

# Langruth Views

June July 2012



Distributed by

Lakeview Initiatives Community Development Corporation

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**PRE-WEDDING SOCIAL  
FOR  
SUELEE WOOLFORD**

**&  
DEREK INNES**

**LANGRUTH COMMUNITY  
HALL**

**SATURDAY, JUNE 30<sup>TH</sup>  
8 P.M. TO 1 A.M.**

**MUSIC BY LESLIE GUIBOCHE**

**KARAOKE**

**TICKETS \$10/PERSON**

**TICKETS AVAILABLE FROM**

**BARB WOOLFORD**

**OR**

**AT FARNCOMBE'S FOOD CENTRE**



**A Come and Go Tea  
in honour of  
Asgar and Doris Sigurdson's  
50th wedding anniversary  
will be held**

**at the  
Langruth Community Hall  
On Saturday August 18<sup>th</sup>  
from 2-4 p.m.**

**Join us for visiting and  
refreshments.  
Please accept this as your  
invitation.**



**Upcoming Bridal Shower**

A shower will be held for  
bride-elect Melodie Leclerc and  
fiancé Chris Bissell  
on Saturday August 18<sup>th</sup> at 7 p.m.  
at the Langruth Community Hall.  
The shower committee envelopes will be  
available at the C-FAN building. Gifts may  
be left at the C-Fan building.



60<sup>th</sup>

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The children of  
*Ralph & Emily Thompson*  
invite you to a tea in honor of their  
*60th Anniversary*  
August 4th, 2012 from 2 to 4 p.m.  
Langruth Community Hall

*No gifts please .... just the pleasure of company*

**1952- 2012**

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## **THANK YOU**

***Thank you to the community of  
Langruth for the lovely bridal  
shower held in my honor  
on May 26<sup>th</sup>.***

***Thank you to everyone who  
attended and sent gifts.  
We are very blessed to have so  
many thoughtful people in our  
lives.***

***Thank you to the shower  
committee for putting such a  
wonderful shower.***

***Holly Gardiner & Tyler Bonchuk***

### **Farncombe's Food Centre Changes to MJ Stop and Shop**

Craig Farncombe had sold his store to Marlin Johnson of Elie, Manitoba.

After working as a mechanic at Chabots for many year, Marlin decided it was time for a career change. Marlin officially takes over from Craig on July 11<sup>th</sup>, 2012. We will see Marlin in the store before this date as he will be learning the ropes from Craig. Craig will be staying around for about a month to train Marlin. Marlin's wife Karen will sometimes be in the store with her husband on the week-ends.

The store will have a new name "MJ Stop and Shop". You will still be able to purchase food, liquor, lottery tickets, liquor permits as it will be business as before.

Welcome Marlin and Karen to our community. We look forward to getting to know you and doing business at your store.

I asked Craig what his plans were and he jokingly said, "Whatever I want". Craig we wish you the best with you new found freedom. Enjoy spending

this new leisure time with your family. We wish you good health and much happiness in the future.

### **Fifty and Beyond News**

The Langruth Seniors held their monthly business meeting June 5, 2012. Eleven members answered the roll call.

There wasn't much business to discuss as our club takes off the months of July and August. We still have our business meeting in those months but it's just to keep the books up to date.

There were three birthdays in May and it was nice that they were all at our supper.

Our chairman told us he had delivered the Central Plains banner to Gladstone. It had been in our club for the past few months. They said they would see it got to Arborg for the 55+ Games. While the banner was in our care we had a new bag and carrying dowels made for it. We hope this will make it easier to transfer from club to club.

A day trip was discussed and it was decided we would go see the R.C.M.P. Musical Ride if it came to a community nearby.

As information was received about the Musical Ride, another meeting was called for June 14<sup>th</sup> to discuss details.

It was decided we would rent a bus and attend the show in McCreary, MB on July 31<sup>st</sup>. Club members will be notified but if there are others who are interested in going please feel free to call me at 445-2275 for further details. As most everyone knows the R.C.M.P. present the Musical Ride in our province every few years and it's a very grand show.

