

# THE OUTLOOK

## INCLUDING ALL PRAIRIE VIEW COMMUNITIES

**Next Outlook April 2**  
Submission deadline March 31  
[prairieviewoutlook@gmail.com](mailto:prairieviewoutlook@gmail.com)

**PUBLIC  
NOTICES**

**COMMUNITY  
NEWS**

**COMMUNITY  
CALENDAR**

**EMPLOYMENT  
OPPORTUNITIES**

## Valley Viperz Unleashed - A New Era in Volleyball for Birtle



**Birtle's New Club Volleyball Team will host their first ever Home Tournament this Saturday at BCI.**  
**Pictured l to r: Quinn, Keera, Leah, Andi, Kinley, Reese, Kole, Kali, Tiffany, Rylee**  
**Photo credit: Imperial Photo Brandon**

**Story Inside Page 3 →**



**TWIN VALLEY CO-OP  
ANNUAL GENERAL MEETING 2025**

**Thursday,  
April 10  
2025**

**Elkhorn Elks Hall  
Elkhorn, MB**

**7:00 p.m. Call to Order**

Advance Registration is required,  
to register please email:  
[marketing@twinvalley.co-op](mailto:marketing@twinvalley.co-op)

Registration closes April 9, 2025.

If you plan to attend virtually, please  
state this in your registration.

### MEMBERS WILL VOTE ON:

- 2 Director positions up for re-election
- 1 Director position up for election
  - Nominations will only be accepted in advance
  - Please contact the Administration Office for a nomination form or for further information: 204-842-3387

Those who submitted membership applications prior to April 1, 2025, will be eligible to vote.

Please send any questions in advance to [mark.morton@twinvalley.co-op](mailto:mark.morton@twinvalley.co-op) or call 204-567-3524 no later than April 1, 2025.

[www.twinvalleyco-op.co-op](http://www.twinvalleyco-op.co-op)



CHECK US OUT  
**ONLINE**



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

## Public Hearing Notice

A Public Hearing regarding the Special Service Plan 2025-01 & 2025-02, for Waste & Recyclable Material Collection, will be held March 19 at the Birtle United Church @ 6:30pm.

Prior to the hearing, written objections to the Special Service Plan can be accepted at either Birtle or Miniota Municipal Offices. All objections written or verbal must be filed

prior to the adjournment of the hearing and must include the name, address and property description of the person filing the objection and the grounds of their objection.

All residents of Prairie View Municipality are invited to attend this hearing. Copies of the Special Service Plan can be picked up at Birtle or Miniota Offices.

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Call **204-842-3234** for help!

**MINIOTA  
LANDFILL**

TUESDAY	3:00-4:30PM
FRIDAY	10:00-11:30AM & 3:00-4:30PM
SATURDAY	9:15AM-12:00PM

**BIRTLE LANDFILL**

TUESDAY	1:15-3:15PM
WEDNESDAY	3:00-5:00PM
THURSDAY	1:15-3:15PM
FRIDAY	3:00-5:00PM
SATURDAY	10:00AM-12:00PM & 1:00-4:00PM

# 4-H Speech Night

submitted by Natalie Lane - Club Reporter



The Foxwarren Sols-girth 4-H Beef Club held their annual club speeches on February 24, 2025 at the Foxwarren Leisure Centre at 7:00pm. The evening was well attended by parents and grandparents of the 4-H members. Everybody did a great job

and improved on their public speaking from last year.

The two members from each age group that are advancing to zones on March 6 in Rossburn are:

Clover Bud (8 & under) Slater Bauers "My Trip to North Dakota"

and Ben Corr "Hockey". Junior (age 9-11) Callan Bauers "Trip for the Tastebuds" and Clair Corr "Basketball". Intermediate (age 12-14) Sam Corr "My Cousin Jake" and Keera Galloway "Bottle Calves". Senior (age 15-17) Emma Galloway "Crop market-

ing & Risk Management".

We would like to thank the judges Jen Lytle and Randi Hunkin and Cass Lytle for being the time-keeper. We would also like to thank the Twin Valley Co-op for donating snacks and prizes for the members.

## Valley Viperz Unleashed - A New Era in Volleyball for Birtle

Compiled

"We had not even been in the community 4 months before word got out, stirring thoughts about a team, when we were approached by a couple families to see if we would be interested in starting a club right here in Birtle," recalls Teneil Fogg.

Travis and Teneil's previous experience running a club volleyball team back in Saskatchewan was seen as an opportunity by parents for a local club of their own.

The first meeting took place in the Fogg family's kitchen. Eighteen parents gathered around sharing in their vision and enthusi-

asm. With strong support from the community, the club officially registered and when tryouts were announced more than 28 athletes signed up. However, a snowstorm made travel difficult and only 20 players could attend. Of those that tried out, coaches Tricia Lelond and Travis Fogg chose ten talented athletes to create their team and the Valley Viperz were born.

Players Kinley Cottingham, Keera Galloway, Quinn Bryant, Leah van den Heuval, Reese Lelond, Tiffany Brown, Kole Ward

Fogg, Rylee Maynes, Kali Howe and Andi Chartier were the first to don the Valley Viperz jersey, representing the club with pride and setting the bar for future teams to follow.

Since its inception, the team has received great support, securing funding that helped them acquire much-needed equipment. However, as they continue to grow they are still seeking additional funding to purchase another key piece of training equipment.

This weekend marks a major milestone for the

Valley Viperz with their very first home tournament. The team is eager to showcase their hard work and dedication. It's more than just a game; it's the realization of a dream that started in a kitchen and has now taken root in the heart of the community.





# Local Rinks Rally

story by Elizabeth Jebb



**photo: Hockeyville submission by Nancy E.**

The communities of Birtle and Foxwarren have launched into the competition of Hockeyville Manitoba.

Since the touchdown of a devastating tornado in Foxwarren tore off the roof of its hockey arena, its citizens have been determined to restore what was once the heart of their town. With support from local businesses, athletes and parents in the area, Foxwarren residents, like Amber Moulson,

have shown perseverance and passion for our Nation's sport. And this may be exactly what it takes to win the prize of \$250,000.

