ashley Newfeld Softball Complex in Brandon. They finished the round robin with 3 wins and 1 loss, and then lost the bronze medal game in an extra inning. They will return to the ANSC Complex July 25-27th for provincials.

'Her Village' and Little Kitchen on the Prairie served up a delicious Father's day Brunch at the Arrow River hall on Sunday morning.

Sheila Kokorudz has just returned home from visiting family in both Calgary and Regina. In Calgary while visiting with Angie and Yusef Kokorudz, she attended the awards ceremony and celebrated with grandson Yusef, his achievement of being named Male Athlete of the Year, for the second

time. On top of playing offensive and defensive on the high school football team, he also won Gold at Provincials for wrestling in the Heavyweight class and lost in the city's championship in rugby, bringing home silver. Congratulations Yusef! And then on to Regina, to attend the graduation of her grandson Ryken Arran, Rob and Mandy's son, from Calgary. Ryken graduated from the Athol Murray College at Notre Dame on June 14th. Ryken will be going to play hockey for the Niverville Nighthawks in the MB Jr. Hockey League this fall. Good luck in your future Ryken! Rightfully so, Sheila is very proud of these two grandsons. Grandma Sheila is also very proud of grandson Remmie Watson from Shoal Lake. Remmie participated in the Park West Divisional Track Meet at Shoal Lake and placed first in all his races, 100, 200, 400, 800 and 1500M races and holds a second place record for the 800 and 1500 M in this school division. Quite the runner for sure. Congrats Remmie!

This past week our Miniota grade 5-8 students travelled to Shoal Lake for Track and Field and the K-4 track day was held on Friday at the school. One could hear the cheering from all over town on such a beautiful day!

The Miniota CHawks/Nighthawks Alumni Golf Tournament was held on

Saturday, June 14th at the Miniota Golf course. Funds from this golf tournament were in support of the Miniota Rink Enhancement project for a new ball diamond and artificial ice in the skating rink along with new zamboni and dressing rooms. The MCC folks were on hand to barbecue lunch at the golf course, and a delicious pulled pork supper was served at the hall, followed by an auction. It was great to see so many of our hometown boys home for this event, all dressed in matching CHawk golf shirts. Once again wonderful support for the auction, both by the donators of prizes and the buyers for their purchases, and many dollars were raised. Jeff Poppel, chair of the enhancement committee brought everyone up to speed on funds raised and progress being made. Congratulations to the Enhancement committee and the MCC for their endeavors!

Our Miniota community extends best wishes to our Miniota students and their classmates on their graduation from grade 12 at the Birtle Collegiate Institute. Graduating are: Coralee Anderson, Claire Armitage, Elise Armitage, Dylan Buchanam, Baker Bryant, Baylie Bryant, Avery Clark, Addison Cousins, Brandi Couvier, Addison Hawtin, Clayton Judd, Aiden Lewis and Scotlin Priestley. Graduation ceremonies will be

held on June 24th at 1:30 in the Birtle Rink, followed by a parade and then each family celebrating their grad with individual family suppers.

This thought for our grads: "Your mind is a garden. Your thoughts are the seeds. You can grow flowers or you can grow weeds." Author Unknown Go out and shine in this world for our world needs your kindness and energy.

Isabella News

On Saturday, June 14th, Kendall and Angie Heise hosted a family birthday party for Kendall's Mom, Margaret Heise at the Hamiota Arts Centre. Margaret is a resident at Birch Lodge and she enjoyed the celebrations for her 95th amongst her family. Family home for the occasion were Adele Heise and Brian McConkey, and their family Laura and Liam and his friend Xiaoxue Xie from Victoria BC and Michelle McConkey from Regina, Arla and Reed Winstone and their family Travis, Arden and Hayden and friend Iryna Medvid; Lawrence and Lynn Heise, Jessica Heise and Joel Turner, Margaret's sister-in-law Gaylene Coutts, all from Winnipeg; her niece Colleen Wolframe, Kenora ON; Kyle and Karina Winters, Max and McKenna from Brandon. Everyone enjoyed a light lunch catered by the Isabella Community Women, as they reminisced of

Isabella News Cont'd

all the meals that Margaret had prepared for family and friends through the years. Birthday cake was enjoyed with many family pictures taken of the occasion. Margaret enjoyed her birthday celebration and the many cards she had received from near and far. Happy Birthday Margaret from all your Isabella friends!