Our final supper for the season will be on June 28<sup>th</sup>. We will start our monthly suppers again in September. We are also reminded that our club will be hosting the Fall Meeting of the North-West Region on September 25, 2012. We are hoping for a good attendance from our area and also from the clubs.

We wish you all a happy summer.

Talk to you soon,

Teri

**The deadline for submissions for the  
August Views is July 27<sup>th</sup>**

## Nature Notes from Raymond O'Connor Purple Finch



The male Purple Finch is easy to identify by its raspberry-coloured plumage, on the rump and chest and brightest on the head. Both juveniles and adult females have two white wing bars.

The Purple Finches are solitary or in pairs in nesting season. The male sings from an exposed perch.

They are gregarious and tame. They join in flocks after breeding and join siskins and goldfinches in mixed species foraging flocks in winter. The Purple Finch depends on feeders if food supplies are scarce. They enjoy millet and sunflower seeds.

The Purple Finch forages in trees and hopping on the ground. It eats seeds, some fruits, insects and caterpillars in summer.

The male displays by dancing around the female and vigorously flapping his wings until he ascends to a foot above the ground.

The nest is made of twigs, weeds, rootlets, strips of bark and string with lining of moss, soft grasses and hair. It is built by the female on a branch or in a fork of a tree 2 - 12 meters above ground.

The incubation is about 13 days by the female. The young are brooded by the female and stay in the nest for 14 days. The young are fed by both the male and female. The Purple Finch has 1 - 2 broods per year.

Uncommon cowbird host. It is vulnerable to habitat loss due to logging and due to competition with the house sparrow.



### Church News

**VBS: July 30<sup>th</sup> – August 3<sup>rd</sup>**

### Langruth Vacation Bible School

Langruth United Church will be having a vacation Bible school at the Grace Lutheran Church from July 30 to August 3, 2012. Everyone is welcome. The age of the children should be from age 4 and up. There will be pre-school and kindergarten,

grades 1 and 2, and grades 3 and up. These grades are based on the grades the children were in during the 2011 and 2012 school year. If there are any young people who are interested in a youth class, please let me know. If there are enough children, we will split the grade 3 and up into grades 3 and 4, and grades 5 and 6. I am also looking for anyone in high school who is interested in leading a class.

The theme this year is Operation Overboard. There will be lots of references to the ocean and the creatures that live there.

Please phone Ann Craik at 445-2349 to let me know your interest. I will need to order the student books.

### Grace Lutheran Church 10:30 AM

*Supply Pastor Phyllis Thordarson 445-2323*

**June 30<sup>th</sup>:** Marriage of Cathy Richard and Lawrence Desmerais

**July: No services**

**August Services:** August 12<sup>th</sup> and 26<sup>th</sup>.

### Langruth United Church 11:30 AM

**Please Note:** There will be No Services during the month of July. Services resume August 5<sup>th</sup>.

### Amaranth Catholic Church

Sunday Mass at 10:45 AM unless otherwise stated.

### Sandy Bay Catholic Church

Sunday Mass at 12:30 PM unless otherwise stated.

### Alonsa Catholic Church

Sunday Mass at 9:00 AM unless otherwise stated.

### Amaranth Gospel Mission

*Pastor Dennis Pelland Telephone: 843-3656*

**Sunday Service conducted at 11:00 a.m.**

### News from Here, There and Anywhere

*Reporter Teri Soos*

Happy Holidays everyone. I hope you are all having a nice summer. I know the weather hasn't been the best with all the rain we've been getting. It really seems as if once it starts to rain it can't quit. I had a hard time getting my garden seeded and now it rains almost every day. Now the weeds are getting ahead of me. I have even resorted to just scraping off the top to try and kill the weeds because I can't really hoe it as it's just too wet. I have heard of people having to sit in their cars until



### **News from Here, There and... continued**

the rain stopped but I can't remember it raining so hard I couldn't get in the door. Well, last week when I came home from Winnipeg it was pouring so hard that even though I pulled up to the door step I had to stay in my car for at least 20 minutes until it eased up enough to make a dash for the door. Then it was almost another hour before I could go out to get my things out of the car. I guess we're getting all the moisture we missed in the winter but it would be nice to have it spaced out better, right? Now don't get me wrong, I really enjoyed last winter- not having to shovel snow-but even better-being able to drive most anywhere without worrying about the roads. It didn't feel like winter to me, what about you? To me it seemed like fall for months and then spring went on and on with winter missing. I still like having snow around. With summer we have had a few changes in our area.