Since 1948 this rink has been one of the biggest joys of its town. To many people here, hockey isn't just a sport, it is a lifestyle, and they are eager to get it back.

"And if we make it to the top 4," said Amber Moulson online, "it will take a village" to get the votes!! And will be the most important

GAME the Foxwarren Arena has ever played!!"

While Foxwarren battles to "raise the roof", Birtle has also rallied behind their rink in hopes of funding essential upgrades. According to Tanya Barnes, an advocate for Birtle rink, although citizens here love hockey as well, this rink has so much more to of-

fer than just the sport. "It's the place where children graduate from high school, couples unite in marriage and where we support one another in great times of sorrow." States Tanya in a video submission to Hockeyville. For almost 50 years this building has provided a lot for the people of Birtle, but with its common use comes need for repairs. If granted the prize money, Birtle plans on upgrading the bathrooms and change rooms downstairs, enhancing indoor seating, refurbishing the zamboni room and adding outdoor heaters.

The top 4 finalists for Kraft Hockeyville 2025 will be announced on March 15th. The next round of voting will be April 4th-5th with the overall winner announced April 5th.

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Please submit your story to:

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

# Top Manitoba Employer, Again!

NEWS RELEASE

For Immediate Release

March 11, 2025

HAMIOTA, MB – Fusion Credit Union has once again been named as a Top Manitoba Employer for 2025. The annual competition recognizes Manitoba employers that lead their industries in offering an exceptional work environment and employee experience. The designation marks the sixth consecutive year that Fusion has achieved this status, a recognition that Darwin Johns, CEO of Fusion Credit Union is proud to have achieved.

“We are incredibly honored to be recognized as a Top Manitoba Employer for 2025,” states Johns. “To achieve this status for six consecutive years reaffirms our commitment to building a workplace where our employees can thrive, grow and build meaningful careers.”

Manitoba’s Top Employers is an annual competition organized by the editors of Canada’s Top 100 Employers. Employers must meet certain criteria to be eligible for the designation, some of which include workplace culture, employee training, skills development and community involvement.

“We believe that investing in our people is the key



to our success,” states Mike Loewen, Chief Risk & People Officer at Fusion Credit Union. “Being recognized as a Top Manitoba Employer for six consecutive years is a testament to the culture we have built – one where skills are nurtured, growth is encouraged, and contributions are celebrated.”

Professional development plays an important role in the employee experience at Fusion. Employees are required to participate in learning opportunities for their current roles and future roles. One such opportunity for growth and development is the Fusion Young Leaders Group. Now in its 15th year, the Fusion Young Leaders is open to employees aged 40 and younger who are interested in contributing to the organization and learning leadership skills. “The program allows employees to engage in their

own professional development and collaborate with other future leaders,” comments Kelly Brook, Chief Financial Officer and Fusion Young Leaders Executive Management Team Sponsor. “Through various initiatives and learning opportunities of the program, employees develop new skills that provide them with the confidence to lead.”

Community involvement is one of the eight criteria of the Top Employer competition, an aspect that is woven into the culture at Fusion. Employees logged an impressive 8,871 volunteer hours in 2024, proving their dedication to their communities. “Our employees aren’t just serving our communities, they are a part of our communities,” states Loewen. “They are the individuals who are volunteering at the local fairs, sitting on local boards

and doing the work that makes a difference for our communities.”

As a full-service financial institution with 212 employees, Fusion serves more than 30,000 members through 18 branches across communities in Parkland and southwestern Manitoba. Administering assets of more than \$1.55 billion, Fusion has the capacity, the shared commitment, and the opportunity to support growth and prosperity, locally and beyond.

“We have outstanding, dedicated and talented employees who take pride in their work and genuinely care about each other and the work we do for our members and our communities,” says Johns. “The commitment to our members and our communities is what makes Fusion such a fantastic organization to build a career and do business with.”



# Miniota Fire Department Fishing Derby submitted by Nick Young

Another successful Derby with gorgeous weather. We want to thank everyone who came out and supported our fund-raising event. Even though there were a few bites, no fish were caught. Nobody seemed too disappointed though. The kids had fun sledding and winning prizes and that's what matters most.

Thanks to everyone who bought 50/50 tickets leading up to our event and the day of. The lucky winner was Debbie Lee from Virden.

We were fortunate enough to have four nice

raffle prizes this year thanks to Hooper's Lake foundation, North Mountain Welding, Twin Valley Coop & Rhonda & Darwin Walker. The winners were Scotlin Priestley, Hailey Gardham, Andrea Eashappie & Becky Gardham.

We had many door prizes again thanks to the following: Virden Rec, Seahawk, Clark Farms, Moulson's Welding, Assiniboine West Watershed District, Fusion CU, Twin Valley Coop, Birtail General Store, Still Water Adventures, P & H, Four Season Sales, Doole Con-

tracting, North Mountain Welding, Virden Ag Sales, Heritage Equipment, Nutrien Potash Corp. Campbell Flowers, Gardham Brothers Construction, Mazergroup, Shoal Lake. Lunch was provided by the Miniota Discoveries

Learning Centre.

Apologies, if I missed anyone.

Thanks again to all who made this day a success. We really appreciate everyone's support and we hope to do it again next year.

## Families enjoy the derby. Photos submitted



## Birtle Lab Hours

8:30am to  
3:00pm

Wednesdays  
March 19  
&  
March 26





# Birtle Fire Department Vintage Derby compiled

The Birtle Fire Department held their 12th Annual Vintage Snowmobile Derby February 23.

It was a great day with 131 riders enjoying the fantastic weather and a good trail groomed by volunteers.

A number of locals came by to view the vintage line up and lunch was enjoyed by many.

A number of prizes were handed out including a \$25 cash prize for riders 12 & under to Leo Deschambault.

A Souvunier Helmet donated by Rogue Garagewas won by Jacy Lane.

