

**March 2024 Newsletter**  
**Cranberry Portage Child/Family**  
**Resource Center Inc.**

204 472-3671

Email:

[childfamily.cranberry@gmail.com](mailto:childfamily.cranberry@gmail.com)



**Sunday**  
**March 10th**

**Clocks move**  
**forward one**  
**hour**



**Cranberry Portage Child/Family Resource Center Inc.**

*The Child/Family Resource Center and Best Beginnings; Baby & Me are funded by the Public Health Agency of Canada. Best Beginnings also receives some funding from the Province of Manitoba.*



*We have not received an increase in funding in over 25 years. Over the years we have managed to reduce some expenses and provide minimal increases for salaries. This is no longer possible and we have been told there is no increase possible before 2030. In order to continue to serve our community, retain existing staff and be in a position to attract staff when needed, we have had to make some adjustments to our operating hours.*

*We will be reducing our hours of operation, effective Monday, April 1st, 2024.*

*Our new operating hours will be Monday to Thursday, 8—4 We will be closed Fridays.*

*Please note that we will be closed Friday, March 29th and Monday, April 1st for Easter.*

**Playgroups— Great place for parents and kids.**

*Children can play with other children, do crafts and have a snack. Parents can visit and access resources. Tuesday and Thursday mornings 10—Noon. We would love to see you!*



*Book Buddies—books exchanged on Mondays. This program provides 5 books/week for those children registered. Congrats to Carleen Wollman for being the winner of the "I Love to Read" grand prize*

*March 15—17th—Hide and Seek with Lucky the Leprechaun ( see info included in newsletter*



**School with Morty**



*Our preschool orientation program "School with Morty" begins April 16th. This program is for children attending nursery school in September ( must be 4 by Dec. 31st, 2024) School with Morty will be Tuesday, Wednesday and Thursday afternoons from 1—3 pm, in partnership with Aboriginal Head Start. Jessica will be distributing registration packages—please call her at 204 472-3671 to ensure we have your name on the list.*

**Sewing—Monday March 11 & 18 6—9 pm**

*Be sure to follow our Facebook page*  
**"Cranberry Portage Community Resource Center"**  
*Like us to make sure you get notifications*

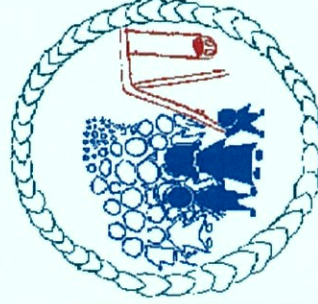


# MARCH



| Sun                  | Mon                             | Tue                 | Wed      | Thu                | Fri            | Sat |
|----------------------|---------------------------------|---------------------|----------|--------------------|----------------|-----|
|                      |                                 |                     |          |                    | 1              | 2   |
| 3                    | 4 BOOK BUDDIES Return/Exchange  | 5 play group 10-12  | 6 closed | 7 play group 10-12 | 8              | 9   |
| 10                   | 11 BOOK BUDDIES Return/Exchange | 12 playgroup 10-12  | 13       | 14 playgroup 10-12 | 15 find lucky  | 16  |
| 17 St. Patrick's day | 18 BOOK BUDDIES Return/Exchange | 19 playgroup 10-12  | 20       | 21 playgroup 10-12 | 22             | 23  |
| 24                   | 25 BOOK BUDDIES Return/Exchange | 26 play-group 10-12 | 27       | 28 playgroup 10-12 | 29 Good Friday | 30  |

Faxing  
Copying  
Computer Access  
Playgroups  
Book Buddies



CHILD/FAMILY RESOURCE CENTER  
HOURS: MONDAY - FRIDAY  
8:00 AM - 4:00 PM

# Hide and seek with Lucky the Leprechaun

When: March 15, 2024

Starting at 10:00am

Please join The Child/Family Resource Centre for another  
**TOWN WIDE** game of hide and seek with Lucky the Leprechaun!  
The game will be hosted all weekend long starting at 10:00 am Friday the 15<sup>th</sup>

**Please have your pictures submitted before Monday the 18<sup>th</sup> @ 9:00 am**

The game can be enjoyed either

**\*On a walk with your family\***

Or

**\*In the safety of your own vehicle\***

There will be **10 LEPRECHAUNS** on the loose around our town of Cranberry Portage

