

May 2012



In Canada we celebrate Mother's Day on May 13.

Manitoba Day is on May 12.

Victoria Day is May 21. This is a long weekend and many stores are closed on Monday.

There are lots of garage sales in May so check out the bulletin board or the newspaper.

- **Canadian Law** - Adults are required by law to report child abuse.



Nutrition Information Session

Tuesday, May 8 at 7:00 pm

Virден Employment Skills Center – 297 7th Ave.

Heather Hunter (dietitian) will give ideas for foods that are available in Manitoba to prepare a healthy menu. Also a look at some healthy snacks for school lunches. We also would like to help some of our children to choose healthy snacks so if you have someone 12 or older that would like to come please bring them.



Winnipeg Weekend Getaway

This website has some ideas of what you might like to do if you went to Winnipeg for a weekend. It give a 3 day outline but you could certainly choose some things you might like to do.

<http://www.travelmanitoba.com/Recreation/FamilyFun/AWinnipegWeekend>

Cole Slaw

Shred 1 cabbage (can also include red cabbage, carrots and some onion)

Dressing

¾ cup sugar

2/3 cup salad oil

2 teaspoons salt

1 cup vinegar

1 teaspoon celery seed

pinch of turmeric

Mix and boil for 1 minute and pour over shredded cabbage mixture.



Manitoba Trivia Question



What was the large glacial lake that once covered a large part of Manitoba? Lake Winnipeg and Lake Manitoba is all that is left. Drop into the office with the answer and I have a small prize. (I might even have one if you see me on the street and tell me)

Settlement Service Office Hours for May

Although the hours are subject to change here are the planned hours for the month of May.

Wednesday, May 2, 1:00 – 4:00 pm

Friday, May 4, 1:00 – 3:00 pm

Monday, May 7, 1:00 – 4:00 pm

Tuesday, May 8, 1:00 – 4:00 pm

Wednesday, May 9, 3:00 – 6:00 pm

Thursday, May 10, 1:00 – 4:00 pm

Friday, May 11, 1:00 – 3:00 pm

Monday, May 14, 1:00 – 4:00 pm

Wednesday, May 16, 3:00 – 6:00 pm

Thursday, May 17, 1:00 – 4:00 pm

Friday, May 18, 1:00 – 3:00 pm

Tuesday, May 22, 1:00 – 4:00 pm

Wednesday, May 23, 3:00 – 6:00 pm

Thursday, May 24, 1:00 – 4:00 pm

Friday, May 25, 1:00 – 3:00 pm

Marian Kalynuk

Virден & District

Settlement Services Facilitator

227 Wellington St. West



Monday, May 28, 1:00 – 4:00 pm

Tuesday, May 29, 1:00 – 4:00 pm

Wednesday, May 30, 3:00 – 6:00 pm

Thursday, May 31, 1:00 – 4:00 pm

Virден, MB R0M2C0

Telephone: (204) 851-1432

E-mail: virdenssf@mts.net

Upcoming Events :

May 8 – Information Night on Nutrition

May 12 – Manitoba Day

May 13 – Mother's Day

May 18 – Victoria Day

May 26 – Virден Town wide Yard Sale – Register at ACL 216 Bridge Street by May 18 – Maps available for \$2

Canadian Social Customs • Being on Time – People are expected to be on time for school, work, medical appointments and business meetings. There may be consequences if you are late, like a suspension.

Reminders – If you have time and haven't already done so please drop into the office to sign a form to allow me to use photos for our website or settlement service publications. Thanks