The 50/50 Draw with

winning pot of \$512 went to Coehn Farquhar.

The People's Choice Trophy, donated by Art Smyth, went to Peter Mysko of Roblin.

Silent Rider winners:

First place for Silent Rider was \$800 and went to Megan Blouin. Second place of \$480 to Jo-Anne Hickman. And third place at \$320 went to Mike Sotas.

\$800 First place for Riders went to Dwayne Mushmanski. Second place at \$480 went to Dustin Hickman and Orv Grant took third place, winning \$320.

The Birtle Fire Department would like to thank

everyone who came out and supported in any way. Also thank you to the townspeople that came out to view all the vintage

sleds.

Proceeds from the derby go to Birtle Fire Department's Special Equipment Fund.



Photo submitted by Travis Suski

**Below: Many of the items previously purchased by Birtle Fire Department from their Special Equipment Fund.**

Unit 4 Quick Response/Wildland unit • lights/siren • 2 stage high pressure pump (2012-2014) \$28441.41

Katada utility vehicle • pump & tank • lights (2010-2011) \$11932.54

Trailer for Katada (2017) (RM paid \$4700) • 4 wheels • interior lighting (2018-2021) \$8404.84

Air tanks (2024) \$2500

Rescue sled board & dry suits (1999) \$7473.74

**Birtle Fire Department**  
Purchases with Donated & Fundraised Money  
*Thank you for helping us serve our communities!*

3 PDS handheld radios (2021) \$5379.91

Survived gear depot \$11546.00 (RM paid \$4000)

DeWalt battery operated tools \$4653.22

Not shown:  
Utility storage shed (2024) \$2745.00  
Multi-generator (2022) \$957.92  
Honda 1 inch portable pump \$514.58  
Ice auger (2021) \$309.71  
  
Total: \$65,900.80  
  
(Note: These purchases shown only go back as far as we have been able to track purchases!)

Support sleds (2024) \$5239.50

Washing machine (2024) \$500.00



# Birtle News

submitted by Jan Fleury

## BIRDTAIL COUNTRY MUSEUM

### ANNUAL GENERAL MEETING

**Sunday,  
March 16, 2025**

**CDC Boardroom**

**Setting  
membership fees for  
2025**

**Everyone is  
Welcome**

\*\*\*\*\*

## DROP IN CENTRE

### ANNUAL MEETING

**Wednesday,  
March 26th  
10 a.m.  
at the Drop In**

\*\*\*\*\*

Word has been received of the passing of Sheila (Brydon) Gibb on Feb. 14th at the age of 92. Sheila and her late husband Bill Brydon farmed south-east of Birtle where they raised their family, daughters Barbara Larkin, Letitia (Mark) Robinson and son Barry (Marion) Brydon. Condolences to her family and friends.

Pam Coates of Saskatoon, SK visited with her parents, Gary and Eileen Dimond for a few days last week.

Sympathy of the community is extended to the family and friends of Shirley Ryan who passed away at Sunnyside PCH in Birtle on Feb. 17th at the age of 98. Formerly of Foxwarren, Shirley was predeceased by her husband Carman and is survived

by daughters Patti (Roy) Reagh and Julie (Kevin) Bridgeman and their families.

Congratulations to the Birtle U-9 Bruins who captured the A Side at the Shoal Lake U-9 Tournament last weekend.

The Birtle Curling Club hosted their annual Ladies Bonspiel on Feb. 21 and 22. A point system was used to determine the winning team with the Linda Newton rink from Shoal Lake taking the top prize. The theme was "Tacky" and the judges had a very hard job to determine the winner but the Linda Newton rink also took home this prize.

On Monday Feb. 24th, Valley Services for Seniors sponsored an afternoon of entertainment featuring the musical group "Three's

Company" of the Virden area. The music and songs were enjoyed as well as coffee and cookies.

Birtle Fire Department hosted their 12th Annual Vintage Snowmobile Derby on Sunday, Feb. 23rd with 131 sleds entered. The weather co-operated this year and the abundance of snow made the ride a great one. All proceeds are used by the fire department to put towards the purchase of new equipment. All your hard work towards this fundraiser has really paid dividends to the community. Thank you for your service.

Laura Lindberg of Gilbert, AZ spend a few days visiting with her grandparents, Fred and Betty-Ann Cottingham. She also visited with Ian and Jocelyn Cottingham and family at the farm as well as other area relatives.

Several locals took in a horse sleigh ride through Riding Mountain National Park last weekend. There were teams pulling a variety of sleighs as well as riders on horseback. The weather co-operated as well for this event.

Congratulations the the U9 Birtle Bruins who went undefeated to capture the A Side Championship at the Elkhorn U9 Tournament last weekend.





# Birtle News Cont'd

submitted by Jan Fleury

The Birtle Figure Skating Club held their annual season windup performing "Disney on Ice" at the Birtle Arena on Sunday, March 9th. In the CanSkate division six skaters under the instruction of Courtney Collier, Kiera Bell and Griffin Bell took part. This group was split in 3 with Group 1 performing "Let it Go" from "Frozen" and skated by Natalie Lane and Sierra Wood. Group 2 skated to "Part of Your World" from "Little Mermaid" and featured Riley Fleury Costa and Quinn Bonchuk and Group 3 skated to "Life is a Highway" from "Cars" and featured Melnia Stronko and Kirill Stronko.

The Birtle Culing Club hosted their Mixed Bonspiel on March 7th & 8th.

Each team played two games with a point system determining placement for a one game playoff. In the battle of the top two teams, Bill Flynn's rink took top prize. Ed Sandstrom's rink took the prize in the 2nd and Jason Heaman's rink won the 3rd. The 4th ended in a tie between Alvin Rutchka and Jan Fleury's rinks. This was the final event for the 2024-2025 season. The regular season had 11 mixed teams playing on Tuesday and Wednesday evenings and the Junior Curling program on Thursdays after school. Monday afternoons saw 2 on 2 curling and teams were drawn up randomly every week by those able to attend. The club also sold Birtle Lions Club 200 Club Tickets. The winners

of the 12 \$50.00 prizes are: Shonda Ashcroft, Cortney Collier, Jackie Oertel, Joan McDonald, Tyler Fulton, Lisa Hogg, Judy Duke, Jean Fouillard, Chelsey Collier, Marcy Lewis, Lincoln Koroscil, and Edith Galloway. The winners of the 2 draws for \$500.00 were Larry Gies and Lainey Koroscil. Thanks to everyone who purchased tickets with the Club being the Biggest Winner!