Congratulations to Avery Clark on her grade 12 graduation from the Birtle Collegiate! Our Isabella Community wishes you all the best in your future endeavours!

Preserving the Past for the Future – our Isabella museum board is gearing up for their annual day to be held on July 6th. Watch for posters for the details.

Isabella Museum Days submitted

There will be 5 buildings open that day for viewing. Volunteers will be in each museum to point out interesting pieces and try to answer your questions.

As well as this, there will be a honey extracting demo at 3:00, and an antique scavenger hunt, which has proved very popular in the past with young folks. Also the older people learn about items that are no longer used!

The cold plate supper will be at 5:00 and Isabella is well-known for the delicious meal that is shared.

Come to enjoy the hospitality of this historic little town and renew acquaintances!

Isabella Museum Day



Sunday, July 6

Museums open 2:00

Cold plate supper 5:00

Adults - \$20, 6-10 yrs - \$8, Under 6 yrs - Free

> Honey Extractor Demonstration at 3 p.m.

> Antique Scavenger Hunt

MINIOTA COMMUNITY CENTER PROUDLY PRESENTS:

MINIOTA *Summer* BONSPIEL

JOIN US FOR THE 32ND ANNUAL MINIOTA SUMMER CURLING BONSPIEL

JULY 17-20TH, 2025

CASH PRIZES | CALCUTTA | SATURDAY LIVE BAND + SOCIAL

Call/Text Loree Gardham: 204-851-5221 to enter

**Early bird entries \$180 until May 1st || After May 1st Fee \$200
(CURLERS MUST BE AVAILABLE TO CURL THURSDAY-SUNDAY)*

THE CURLING BONSPIEL IS THE MAIN HIGHLIGHT OF OUR 'SHIRTSLEEVE CLASSIC' WEEKEND, WHICH ALSO INCLUDES A GOLF TOURNAMENT, SLO PITCH TOURNAMENT, COMMUNITY SUPPERS, SATURDAY SOCIAL WITH LIVE BAND, KIDS' ACTIVITIES, TRACTOR PULL, CAR RALLY AND SO MUCH MORE.

JOIN US FOR AN UNFORGETTABLE WEEKEND!



4 player teams

Beach VOLLEY BALL

TOURNAMENT

\$50 PER Team

July 1st
Birtle Riverside Park

1st place wins 40%
2nd place wins 20%
3rd place win 10%
Of entry fees

Funds raised will go to Valley Viperz Equipment Fund

REGISTER NOW
Text Teneil @ 306-962-7455 or email valleyviperzvolleyball@gmail.com



summer pickleball

Our Local Pickleball group would like to invite anyone interested in joining them at the Multi Courts each Tuesday at 7pm and Thursday at 10am.



Any skill level is welcome, even if you want to learn how to play we have extra paddles.
No fee, just come out and have fun!!



Summer KIDZ CAMP

BIRTLE CAMPS **AGES 5 TO 12**

- WEEK#1 JULY 7TH TO 11TH
- WEEK#2 JULY 14TH TO 18TH
- WEEK#3 JULY 21ST TO 25TH
- WEEK#4 JULY 28TH TO AUG 1ST
- WEEK#5 AUG 5TH TO 8TH

MINOTA CAMPS

- WEEK#6 AUG 11TH TO 15TH
- WEEK#7 AUG 18TH TO 22ND

For more info or to register contact Martyn at 204-842-3460 or recreation@myprairieview.ca




2025 Sessions

Swimming Lessons

Intensive two lessons per day at Birtle Beach.

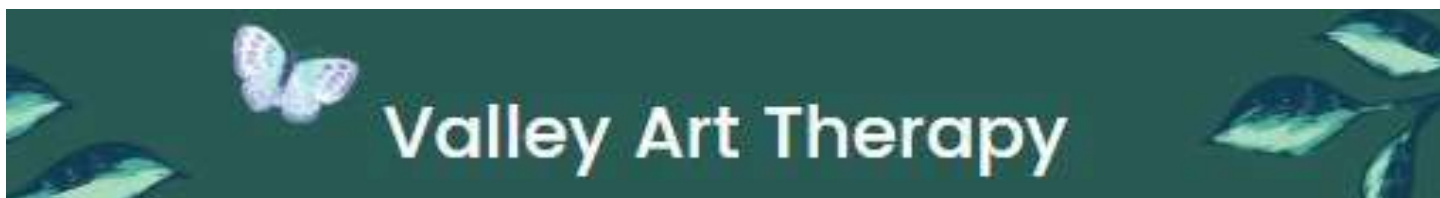
This program is run under the Lifesavings Swim for Life system.