**HELP US** find lucky by taking pictures of the 10 Leprechauns

Send us the pictures in a **PRIVATE** message to our Facebook Page

Cranberry Portage Community Resource Centre

for an entry to win

## Lucky the Leprechauns Pot of Gold



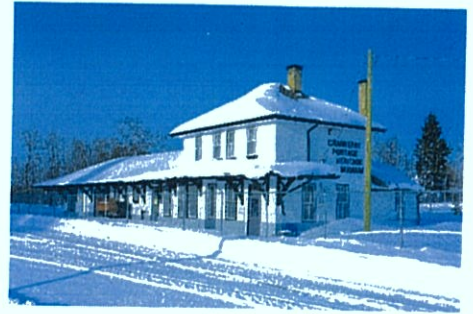


**P.O. BOX 310  
CRANBERRY PORTAGE, MB.  
R0B 0H0**

Email: [cphmuseum@gmail.com](mailto:cphmuseum@gmail.com)

Website: <http://cpmuseum.ca>

Follow us on Facebook & Instagram



## MARCH 2024 NEWSLETTER

**ALTHOUGH THE MUSEUM IS CLOSED FOR THE WINTER SEASON  
WE ARE ALWAYS OPEN BY APPOINTMENT  
GET A GROUP OF FRIENDS TOGETHER – BOOK A TOUR  
Contact a Museum Executive Member**

### MUSEUM ASSISTANT REQUIRED

#### **@ CRANBERRY PORTAGE HERITAGE MUSEUM**

Permanent seasonal position from May – September  
with 30-40 hours on site per week

and part-time from October – April on an as needed  
basis.

Responsibilities, Qualifications & Wages can be found  
on [cpmuseum.ca](http://cpmuseum.ca)

**Submit resume to Cranberry Portage Heritage  
Museum at PO Box 310, Cranberry Portage MB R0B  
0H0 or email to [cphmuseum@gmail.com](mailto:cphmuseum@gmail.com) by April 1,  
2024.**

### SUMMER STUDENT/S REQUIRED

#### **@ CRANBERRY PORTAGE HERITAGE MUSEUM**

In anticipation of the museum receiving funding  
support (GreenTeam & Manitoba Métis  
Federation (MMF)) to pay for these positions, if  
looking for a summer job please contact the  
museum at [cphmuseum@gmail.com](mailto:cphmuseum@gmail.com) and we  
will send you an Application Form (Word  
Document or PDF) to complete and return by  
April 1<sup>st</sup>, 2024

Feel free to also include a resumé if you like.

Personal interviews will then be arranged.

Several grants have been applied for and if we are fortunate to be selected, you will be updated in one of our upcoming newsletters. Exciting things could be happening at the museum so keep watch.

ARE YOU INTERESTED IN BECOMING PART OF A TEAM. YOUR EXPERIENCE AND INPUT IS VALUABLE AND APPRECIATED. BECOME A DIRECTOR OR COMMITTEE MEMBER. CONTACT ANY OF THE DIRECTORS LISTED BELOW OR EMAIL [cphmuseum@gmail.com](mailto:cphmuseum@gmail.com) FOR MORE INFORMATION.

YEAR END IS APPROACHING SOON  
RENEW YOUR ANNUAL MEMBERSHIP  
e-transfers can now be made to [cphmuseum@gmail.com](mailto:cphmuseum@gmail.com)

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*Your Memberships and/or donations support the museum by helping offset the utility costs as well as summer staffing.*

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Regular Memberships residents  
Individuals/Family \$15.00/year  
Student \$10.00 per year

Associate Membership  
(those who live outside of community) \$20.00  
Institutions \$20.00 per year

*(when using e-transfer in the comment portion please provide us with your name, postal address, e-mail and/or phone # as well as indicate what your money is for: ie: memberships, general donations, or a donation In Memory of ????. Receipts (if over \$20.00) will be mailed to you for tax purposes, when applicable.)*

**CURRENT DIRECTORS AS OF MAY 1, 2023:**

Richard Gibbons- President 472-3537  
Mabel Brewer- Treasurer 472-3031 or 271-3081  
Sandra Buchberger – Public Relations Officer 620-1710  
Rene Grenier- Museum Maintenance Officer 472-3965

Barb Bragg – Vice President 680-6003  
Patty Klimchuk – Secretary 620-2257  
Mary-Ann Playford, Curator 271-0365 Text only  
or email [cphmuseum@gmail.com](mailto:cphmuseum@gmail.com)

Submitted by Sandra Buchberger, Public Relations Officer

# Measles

**Measles is one of the most highly contagious diseases characterized by a red, blotchy rash. The measles virus spreads through close personal contact with an infected person and through the air when an infected person coughs or sneezes. The virus can be spread by droplets that can stay in the air for several hours. Infection can result in serious illness or death.**

There has been a significant rise in measles cases in many parts of the world, with several cases recently detected in Canada. There have been no laboratory confirmed cases in Manitoba at this time\*. Information on all cases reported in Canada is found at Measles and Rubella Weekly Monitoring Reports - Canada.ca. This report is updated weekly. Public health has sent a measles update letter to all health care providers to increase awareness.