A huge THANK YOU to all the sponsors who donated prizes to Birtle Curling Club: Twin Valley Co-op, Moulson's Welding, Enns

Brothers, Evan's Acres, Shoal Lake Farm Equipment, Bicknell's, Mazer Group, Stan Yaskiw, Rocky Mountain Equipment, North Star Insurance, Alliance Accounting, Fusion Credit union, Richardson Pioneer, Midnight Valley Jewellery, RBC Royal Bank Shoal Lake, Cargill Grain, Woodworth Dodge, Nancy Evans, Lone Oak Percecons, Jan Fleury, Lane Valley Farms. Also we would like to thank all the volunteers who helped in many ways at the Bonspiels and all year to help keep the doors open.



**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



Birtle Drop In Centre Presents

**ST. PATRICK'S DAY TRIVIA NIGHT**

AN EVENING OF GAMES & SOCIALIZING

**March 15th @ 7PM**

Trivia - Snacks- Cash bar

Table of 4 \$80 or \$ 20 per person

Advance tickets available from Susanne Burdett/Jan Fleury or Birtle Pharmacy

Please Drink Responsibly

# Miniota News

submitted by Linda Clark

Congratulations to Team Howard of Katie Howard, Jocelyn Brown, Alivia Flannery and Blair Howard on their 2nd place finish in the U12 Man Sask Sliding Stars bonspiel held at the Virden Curling Club on February 22nd.

Khloe Brown, a member of the U18 Bruiskies Female hockey team, is to be congratulated in placing first in the shootout competition at the Rural Provincial tournament held at Rivers. Congratulations Khloe!

Delbert and Pat Cole enjoyed a holiday with their daughter and son-in-law, Cathie and Kelvin Hollier from Brandon to Cabarete, on the northern coast of the Dominican Republic. They report beautiful sandy beaches, lots of sun, refreshing breezes, and very friendly people who used scooters and motorcycles

as their main transportation.

In these troubled times we are living in, the win of our Canadian team over the US team at the Four Nations Tournament, certainly gave us a proud Canadian moment. A boost to the spirit!

Each weekend our Miniota Community Centre has seen lots of action from our hockey teams, but this coming weekend it is time for our annual ice skating show when our figure skaters will take the spotlight. We have come through the coldest part of winter hopefully, and are enjoying the warmer temps, with some beautiful hoarfrost. Shoutout this week to our rink staff, Danny Argue on the skating ice and Bob and Tristan Gardham on the curling side, along with Sonya Cameron who keeps our waiting rooms in tiptop

shape! Job well done folks! We also cannot forget the many parent volunteers who keep things moving to support the MCC!

'There may be times when we are Powerless to Prevent Injustice But There Must Never be a Time when we fail to Protest.'` Elie Wiesel.

Word has been received from Jan Carnegie, Melville SK of the death of her sister-in-law Betty Carnegie who died on March 5th. Betty would have been 103 years on March 7th. Betty, from a family of 9 children,

was the last remaining child of Ernie and Elizabeth Carnegie who ran the Arrow River General store for many years.

Deepest sympathy is extended to Stan, Kim and Braydon Bohrn on the death of Kim's aunt Eve Deneve at Regina.

Rod McKean and Mandy Sanders enjoyed a trip to Punta Cana, taking in the beaches and hot sun.

The Miniota School held their annual Jump rope for Heart at the Miniota Hall on March 6th.

Cont'd Page 8

**ARE YOU TIRED OF LOOKING AT THOSE BOXES OF BABY ITEMS YOU NO LONGER NEED?**



**WE can help with that!**



We are currently looking for donations of baby items including equipment, toys and clothing ranging in sizes from infant - 4T!



**Contact Her Village on facebook**

MINIOTA UCW

*Roast Beef*

**SUPPER**

APRIL

SUNDAY | **27** | 5:00 PM

MINIOTA HALL

**ADULTS \$20**  
**10 & UNDER \$6**  
**5 & UNDER FREE**

*See you there!*



# Miniota News Cont'd

Cont'd from page 7

Amazing jumping and tricks from all the students!

The Miniota Anglican and United Women hosted a World Day of Prayer service at the United Church on Friday, March 7th, presenting the worship service prepared by the women of the Cook Islands. We had a wonderful turnout, with women from three other communities joining us, for worship and fellowship.

Our thoughts are with the family and friends of

Ernie Stowe who died this past week at the Assiniboine Centre in Brandon. Ernie was well known for his interests in guns and shooting and was a member of the Miniota Gun Club.

The U13 Elkhorn Miniota Hockey team travelled to MacGregor to participate in the C Hockey Manitoba Provincials. Proud to say the boys came home with the consolation banner! Congrats to the boys, coaches and their parents!

Visiting with Lin-

da Clark and other local family members this past weekend was Julie, Reese and Carley Halipchuk, Ot-tawa; Daryl and Melanie Clark, Ituna SK; Ella Clark and Caleb Kotylak, Saskatoon and Scott and Donna Gammack Garson MB, as well as other family members of the Clark and Reid families.

"It's not what you gather, but what you scatter, that tells what kind of life you have lived." Helen Walton

# Isabella News

submitted by  
**Linda Clark**

Our community extends sympathy to Marcie Harrison and Larry Shannon, Sarah and Jenny on the death of Marcie's Mom and the girls Grandma Anne Lambert. Anne has been a resident of a Winnipeg personal care home these past years. Her death occurred on February 19th.