As I told you awhile ago, the Henricksens are back in our area and they are doing a great job at our Einarson Park. Besides mowing the grass they have planted flowers for our enjoyment and I understand that due to a few nice donations, the municipality has bought trees which have been planted in the park and another bench has been added for anyone interested in enjoying the place. I know there have been a few visitors who have had use of our facilities and we hope more people will use them through the summer.

We also have a new proprietor of our store, Mr. Marlin Johnson of Elie, MB has bought the store and is in the process of taking over the business. We wish Craig Farncombe all the best in whatever he decides to do. Craig has been in our community for quite a few years now. On behalf of everyone in the community we say, "Thank you very much for your years of service to us". While I know you will be leaving us we hope you will come back and see us from time to time. Good Luck Craig!!

And speaking of people travelling, Rena Arksey went out to B.C. awhile ago to attend the 1<sup>st</sup> birthday of her great grandson. While she was out there she also visited with her brother John and wife Kathy and her long time girl friend Solynd Weatherall. I also had a lovely call from Marjorie Johnson of Calgary. She wishes to be remembered to all her relatives and friends in the area. She tells

**News from Here, There and... continued**  
me their weather is much like ours, very changeable and not very summery.

By the way, we have a long list of birthdays this month and one house hold has quite a few of them, Rena Arksey and three of her sons- Barry, Gerald and Harley. Also having birthdays are: Jane Wilson, Liz Johnson, Ralph Thompson, Maureen Bohm, Danyelle and Les Craik, Philip and Theresa Thordarson, Clayton Cooper, Craig Farncombe and Robert Waterson. So to all these and anyone else who celebrated this month we wish you many happy returns of the day.

While we're wishing people well we send out our best wishes for a long and happy married life to Kevin Verwey and his new bride. I understand they got married recently. We also wish all the best to three young women who had bridal showers lately - Haylee Johnson, Jessica Dick and Holly Gardiner. May you all have long and happy marriages.

I also heard former resident of our area Ronnie Ramsay was visiting with Doug Poschenrieder and other friends around here.

Since I'm talking of people travelling, I hope you will all make note of the name change of the Trans Canada Highway, well part of it anyway. It has been changed to "The Highway of Heroes" in remembrance of fallen soldiers in the wars recently. I was in Winnipeg when we heard of the name change on the news so I made a point of watching for the signs. As I was on my way home about a mile or so west of the White Horse Junction there were two large signs, one in English and one in French, telling us that that part of the highway would now be The Highway of Heroes. I must say that on seeing it for the first time it gives one quite a turn knowing that in fact one knows one or more of those heroes..

Now while I'm on this sombre note lets send our sympathies to those who have lost family members recently.

Word has been received of the death of Oli Hanneson now of B.C. He and his wife Vera lived in our area for many years.

Also, Marie Parson, the wife of Francis Parsons who many of our area know.

And Emily Wasko, the mother of Liz Johnson. Mrs. Wasko was a frequent visitor with Art and Liz and was well known by many in the area.

### News from Here, There and... continued

Also, closer to home, our friend and neighbour Bert Poschenrieder, who lived and farmed in our area until his recent passing.

To the family and friends of these and any others I may not have mentioned we send our deepest sympathy and hope memories of happier times will console you.

Before I call it quits for this time I must tell you of something I heard of recently that has me raving again of our talents.

As most of you know we have a very talented artist in our midst and he tells me he recently got quite a thrill with the sale of one of his pictures. Wayne Organ is charcoal artist and recently sold one of his pictures to Assiniboia Downs where his picture will hang in the Press Box. It's a picture of a cowboy Wayne did some time ago but kept until now because he was rather fond of it himself. So if any of you are at the Downs, go by the Press Box and see a picture drawn by one of our own. As you all know anything that brings notice to one of our own is a great thrill to me and I love telling everyone about it. Congratulations Wayne, keep up the good work!!