**Immunization is the best way to protect against measles.** Protection against measles is especially important for people planning travel. Check your immunization status, especially if you are travelling outside of Canada, to ensure you are protected. All children 12 months of age and older are eligible to receive 2 doses of MMR vaccine. Infants 6 months to less than 12 months of age and traveling to measles-endemic country are eligible for 1 dose, in addition to the routine 2 dose series.

Individuals are encouraged to be alert for measles symptoms (see below), especially if you have recently travelled.

**Call the Cranberry Portage Wellness to check on your child's immunization status 204-472-3338.**

## Symptoms

Symptoms begin to appear 7-18 days after being exposed to the virus in people who are susceptible to measles. Initial symptoms may include fever, runny nose, cough, drowsiness, irritability and red eyes. Small white spots may also develop on the inside of the mouth or throat. The characteristic red blotchy rash can appear three to seven days after the initial symptoms (on average 14 days after exposure). The rash typically begins on the face and progresses down the body.

Measles infection can lead to complications, including ear infections, pneumonia (lung infection) and encephalitis (brain inflammation) that can lead to seizures, brain damage or death. Measles occurring during pregnancy has been associated with spontaneous abortion, premature delivery and babies born with low birth weight.

## **Causes**

Measles is a highly contagious disease caused by the measles virus. It spreads through close personal contact with an infected person's mucous or saliva and through the air from coughing and sneezing. Although not common, the measles virus may also spread through contact with objects that were recently exposed to an infected person's mucous or saliva from coughing and sneezing. The virus can be spread by droplets that can stay in the air for several hours. An infected person is contagious and able to spread the virus from four days before the rash appears to four days after.

## **Treatment**

There is no cure for measles. Current treatment focuses on relieving the symptoms. Most people recover fully from measles within 2 to 3 weeks. Complications are more common in infants and adults and those with weakened immune systems.

## **Prevention**

**Measles can be prevented through immunization.** Measles vaccine is offered free-of-charge as part of Manitoba's Recommended Routine Immunization Schedule and to those who meet Manitoba's eligibility criteria. Other precautions can be taken, including practicing good hand hygiene, covering your nose and mouth when you cough and sneeze, and avoiding sharing personal items such as water bottles, lip gloss and cigarettes.

# CRANBERRY PORTAGE TOURISM AND EVENTS - MAR 2024

ANDRINA  
TURENNE

PERFORMS  
FRIDAY  
MARCH 8  
7:30 PM

\$25



If you missed Andrina - too bad! But you can sign up now for **JACK GARTON** - performing at Live at the Legion on Saturday, April 6 at 7:30 PM.

# LIVE!

*at the Legion*

- MARCH 8** - Andrina Turenne (Blues, Roots, Rock, Folk)
- APRIL 6** - Jack Garton (Folk & Roots, Doo Wap & Rockabilly)
- MAY 12** - Naomi Shore with Bramwell Park (Indie, Folk)

## CRANBERRY PORTAGE HOMEROUTES '24

If you are reading this before Friday night, you can **still** get tickets at the door at the Legion in Cranberry Portage for **Andrina Turenne**.

**Door open at 7:00 PM - Performance at 7:30 PM**



JACK GARTON

**For info & to buy tickets, email [cphomeroutes@gmail.com](mailto:cphomeroutes@gmail.com) or call/text 204-680-6003**



**Book your calendars for  
May 25, Jul 6, Aug 3, & Sept 7**

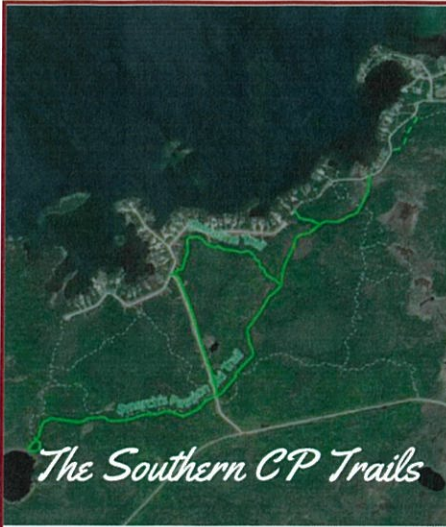
**Come as a visitor, come as a vendor,  
come as a volunteer!**

Email [cpartisanmarket@gmail.com](mailto:cpartisanmarket@gmail.com) or text/call 204-680-6003 for info & to register your booth.