Our Isabella community extends deepest sympathy to Pat(Alex) Martin, Ron(Wilma) Campbell, Tannis(Eileen) Campbell and Scott(Nikki) Campbell and their families on the death of their mother and grandmother, Vivian Campbell on March 7th at Neepawa. Vivian and her late husband Gordon farmed and raised their family at Isabella. Vivian also had a very long and distinguished nursing career and could always be called upon by community members for health advice and care. As well Vivian served on many committees and organizations such as our Isabella WI and a leader of the local CGIT. A highly thought of woman of our community. A graveside service for both Gordon and Vivian will be held at a later date.



**Birtle Centre for the Arts**  
— Creating Community —

Hop on over for our  
**EASTER**  
Kid's Craft

Wednesday, April 16th, 2025  
3:30 to 4:30

**Registration fee:** \$10

**Where:** 671 Main Street, Birtle Manitoba

**To Register:** Register online at  
[www.birtlearts.ca/current-classes](http://www.birtlearts.ca/current-classes).

Click on the class poster and the registration form will pop up.

You can also call Pat at 204-842-3846  
or email [info@birtlearts.ca](mailto:info@birtlearts.ca)

The Registration Fee must be paid to secure your spot.

E-transfer to [info@birtlearts.ca](mailto:info@birtlearts.ca)

(and note what class you are paying for in the message area.)

Or mail cheques payable to

"Birtle Centre for the Arts" Box 460, Birtle, MB ROMOCO

Refunds can be issued up to one week before the class.

For kids in  
Grades K to 4



Registrations for  
this class are  
sponsored in part  
by Valley  
Recreation



BCA events are possible  
thanks to the support of our  
many sponsors including:



# Holistic Highlights

with Zoey Jebb

## Mighty Magnesium Your secret weapon for relaxation

Did you know that magnesium plays a key role in keeping both your body and mind at ease? This essential mineral helps:

Ease Stress and Anxiety  
- Magnesium supports relaxation by regulating cortisol, the stress hormone. It can also help with keeping our neurotransmitters from over-firing, which helps ease anxiety.

Soothes Muscle Tension  
- Magnesium helps muscles relax properly after contracting, easing cramps and tight muscles.

Promotes Restful Sleep - Magnesium can help you fall asleep faster and sleep deeper by boosting melatonin production.

I boost my magnesium levels 3 ways: Through food, supplements and my skin!

I try to eat magnesium rich foods like leafy greens, nuts and dark chocolate. I like to supplement with a high quality Magnesium Complex. There are many types of magnesium, so it's best to ask your pharmacist or health store attendant to help narrow down which is best for you. And for a relaxing boost, I enjoy a nice hot epsom salt soak! Magnesium can absorb through the skin and work directly on the tense muscles. It's also a not-so-secret ingredient that I have been adding to my massage oil for years!



## Women of Wellness

As a lover of all things wellness, I have been delighted to watch the growth happening down the street at Valley Art Therapy's new location (former RBC in Birtle).

The building has seen impressive renovations, now offering a variety of cozy private rooms alongside a spacious area for workshops and group classes.

I've personally enjoyed private sessions and attended Group Sound Therapy several times. From what I've experienced, VAT is a vibrant hub filled with a talented and passionate team of women.

Whether you're seeking relaxation or a deeper therapeutic experience, visit [www.valleyarththerapy.com](http://www.valleyarththerapy.com) to explore their range of services and practitioners.

## Neck Tension and the Vagus Nerve - The Hidden Connection

Chronic neck tension can do more than cause discomfort! It may also impact your vagus nerve, a key player in regulating stress, digestion,

and heart rate. Since the vagus nerve runs through the neck, tight muscles, poor posture or past injuries can compress or irritate it, leading to issues like anxiety, dizziness and digestive problems. Gentle neck stretches, deep breathing, and vagus nerve stimulation (like

humming or cold exposure) can help release tension and restore balance to your nervous system.

Here are just a few vagus nerve-stimulating exercises that can help release neck tension and improve overall function.

\* My Personal Favorite is an Eye Movement Exercise (Vagus Nerve Reset): Lie down or sit comfortably. Keep your head still and look as far to the right as possible without turning your head. Hold this for 30-60 seconds or until you feel a sigh, swallow, or yawn (signs of vagus nerve activation). Return to the center, then repeat on the left side. This helps reset the nervous system and release tension in the neck.

\* Suboccipital Release (Base of Skull Massage): Use two tennis balls or your fingers to gently massage the base of your skull (where the vagus nerve passes). Apply gentle pressure for 1-2 minutes. This helps release tension that may be compressing the vagus nerve.

\* You can also try Humming or Chanting ('OM' Exercise): Take a deep breath and hum or chant "OM" for as long as possible. The vibrations stimulate the vagus nerve and help relax tight muscles in the neck and throat. Try different pitches and focus on relaxing and feeling the vibration.

Wishing you Wellness,  
- Zoey



# The Grace of Gratitude

submitted by Dana Corr

Gratitude isn't just a word of kindness—it's a practice that can truly transform our everyday lives. During year two of COVID pandemic, I was searching for a way to manage the stress and uncertainty of that time, and decided to give gratitude journaling a try. I took a photo each day of something I was grateful for and posted it on Instagram. That daily ritual turned a challenging year into one filled with small moments of joy, connection, and fresh perspective. Now, as the world again feels more heavy and uncertain, it feels like the perfect time to blow the dust off this practice.

What Is Gratitude Journaling?

Gratitude journaling is all about recording the things you're thankful for. It could be as simple as jotting down three moments or even snapping a photo that captures a slice of beauty or joy from your day. Whether you use a traditional journal, your phone's notes app, or social media, it's a way to remind yourself of the good that's always there—even on days when it feels hard to see.

How Is It Helpful and Beneficial?

Research in positive psychology and neurosci-

ence shows that gratitude practices can lead to measurable changes in brain activity. Regularly focusing on what you're thankful for may boost neuroplasticity—the brain's ability to reorganize and form new connections. This isn't just about a quick mood lift; it's about building long-term resilience and a healthier outlook on life. By keeping a gratitude journal, you can:

- \* **Shift Your Focus:** Even on tough days, taking a moment to notice small joys can change your emotional landscape.