- Week #1 July 7th to 11th**
- Week #2 July 14th to 18th**
- Week #3 July 21st to 25th**
- Week #4 July 28th to Aug 1st**

****Please note that lesson sizes and times are dependent on registrations**.**

Registration Deadline is- June 27th.

For more info or to registration call Martyn at 204-842-3460 or recreation@myprairieview.ca



Parent's Guide to Co-Regulation

Simple ways to be your child's calm when emotions run high

When your child is overwhelmed, melting down, or shutting down, it can be hard to know what to do. You might feel helpless or frustrated — and that's completely normal.

But here's something that can really help: co-regulation.

At Valley Art Therapy, we talk a lot about co-regulation — the process of helping another person (like your child) feel safe enough to calm down through your own calm, caring presence. It's how we help their nervous system shift from "I'm not okay" to "I feel safe again."

Why it matters

Thanks to Polyvagal Theory, we understand that our nervous systems are always scanning for cues of safety — and when they find them, that's when connection and regulation become possible. When a child is in fight, flight, or freeze, they can't think clearly, follow directions, or "just calm down." They need support — and often, they need you.

The good news? You don't have to be perfect. Even small, consistent moments of co-regulation

make a difference. Over time, this builds the foundation for self-regulation — the ability to manage big feelings on their own.

A few ways to start
Start with yourself

Take a slow breath before you respond. Kids pick up on our energy more than our words — so your calm helps their body feel safe.

Validate what they're feeling

Try something simple like, "That was really hard," or "You're feeling so big right now, hey?" When kids feel understood, their system begins to settle.

Stay close, without pressure

You don't have to fix it. Just being there — with a soft voice, a calm presence, maybe a hand on their back — can be enough.

Use rhythm and routine

Repetitive, predictable activities can help kids feel safe and settled. Anything from rocking, humming, walking, reading or playing together, or even predictable bedtime routines help kids feel safe and settled.

Know it's okay to be human

You may lose your cool sometimes. We all do.

Repair is part of regulation too — a simple "I got overwhelmed, I'm sorry" teaches so much. When you're overwhelmed, taking a moment to pause and breathe helps you show up the way you want to.

The truth is, co-regulation isn't a fancy technique — it's the everyday ways we help our kids feel safe

in the world. And when they feel safe with us, they learn how to feel safe in themselves.

If this feels hard, or if you're not sure where to start, you're not alone.

This is the kind of support we offer every day at Valley Art Therapy — for both kids and the people who love them.

For more information contact

care@valleyarttherapy.com

204 842 3869





Resilient Within
TEEN ART THERAPY GROUP

A CREATIVE SPACE TO HELP TEENS BUILD CALM, CONFIDENCE, AND COPING TOOLS THIS SUMMER.

Thursdays, starting July 10
6:30–8:30 PM
Valley Art Therapy – Birtle Office (743 Main Street)
For teens ages 13–17

Spots are limited!
Email care@valleyarttherapy.com to register by June 30, 2025

No Art Experience Needed!

Led by Dana Corr (Art Therapist / Certified Counsellor) and Cassidy Entz (Counselling Intern), this group offers a calm, non-judgmental space for teens to recharge, reflect, and reconnect—with themselves and others.

Valley Service for Seniors

663 Main St. Birtle Phone 204-842-3296
Tuesdays Wednesdays & Thursdays 9am to 4pm

Tuesdays
9am Walking
10am Exercise
11am Coffee

Wednesdays
9am Walking
9am to 4pm Office
& Home Visits

Thursdays
9am Walking
10am Exercise
1:30 Floor Curling

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Serving the needs of our Community Seniors!!

valleyserviceforseniors@gmail.com facebook:Valley Service for Seniors - Birtle



THE VALUE SHOPPE

NEW HOURS
MONDAY 1:30 TO 4:30PM
WEDNESDAY 1:30 TO 4:30PM
THURSDAY 4:30 TO 7:00PM
FRIDAY 1:30 TO 4:30PM

PLEASE MAKE SURE ALL DONATIONS ARE CLEAN AND IN GOOD REPAIR.

WE APPRECIATE ALL DONATIONS BUT IF YOU CAN'T WEAR IT WE CAN'T SELL IT

701 Main St., Birtle



WEST CENTRAL MANITOBA IMMIGRATION INITIATIVE

If you live, work or have family in Prairie View Municipality and would like to learn more about our Community Endorsed Skilled Worker Program, please contact Birtle Miniota & District Development Corporation.