Well I think that's it for now. I'm hoping next time I will be telling you of berries I've picked and other such news. We haven't had a good crop of wild berries for a long time now so we must be due for one already.

Enjoy the summer, talk to you soon,  
Teri.

### LES News

#### Principal's Message

#### *Words of Wisdom from the Principal's Desk*

June is an exciting time of the year for everyone. Nice weather has arrived and summer will soon be here! June is a time of the year when Langruth School celebrates its many successes. There are a lot of celebrations planned as we bring this school year to a close. But, it is not over yet. It is important for students to realize that nice weather does not mean that school has ended. Older students, especially, need to understand that this is an important time of year academically as final exams are close at hand. Grade 8 students need to

realize that we are still completing testing that will be passed on to high school teachers to help prepare for Grade 9. Also, if students want a say in planning for next year, they need to be around to give their input. In short, school is not over just because the weather has turned warm. All students are expected to be in class. Everyone needs to be here to celebrate our successes.

We have had a very successful school year and have lots to celebrate. We have several celebration days coming up. As you read this, Mr. Watson's class is celebrating with a class trip to Riding Mountain, the whole school will be enjoying a field trip to Fort Whyte (June 11) and Ms. Cullen's and Mrs. Mann's class trips are coming soon (tentatively June 22). Sports achievements are remembered and there's some culminating activities still to come: Track and Field Events (Grade 6 – 8 is done and 3 – 5 on June 4) and Tabloid Day (June 26). Academic achievement will be celebrated in many ways as we end the 2011-2012 School Year: notably, Middle Years Final Exams, Report Cards, Awards and Graduation Days (June 27). Celebrations also include getting ready for next year, for example, Kindergarten orientation on June 8.

On a personal note, this year has gone by quickly and I have truly enjoyed getting to know everyone involved with Langruth School. I feel lucky to be part of the wonderful communities that make up Langruth School and The Pine Creek School Division. I look forward to another successful school year in 2012/2013.

Mr. Tim Klein

Principal, Langruth School

### Langruth Lynx Sports News

32 Students and 4 Staff members from Langruth School participated in the Plumas Mini Marathon on Tuesday, May 29. Thanks to Plumas Elementary School for hosting this awesome event!

☐ 10 Students from our Grades 6 to 8 class attended the Divisional Track Meet on May 30.

**RESULTS Grade 8:** Norbert Jr. (2nd Discus, meeting Provincial Standard), Jason (4th Discus)  
**RESULTS Grade 6:** Josef (1st 100M, 2nd High Jump, 3rd Long Jump), Samantha B. (2nd High

### LES Sports Results...Continued

Jump, 3rd 100M), Russell (2nd 400M, 2nd 800M), Kiersten (2nd Discus), Ryan (3rd Discus), Sonya (2nd 1600M, 3rd 800M) and the Boys also placed 3rd in the 4x100 Relay Race. Way to go, Lynx!!

☐ Grades 3-5 will attend the Hershey Track Meet in Austin on June 4.S

**GRADUATION/AWARDS DAY ON  
JUNE 27<sup>th</sup> 1 P.M.  
EVERYONE WELCOME!**

**REPORT CARDS CAN BE PICKED UP AT  
THE SCHOOL OFFICE ON THURSDAY,  
JUNE 28.**

**If you are unable to stop in at the school to  
pick them up, we will send them out by mail  
on June 29.chool**

### D.A.R.E.

**THANKS GO OUT TO CONSTABLES GIBB  
AND GULAY WHO BROUGHT CAKE FOR  
US ON MAY 29 TO CELEBRATE OUR  
D.A.R.E. GRADUATION! WE APPRECIATE  
ALL THE TIME THAT CONSTABLE GIBB  
HAS SPENT WITH US, RUNNING A  
SUCCESSFUL D.A.R.E. PROGRAM —  
THANKS TO THE AMARANTH R.C.M.P.!**