- \* **Build Resilience:** Appreciating everyday moments helps you bounce back from life's challenges more easily.

- \* **Deepen Connections:** Sharing your gratitude—whether in a journal or with others—opens the door to more meaningful interactions and relationships.

Simple Ways to Make It a Daily Wellness Habit

Integrating gratitude into your daily routine doesn't have to be complicated. Here are a few simple ideas to get started:

- \* **Keep a Daily List:** Each day, write down three things you're thankful for. They don't have to be monumental—a kind gesture, a tasty meal, or even the beauty of a sun-

set counts!

- \* **Set Reminders:** Use your phone's timer or a mindfulness app to nudge you throughout the day, reminding you to pause and appreciate the little things.

- \* **Mix It Up:** If writing isn't your thing, try taking photos, doodling, or even recording a short voice note about what made your day special.

- \* **Share the Love:** Sometimes, gratitude feels even more powerful when shared. Send a quick thank-you note to someone or post about your day's highlights on social media.

An Invitation

This March, let's embrace the power of gratitude together. Whether you're an old pro at journaling or just curious about starting, there's no wrong way to do it. A simple

gratitude practice can do wonders for your mental health, and we're excited to see how capturing these moments can bring more joy and perspective into our lives. Join us on Facebook and Instagram for daily moments of gratitude and share your own as well.

Gratitude journaling is more than just a habit—it's a pathway to noticing and celebrating the beauty hidden in everyday moments. Give it a try, and watch as small acts of gratitude create changes in your life!

Interested in more ideas for regulation strategies and wellness practices? Be sure to subscribe to our Valley Art Therapy monthly newsletter at [valleyarttherapy.com](http://valleyarttherapy.com).



**Birtle Pharmacy**  
808 Main Street



**204-842-5333**  
Alison & Steve Desjardins  
[birtlepharmacy@gmail.com](mailto:birtlepharmacy@gmail.com)

**PharmaChoice**  
*Advice for Life*

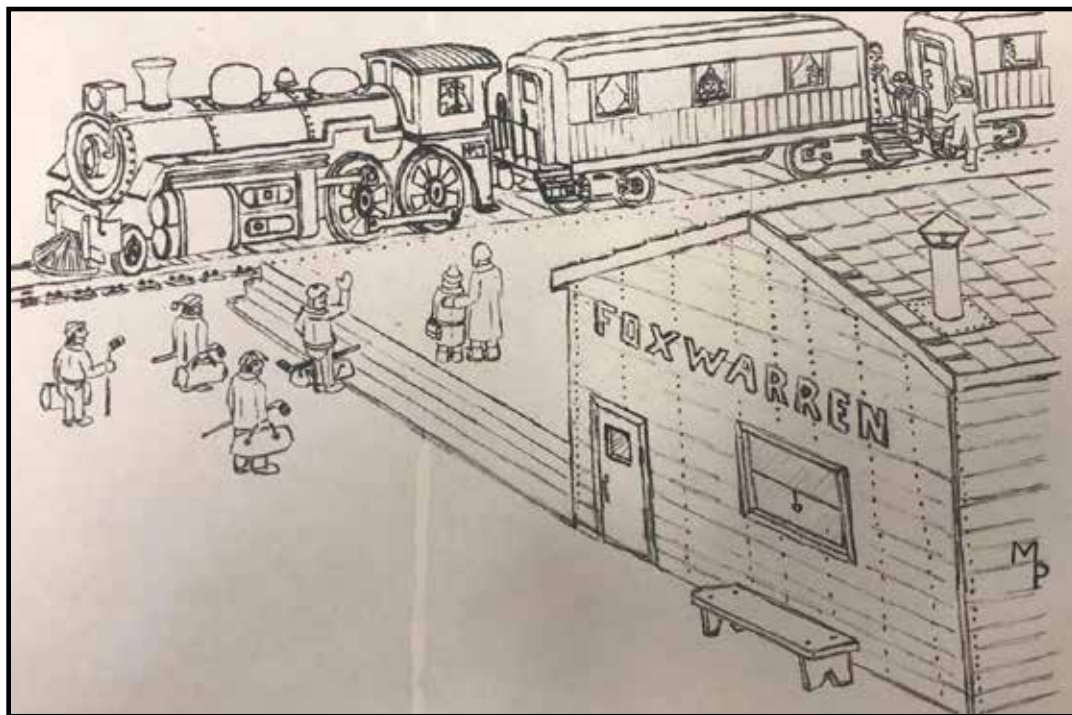
**Do you have a story to share?**

**Submit it to  
The Outlook!**

email:  
**praireviewoutlook  
@gmail.com**



# Foxwarren Express



**Artwork by Mark Prescott & story online**

In 1948, local support for the Junior B hockey team was so great that when an important game was to be played at Neepawa, someone hit upon the idea of renting a train to take supporters from Foxwarren to the game. The local CRP station agent was contacted but his response was "Rent a train? Whoever heard of renting a train? Impossible!"

However, undaunted by a little resistance, the local tried again. Officials in Win-

nipeg were approached and they agreed to supply a train. People who had never been in a hockey rink in their lives swung aboard - even in the middle of the prairie, stomping and shivering in the darkness as they waited in their fields to be picked up. Foxwarren fans traveled to Neepawa in style and half filled the rink to root for their favorite team!

NOW THAT IS COMMUNITY SPIRIT!!!