Employers looking for skilled workers are also encouraged to reach out.

Contact BMDDC
cdc@myprairieview.ca
or visit immigratewcm.com

Birtle Miniota & District Development Corporation

Prairie View Municipality



DIRECT FARM — MANITOBA —

Farm Fresh Eggs

at Manitoba farmers' markets

AVAILABLE NOW

We are excited to announce that as of May 15th, ungraded farm fresh eggs can now be sold at MB farmers' markets! Stay tuned for more information.



MINIOTA HAIR SALON

Business Opportunity

123 North Railway Ave

2 STATIONS WASHER/DRYER & KITCHEN AREA

Daily & Monthly Rates Available

Contact Zoey for more info
call 204-842-3602
cdc@myprairieview.ca

BMDDC 2019
BMDDC
BIRTLE MINIOTA & DISTRICT DEVELOPMENT CORPORATION

PRAIRIE VIEW CALENDAR

JULY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	Birtle 1 Canada Day Celebrations Beach Volleyball	2	3	4	Summer 5 Market Mainstreet Birtle
6 Isabella Museum Day	Week 1 7 Summer Camp & Swim Lessons	8	9	10	11	12
13	Week 2 14 Summer Camp & Swim Lessons	15	16	17 Miniota Shirt Sleeve Classic Miniota Summer Bonspiel	18	Summer 19 Market Birtle
20 Miniota Summer Bonspiel	Week 3 21 Summer Camp & Swim Lessons	22	23	24	25	26 Ladies 18 hole Miniota
27	Week 4 28 Summer Camp & Swim Lessons	29	30	31	1	2 Summer Market Mainstreet

**View our
Online Community Calendar
for more details at
myprairieview.ca/p/community-events**

**To submit an event to our
Community Calendar visit
<https://myprairieview.ca/p/add-event>**

Weekly Events

Men's Night Golf - Miniota Tuesdays 7pm
Birtle Pickleball Tuesdays 7pm
Ladies Night Golf - Birtle Tuesdays 6:30pm
Ladies Night Golf - Miniota Wednesdays 7pm
Foxwarren Bingo - Wednesdays 2pm to 4pm
Birtle Pickleball - Thursdays 10am
Men's Night Golf - Birtle Thursdays 7:00pm
Foxwarren Homemade Lunch - Fridays 11:30am
Beulah Hall Online Chase the Ace - Sundays 7pm
Birdtail Summer Market - Every second Saturday

LOCAL EMPLOYMENT OPPORTUNITIES

RERC Local Opportunities

Bulk Fuel Truck Driver/Maintenance
Central Delivery Truck Driver
Driver Education Instructor
Early Childhood Educator/Child Care Assistant
Field Engineer Assistant
Highway Field Inspector
Maintenance Worker
Member Service Representative
Public Works Grader Operator
Public Works Operator/Labourer
Secretary
Survey Crew Chief
Truck Driver/Operator
Heavy Duty Ag Mechanic

For more information on these positions contact

RERC Tel: (204) 773-3353 or

<https://regionalemployment.ca/job-board/>

**To place a listing here,
email prairieviewoutlook@gmail.com**

Moulson's Welding

Experienced Welder

Heavy Duty/Ag Mechanic

For information contact

moulsonswelding@gmail.com call 204-847-2227

Twin Valley Co-op - Birtle & Miniota

Birtle Home Centre – Central Delivery Unit Driver

Bulk Petroleum: Class 1 or 3A Drivers

Miniota - Student Grocery Clerks

Russell Gas Bar Attendants

for more information visit www.twinvalleyco-op.crs/sites/twinvalley/careers

Prairie Mountain Health - Birtle

Community Mental Health Worker

Cook I

Environmental Services Aide (Housekeeping)

Health Care Aide - multiple

Licensed Practical Nurse - multiple

Nurse II - multiple

For more information visit <https://careers.pmh-mb.ca/>

Heart & Sole Reflexology



Amanda Fulcher
Reflexologist

907 Main St. Birtle, MB
fulcheramanda3@gmail.com
1-204-821-4546

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PHONE: 204-842-3602

EMAIL: CDC@MYPRAIRIEVIEW.CA

OUTLOOK SUBMISSIONS:
PRAIRIEVIEWOUTLOOK@GMAIL.COM



**BIRTLE MINIOTA & DISTRICT
DEVELOPMENT CORPORATION**

Prairie View Municipality Employment Opportunities

Public Works
Operator/Labourer
&
Public Works Grade Operator

Positions will remain open
until filled

For more information visit
[myprairieview.ca/p/
pvm-employment-opportunities](http://myprairieview.ca/p/pvm-employment-opportunities)

+ ABPI TEST

A non-invasive test
to determine blood flow
in lower legs.