**MANY THANKS TO OUR P.A.C.!  
THANKS GO OUT TO OUR PARENT  
ADVISORY COUNCIL WHO  
HAVE HELPED US SO MUCH THIS PAST  
SCHOOL YEAR.  
THEY WILL AGAIN BE HOSTING A  
HAMBURGER LUNCH ON  
TABLOID DAY, JUNE 26**

### Preschool News

Preschool Parties are done for the school year and will start up again some time in the fall. Children who will be entering Kindergarten in the fall are invited to attend an orientation session on Friday, June 8. They will start school at 9 a.m. on orientation day with the rest of the students and parents will be able to pick them up some time during the noon hour by 1:00 p.m.

### Langruth Students at Festival 2012

The speech arts division of the Gladstone Music & Arts festival was held in February with the Strocen sisters once again topping the list of achievers. Both Sydney and Sonya won their individual solo poetry classes and also topped the duo/trio class with their hilarious version of a poem entitled "Feet".

In April Karyss-Leigh Beaulieu, Madison Teichroeb, Sydney and Sonya Strocen participated in the vocal classes at the festival. Madison won the award in the 8 & under Folk Song Class. Sydney came home with awards for her vocal solo and her folk song. Sonya received an award for her vocal solo and the Strocen sisters tied for the top place award in the 12 & under Popular Vocal class. The Piano/ Violin /Guitar Classes brought the festival to a close in the first week of May.

Entering in piano classes were Lauren Armstrong, Erin Sanderson, Madison Teichroeb, Karyss-Leigh Beaulieu, Christopher Armstrong, Eirikur Johnson, Sydney Strocen, Sonya Strocen, BreAnne Johnson and Bronwyn Evans, a former Langruth student. Madison placed 2<sup>nd</sup> in the beginner piano solo class and was awarded a medallion. Sydney received the 2<sup>nd</sup> place medallion for her popular piano solo and Eirikur got honourable mention for his beginner piano solo.

Kiersten Sanderson brought home the award for he 3<sup>rd</sup> year beginner violin solo. Madison, Karyss-Leigh, Sydney, Sonya and Kiersten were chosen to perform at the 21012 Festival Highlights concert held on May 6<sup>th</sup>.

Congratulations to all these students who took part in the festival...and remember... you do not have to bring home a trophy to be a winner. The pose and self-confidence that you gain with every performance are a reward in itself.

Mrs. Sigurdson

**The Langruth Post Office will be closed  
July 2nd 2012 and reopen July 3<sup>rd</sup>.**



## Obituary

### Oli Hanneson



Olafur (Oli) Hanneson, passed away peacefully on June 8, 2012, surrounded by family, at the Vancouver General Hospital, at the age of 87. Oli was born at home, near Langruth, MB, to Mary and Hall Hanneson and was the youngest of six siblings - Arni (Irene), Arthur (Elsie), Marjorie Johnson (Palmi), Tommy (Margaret), Winnie Cameron (Frank), and Dorothy Bergthorson (Oli). Oli met and married his loving wife of 61 years, Vera (Clarke) of Teulon, MB, after she came to teach at the local school.

In the early years, Oli earned his living farming and fishing in the Langruth area. In 1973, he and Vera sold their farm and, along with son Neil, moved to Vancouver, BC, where Oli quickly got a job working at Rollins Machinery. Whether on the farm, at home, or at work, Oli was very talented at fixing and repairing anything. If he did not have a part, he would simply make it out of whatever he could find on hand!

Oli had many other talents and interests, as well. He was a gifted musician whose music was enjoyed by many, whether he was playing the saxophone with the Langruth Serenaders at a community dance, or playing with others at home, while friends and family sang along. Many a good time was had

by all! Oli was also an active member of the community, as demonstrated by his active membership in the Elks Lodge and other community organizations. With a sincere interest in others, he could always recall people's families and life experiences. He also enjoyed curling, both in Langruth and Vancouver. Over the years he shared his varied interests and life experiences with his children and grandchildren, including his love for animals, woodworking, card games (including cribbage, on the board he made), chess, rose gardening, making Icelandic pancakes and more. Oli valued and enjoyed his Icelandic heritage. His children and grandchildren have fond memories of him teaching them the Icelandic names of their fingers, always with smiles and laughter. He avidly read the Icelandic newspaper (in Icelandic) as well as various English books of Iceland and Icelandic settlements in Manitoba. He enjoyed attending the Gimli Icelandic Festival and he and Vera, along with some family and friends, went on a memorable trip to Iceland in 1992.