**Let's Celebrate Class of 1975!**

*Class of 1975 - We are Looking for You! The 50th Year Reunion is now being planned for June 28th, 2025 and we don't want you to miss out. Contact [heathermiller\\_dtm@shaw.ca](mailto:heathermiller_dtm@shaw.ca) so we can get you on the email list with all the details.*



**Open Pickleball  
Starts up again this  
Thurs Jan 9th  
6:00 to 7:30pm**

**Birtle Elementary.  
Everyone welcome.  
We have extra paddles.  
No cost program.**



# LOCALLY MADE

Add your products to our "Made Local Directory"

All Prairie View Businesses Welcome

Email [cdc@myprairieview.ca](mailto:cdc@myprairieview.ca)



684 Main Street 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, CMA  
in attendance 204-813-4198

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

## 2025 Seasonal Sites

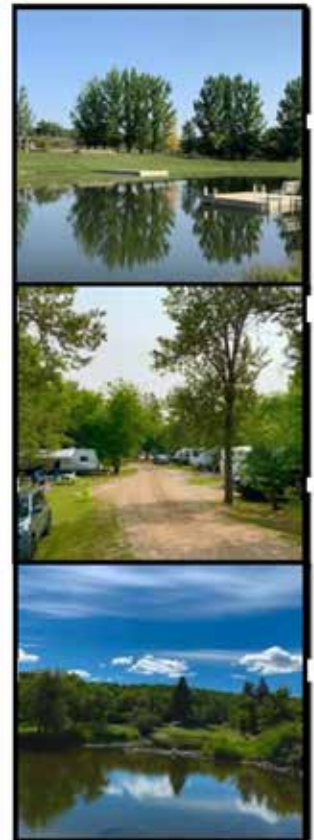
Reservations for  
regular sites  
open April 1!



**Full Service  
Power/Water  
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- Golfing
- Fishing
- Swimming
- Beach
- Hiking
- Paddleboard
- Kayaking
- Playground
- Pickleball
- Tennis
- and more

Coming Soon!  
Beach Volleyball!



For more info and to reserve your site,  
please contact Martyn at 204-842-3460 or  
[recreation@myprairieview.ca](mailto:recreation@myprairieview.ca)



**Full Service Plumbing Company**

- Residential and Commercial
- Electric and Gas Services
- Roto Router Service
- Inspection Camera Service
- Financing Available

**204-748-1788**

[info@pphmb.com](mailto:info@pphmb.com)

Box 1389, Virden, MB, R0M 2C0

# Valley Service for Seniors

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

Tuesdays  
9am Walking  
10am Exercie  
11am Coffee

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

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

VICTORIA LIFELINE  
Medical Alert Service  
24-7 Response  
Professional Home Isntallation  
Proven Fall Detection Technology  
No Landline Required  
Call Shauna 204-842-3296

Serving the needs of our Community Seniors!!

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



## Birtle Centre for the Arts

— Creating Community —



### Gouache Resist for Adults

April 12th, 2025  
10 am to 3 pm  
with a one-hour lunch break



### Make a Stack and Whack *Kaleidoscope Quilt*

Participants will use a  
quilt-as-you-go technique

Workshop will take place over 3 days:  
April 15th - 1:30 to 3:30 Information Meeting  
April 22nd - 10:00 am to 4:00 pm  
May 6th - 10:00 am to 4:00 pm

### Hop on over for our **EASTER** Kid's Craft

Wednesday, April 16th, 2025  
3:30 to 4:30



### PEBBLE ART FOR ADULTS



MARCH 18TH  
2025

600 - 730 PM

Make your own 5x7 shadow box  
pebble art picture of your choice



To register, please visit us online at  
[www.birtlearts.ca/currentclasses](http://www.birtlearts.ca/currentclasses)

Click on the class poster and  
the registration form will open.

For further information, please call  
204-842-3846 or email [info@birtlearts.ca](mailto:info@birtlearts.ca)

"Every child is an artist. The problem is how  
to remain an artist when we grow up."

- Pablo Picasso

### PEBBLE ART FOR KIDS



BICA events are possible  
thanks to the support from:



March 18th, 2025 from 3:30 - 4:30 pm



# PRAIRIE VIEW CALENDAR

## MARCH 2025

SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28	<b>Weekly Events</b> Foxwarren Bingo Wednesdays 2pm to 4pm Pickellball Thursdays 6:30 to 7:00pm Foxwarren Homemade Lunch Fridays 11:30am <b>APRIL EVENTS</b> Dance Fitness with Zoey Tuesdays 7pm Mom's & Tots Birtle April 7 Moms & Tots Miniota April 9 Miniota Annual Sprint Steak Night April 11 Miniota UCW Supper 5pm April 27			1
2	3	4 Miniota U7 "Try Hockey" Practice				8
9 MFD Annual Fishing Derby	10	11				15 U11 Bir Female Home Tourn Valley Viperz Home Tourn Bir Drop In Trivia Night
12 Her Village Flappers & Clubmen Night	13 VAT Reiki Trade	14	15	16	17	18
19 Birdtail Museum AGM	20 VAT Sound Therapy	21 PVG Recreation Family Watch Night	22 Birtle Lab MWPD Birtle Public Hearing	23	24 VAT Sound Therapy	25
26 Drop In Annual Meeting Birtle Lab 8:30-3	27	28	29	30	31	

**For more information or to  
view our Online  
Community Calendar visit**  
[myprairieview.ca/p/community-events](https://myprairieview.ca/p/community-events)

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



# LOCAL EMPLOYMENT OPPORTUNITIES

## Birtle Riverside Golf

Clubhouse Manager & Assistants

Greenskeeper Assistants

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

## Miniota Golf Course

Greens-keeper & Assistant

Clubhouse Manager & Assistants

[norjst@gmail.com](mailto:norjst@gmail.com) or call 204-748-5567

## Moulson's Welding

Experienced Welder

Heavy Duty/Ag Mechanic

[moulsonswelding@gmail.com](mailto:moulsonswelding@gmail.com) call 204-847-2227

## Twin Valley Co-op - Birtle & Miniota

Bakery Deli

Truck Drivers/Operators - Class 3 or 1

Fresh & Grocery (Adult)

Crop Tech Summer Intern

Agro Seasonal Operations Worker

High School Summer Student

visit [www.twinvalleyco-op.crs/sites/twinvalley/careers](http://www.twinvalleyco-op.crs/sites/twinvalley/careers)