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ABPI TEST

Birtle Clinic
843 Gertrude Street

**Book An
Appointment**

CALL: 204-842-3990

Appointment takes
45 minutes and clients
must be able to lie flat
for at least 30 minutes.



DIABETES



HIGH
CHOLESTEROL



TOBACCO
USE



HIGH
BLOOD PRESSURE



OVER 65



PRAIRIE MOUNTAIN HEALTH

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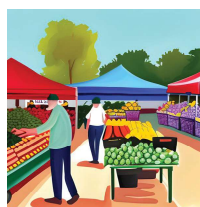
Birdtail Country Museum Summer Market

Saturdays 11:00am - 2:00pm



Lunch Menu

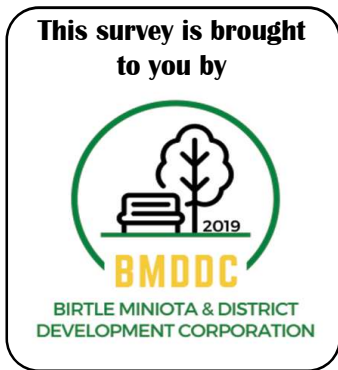
Homemade burgers
Homemade cheeseburgers
Austidogs
Hotdogs
Water
Homemade butter tarts



Market Dates

June 21
July 5
July 19
August 2
August 16
August 30

MAKE IT - BAKE IT - GROW IT - BUY LOCAL!



Making informed decisions on how to best serve you is important to us! BMDDC is asking for your thoughts on key issues like housing, employment, services and recreation. Your input will guide decisions, shape future initiatives and strengthen our community for generations to come!

The surveys will focus on different topics, allowing us to take a deeper look at what matters most. Whether you're a long-time resident or new to the area, your voice is important!

Please take a few moments to complete this survey. Your responses will remain anonymous and the results will be used to develop plans and resources that reflect our community's needs. We appreciate your time!

Adding your contact is not mandatory but can help us reach out with relevant information in response to your specific answers. It also enters you in our draw!

Community Voices - Your Community - Survey #4

1. How long have you lived in Prairie View Municipality? _____
2. What town do you live in/near? _____
3. On a scale of 1 though 10, with 1 being not at all & 10 being strongly, how much do you feel a sense of belonging in your community? 1 2 3 4 5 6 7 8 9 10
4. Have you participated in any local community events in the past 1 to 2 years?
 - ☐ Welcome Night/Volunteer Appreciation/Fall Fest
 - ☐ Christmas Celebrations
 - ☐ Canada Day Celebrations
 - ☐ Shirtsleeve Classic
 - ☐ Tea, Lunch, Supper, Ladies Night, Funder
 - ☐ A derby or sporting event
 - ☐ A market
 - ☐ Other (please specify): _____
5. How do you prefer to hear about community events and news?
 - ☐ Facebook
 - ☐ Other Social Media
 - ☐ The Outlook Newsletter
 - ☐ Community Bulleting Boards
 - ☐ Municipal Website Event Calendar
 - ☐ Word of Mouth
 - ☐ Other (please specify): _____
6. Would any of the following help you feel a stronger sense of belonging (if desired)?
 - ☐ Opportunities to meet new people
 - ☐ Volunteer Opportunities that match your interest
 - ☐ Better communication for upcoming events
 - ☐ Local mentorship program
 - ☐ Family or community gatherings
 - ☐ Groups like a walking or reading club
 - ☐ Other: _____

WE APPRECIATE HEARING FROM YOU

Name: _____ Contact: _____

3 WAYS TO HAVE YOUR SAY

1. Visit <https://myprairieview.ca/p/birtle-miniota-cdc> Click on the survey link and fill out online.
2. Fill out this form and drop it off at Birtle Miniota & District Development Corporation (684 Main, Birtle) or a Prairie View Municipal Office (Birtle or Miniota).
3. Fill out this form, take a photo or scan and email to cdc@myprairieview.ca or text it to 431-257-1111.