Oli, who was very devoted and loving, leaves to cherish his memory, his beloved wife, Vera; daughters Donna Lynne (Terry) and Brenda (Peter); son Neil (Tracy); grandchildren Paul (Joy), Christie (Mike), Amy (Marie) and Mark (Emily); great-grandchildren Blane, Drew, Jake, Max, and Zoe, as well as his sister Marjorie Johnson, half-sister Linda Hanneson, step-brothers Rollie (Shirley), Allan (Joanne) and Art (Liz) Johnson, brother-in-law Ben Clarke (Star) and numerous nieces and nephews. A private Celebration of Life has been held in Vancouver. No other services are planned. If so desired, in lieu of flowers, memorial contributions may be made to the Langruth Lutheran Church (Grace Lutheran Church, Box 238 RPO, Langruth, MB R0H 0N0).

A sincere thank you to Dr. Edward Luke for his exceptional care, commitment and compassion for Oli, for so many years.

We were truly blessed to have you and your love in our lives. It has always been heartwarming to hear the many compliments people have told us about you; about how they have enjoyed your great sense of humour, your quick smile, and your amicable spirit. We will always love, cherish and miss you. Until we meet again...



**For Health Professionals:  
Get Better Together Leaders Training  
September 26<sup>th</sup> -27<sup>th</sup> and October 3<sup>rd</sup> – 4<sup>th</sup> ,  
United Church, Carman**

Once again, we are looking for volunteers to lead the Get Better Together Program! We are requesting your assistance with this recruitment. The Get Better Together Program is an evidence-base Peer-Led Chronic Disease Self-Management Program that is offered across Manitoba by each RHA independently. **The program provides information and teaches skills on how to self-manage chronic health problems.** The program is delivered in 6 sessions of 2 1/2 hours and addresses subject such as:

How to handle pain and fatigue

- Medications
- Dealing with emotions
- Healthy eating
- Physical activity
- Problem solving
- Goal setting.

The volunteer receives free 4 day training. If you know of someone that is looking for a volunteer opportunity and is committed to helping others, please forward their contact information. This could be a rewarding challenge for them!!!

**Dianna Meseyton-Neufeld**

**Flood Recovery Team**

**Healthy Living Program Facilitator**

**Regional Health Authority - Central Manitoba Inc.**

180 Centenaire Drive Southport, MB, R0H 1N0

Tel: 204 871-6735 Fax: 204 428-2774

Email: [dneufeld@rha-central.mb.ca](mailto:dneufeld@rha-central.mb.ca)

[www.rha-central.mb.ca](http://www.rha-central.mb.ca)

### **Flood Recovery Team? What's that?**

As you know the effects of the 2011 flood are still being felt by many. The Flood Recovery Team is a group of 3 people working for the Regional Health Authority –Central and MAFRI who want to meet with anyone who wants to tell their story about issues they are facing because of the flood. These issues may be an individual concern or they might be a wider community concern. Areas of concern for many are: clean up (sandbag and mould removal), stress and worry questions around “what do I do next” and “how do I plan for the future”, and re building a sense of community.

The team members are available for things like: Brainstorming options to your concerns; Providing workshops for workplace stress reduction; Providing information and resources ;Helping to build on existing strengths; Lending an ear to listen.

Each team member focuses on a different area. Bob Guenther works with individuals around mental health while Dianna Meseyton-Neufeld works on community issues and Paul Trimble works on business development for producers. We pool our talents and work as a team to provide the best service possible to people in the Central Region.