## Prairie Mountain Health - Birtle

Clerk III Medical Clinic Receptionist

Community Health Worker

Cook I

Dietary Aide - multiple positions

Environmental Services Aide (Housekeeping)

Home Care Attendant

Licensed Practical Nurse - multiple positions

Nurse II - multiple positions

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

Join our Team for the 2025 Season at the



*Birtle Riverside Golf*

**CLUBHOUSE OPPORTUNITIES: COURSE OPPORTUNITIES:**

Clubhouse Manager	Greenskeeper Assistants
Clubhouse Staff	

Applications can be sent to Birtle Riverside Golf Course by mail or email:  
Box 418, Birtle, MB R0M 0C0  
[birtleriversidegolf@gmail.com](mailto:birtleriversidegolf@gmail.com)

*Thanks for your interest in making the  
2025 Golf Season in Birtle a success!*

Join our Team at the



**BIRTLE FOOD STORE**

Part-time Adult position available

Contact HR for more  
information or to discuss  
your interest!

**Grocery Fresh  
Department**

Ph: 204-842-3905  
Ph: 204-842-2832  
[hr@twinvalley.crs](mailto:hr@twinvalley.crs)

**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](mailto:cdc@myprairieview.ca)



BMDDC  
BIRTLE MINIOTA & DISTRICT  
DEVELOPMENT CORPORATION

**HELP WANTED**

**BIRTLE & AREA PALLIATIVE CARE COMMITTEE**

Looking to hire someone to fill the position of Palliative Care Coordinator of Volunteers located in the Birtle Health Centre. This person will work collaboratively with Prairie Mountain Health programs (Palliative Care) and PMH facility personnel to provide palliative care services to the clientele it serves. Flexible hours averaging 8 hours a week, dependent on work load.

Wage negotiable dependent on qualifications.

For more information contact: Jean Fouillard  
email: [zi23@mynetsnet.ca](mailto:zi23@mynetsnet.ca), call or text 204/821-5443  
Closing date: March 15th, 2025



# LOCAL EMPLOYMENT OPPORTUNITIES

## RERC Prairie View Opportunities

Administrative Assistant  
Art Therapist  
Central Delivery Truck Driver  
Clubhouse Manager & Staff  
Driver Education Instructor  
Early Childhood Educator/Child Care Assistant  
Fresh/Grocery Clerk  
Gas Bar Attendant  
Greenskeeper Assistants  
Ground Support Personnel (mixer/loader)  
Labourer  
Maintenance Worker  
Member Service Representative  
Member Service Representative - Student  
Truck Driver/Operator  
Loader Operator  
Assistant Track Supervisor  
Data Analyst  
Mechanic (Licensed Trade) - Arrow River

RERC Tel: (204) 773-3353 or  
<https://regionalemployment.ca/job-board/>

## Municipal Request for Quotation


Caretaking - Foxwarren Cemetery, Cenotaph,  
Boulevards and Municipal Properties in Foxwarren  
Caretaking of the Birtle & District Cemetery  
<https://myprairieview.ca/p/pvm-employment-opportunities>

## Prairie View Municipality Summer positions

Green team  
Recreation  
Tourist Booth  
Lifeguards  
Beach Patrol  
Martyn at [recreation@myprairieview.ca](mailto:recreation@myprairieview.ca) or 204-842-3460

To post a listing, email [prairieviewoutlook@gmail.com](mailto:prairieviewoutlook@gmail.com)

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**Heart & Sole Reflexology**  
Amanda Fulcher  
Reflexologist  
122 9th Street Birtle, MB  
[fulcheramanda3@gmail.com](mailto:fulcheramanda3@gmail.com)  
1-204-821-4546



**ROYAL LePAGE**  
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**Ken Kirk**  
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[kenkirk@royallepage.ca](mailto:kenkirk@royallepage.ca)  
[www.kenkirk.ca](http://www.kenkirk.ca)  
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PLANNING



HOUSING  
& JOBS



FUNDING &  
INCENTIVES

PHONE: 204-842-3602

EMAIL: [CDC@MYPRAIRIEVIEW.CA](mailto:CDC@MYPRAIRIEVIEW.CA)

OUTLOOK SUBMISSIONS:  
[PRAIRIEVIEWOUTLOOK@GMAIL.COM](mailto:prairieviewoutlook@gmail.com)



**BIRTLE MINIOTA & DISTRICT  
DEVELOPMENT CORPORATION**

**The Outlook is  
brought to you  
courtesy of**



Community



**VOICES**

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, business opportunities and local services. 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!

**ENTER  
TO WIN**

Submit one of our surveys  
for your chance to win a  
Prairie View Yeti Mug!

## Prairie View General Housing and Employment Survey

### 1. Housing in Prairie View

Please select all that apply

- ☐ I own a home
- ☐ I rent a home/apartment
- ☐ I am looking to rent a home
- ☐ I am looking to rent an apartment
- ☐ I am looking to purchase a home
- ☐ I own a rental property
- ☐ Other: \_\_\_\_\_

### 2. Housing Cont'd - Please select all that apply

I am looking for the following in Prairie View

- ☐ Home
- ☐ Apartment
- ☐ Senior Housing
- ☐ 1 bedroom
- ☐ 2 bedroom
- ☐ 3 bedroom
- ☐ 4+ bedroom
- ☐ In town (specify \_\_\_\_\_)
- ☐ Out of town
- ☐ Other: \_\_\_\_\_

### 3. Employment in Prairie View

Please select all that apply

- ☐ I currently work
- ☐ I am looking for work
- ☐ I operate a business
- ☐ I am looking for employees
- ☐ I am enjoying retirement
- ☐ Other: \_\_\_\_\_

### 4. Type of employment or employment opportunity

\_\_\_\_\_  
\_\_\_\_\_

### 5. Contact Information - if you would like BMDDC to contact you with relevant information regarding this survey:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**WE APPRECIATE HEARING FROM YOU**

## 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](mailto:cdc@myprairieview.ca) or text it to 431-257-1111.