We invite you to contact us at:

Bob Guenther-CRIIA Mental Health-204-870-0170,  
[rguenther@rha-central.mb.ca](mailto:rguenther@rha-central.mb.ca)

Dianna Meseyton-Neufeld-CRHA Health Promotion-204-871-6735, [dneufeld@rah-central.mb.ca](mailto:dneufeld@rah-central.mb.ca)

Paul Trimble-MAFRI-Business Development Specialist-204-871-4784, [paul.trimble@gov.mb.ca](mailto:paul.trimble@gov.mb.ca)

### **Effects of the 2011 Flood: Reactions and Responses**

- Emotional and financial strain
- Concerns about insurance
- Possible long-term economic and employment issues
- Family separation and/or breakdown
- Difficulty coping (depression, anger, grief, frustration, fear, anxiety)
- Loss of activities and community Supports

### **Managing After a Flood**

- It's normal to experience strong emotions
- Recovery can take months
- Avoid unrealistic expectations
- Pace yourself
- Talk to others about your feelings and listen to them talk
- Take care of yourself
- Ask for help when you need it

### **Signs and Symptoms of Stress**

#### **Physical**

- Fatigue
- Sleep disruption
- Headaches
- Muscle tension
- Chest pain

#### **Behavioural**

- Isolation from others
- Eating too much or too little
- Grinding teeth
- Using alcohol, tobacco or drugs to relax

### **Emotional**

- Depression
- Impatience
- Frustration
- Irritability
- Feeling over-whelmed

### **Cognitive**

- Poor judgment
- Memory problems
- Constant worrying
- Difficulty making decisions
- Forgetfulness

### **What Can I Do?**

#### **Strategies for decreasing stress**

- Eat healthy foods
- Use humour
- Continue with hobbies
- Avoid alcohol and substance abuse
- Exercise
- Stop to take breaks
- Maintain support networks with friends, family and co-workers
- Make time for leisure/relaxation
- Expect change
- Get enough rest and sleep
- Don't try to be perfect

#### **Central Psychosocial**

#### **Flood Recovery Team**

The goals of the team are to assist in your recovery process by:

- Connecting to services - financial, agricultural recovery and vocational
- Enhancing future preparedness
- Offering flood-related health promotion, education and presentations
- Referral to appropriate resources on healthy coping, stress management and counselling
- Working with individuals and communities on existing strengths, capacities and resilience
- Facilitating sustainable community connections & development

Team Contacts: Dianna Meseyton-Neufeld (CRHA) 204-871-6735

[dneufeld@rha-central.mb.ca](mailto:dneufeld@rha-central.mb.ca)

Bob Guenther (CRHA) 204-870-0170 [rguenther@rha-central.mb.ca](mailto:rguenther@rha-central.mb.ca)

Paul Trimble (MAFRI) 204-871-4784

[paul.trimble@gov.mb.ca](mailto:paul.trimble@gov.mb.ca)

We welcome your feedback and inquiries.

### **LICDC Who Are We?**

Lakeview Initiatives is a volunteer group dedicated to the promotion of Langruth and the surrounding area.

The group usually meets on the fourth Monday of each month at 7:30 p.m. in the CFAN Central building (library).

Everyone is welcome

The Langruth Views is an initiative of the LICDC.

The efforts of dedicated community volunteers make this publication possible

### **Langruth Views Subscribing by Mail Langruth Views**

If you live outside the RM of Lakeview and wish to have the Langruth Views mailed to you please send a cheque for \$15.00. USA rates are more. Only subscribe for one year a time as rates may change.

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Lakeview Initiatives CDC  
Box 129, Langruth,  
MB R0H 0N0

Please make cheques payable to Lakeview Initiatives CDC. Present subscribers please check the expiration date on Views

#### **Advertising Rates:**

Business card size: \$2.00, 1/4 page:\$5,  
1/2 page: \$10, full page: \$20.

Similar Rates for: a thank you, birthday wish, birth announcement, in memoriam, an obituary

**Only community announcements are FREE.**

Community Reporter: Teri 445-2275  
[t\\_a\\_sos@hotmail.com](mailto:t_a_sos@hotmail.com)

Editor and Subscriptions: Phyllis 445-2323  
or 445-2236 [thordarsonlangruth@live.ca](mailto:thordarsonlangruth@live.ca)