**Start creating now!**

CRANBERRY PORTAGE  ARTISAN MARKET  
- THE CARRYING PLACE -





Finally..  
**SNOW!!!**

Time to get out and tackle some of the great trails that have been carved out of the bush by the Cranberry Portage Hike and Ski Trail Association (CPHSTA).

If you are using the trails - please take out a membership to help support the work of the great volunteers working in the background to maintain them. It helps pay for gas, equipment, skis, snowshoes, signage and other costs. It's a small price to pay for the amount of work that goes in.

Trails are on "Trail Forks" App



contact CPHSTA at [cphsta21@gmail.com](mailto:cphsta21@gmail.com) for information or to purchase a membership

## CRANBERRY PORTAGE TOURISM WORKING GROUP (DISCOVER CRANBERRY PORTAGE!)

Well...the **Cranberry Portage Tourism Working Group** is 'cooking with gas', as we plan and promote Cranberry Portage events and activities throughout the Spring and Summer.

It was fantastic seeing all the folks out for **Winterfest** recently - KUDOS to the organizing committee and volunteers! **CPHSTA (Trails Association)** will be excited with the new snow for skiing and snowshoeing. **HomeRoutes** is in full swing with three more performances coming to town. The **Artisan Markets** work has begun, dates set and we are taking registrations now. The **Trout Challenge** folks will soon be starting to think about this year's event. The **Cranberry Portage Heritage Museum** is planning some exciting projects both inside and out. And we are sure there are many other things going on that we don't even know about! (Please let us know so we can promote it!)

We have collectively applied for a number of grants to support our activities and spruce up our great town while we promote tourism far and wide. But we are just a small group of volunteers and need to expand our numbers so that WE don't run out of gas!

PLEASE CONSIDER JOINING ONE OF OUR COMMITTEES OR JUST VOLUNTEERING YOUR TIME OR EXPERTISE AS NEEDED IN THE FOLLOWING AREAS. WE NEED YOUR HELP! GIVE A LITTLE - GIVE A LOT - YOUR CHOICE.

SOCIAL MEDIA  
GRAPHIC DESIGN  
FISHERS MARKETING

EVENT VOLUNTEERS  
ARTIST PHOTOGRAPHERS  
LOCAL BUSINESS REP



WRITERS

STORYTELLERS  
EVENT PLANNERS  
VISIONARY HUNTERS  
ORGANIZERS HISTORIAN  
RESEARCHERS GUIDES  
ACCOMMODATION OWNER

Get in touch with us at [discovercranberryportage@gmail.com](mailto:discovercranberryportage@gmail.com)

## OTHER ACTIVITIES AND ONGOING EVENTS IN CRANBERRY PORTAGE

### PUBLIC SKATING



Runs Friday Evenings from 7:00-9:00 PM & Sundays 1:00-3:00 PM



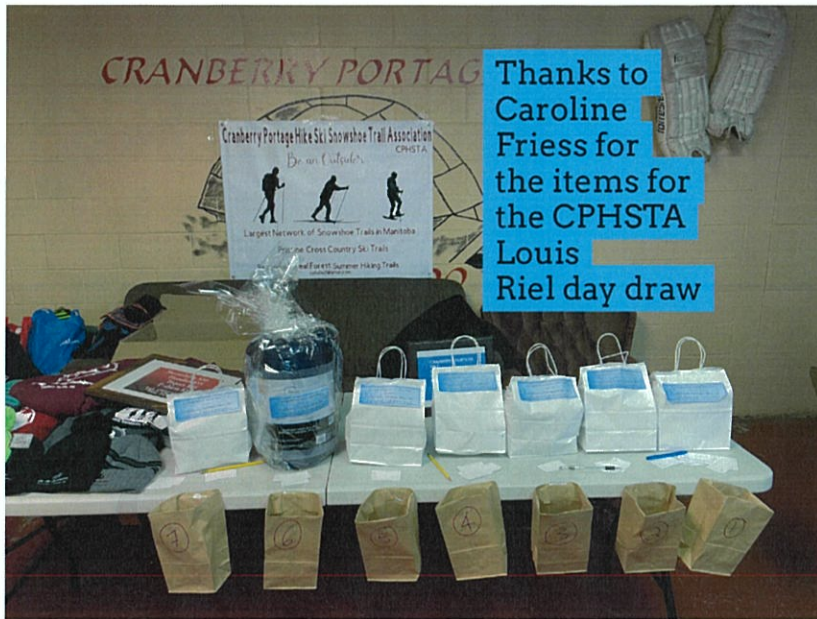
### LUNCH AT THE LEGION



Friday, March 15: Lunch at Noon



# Cranberry Portage Hike & Ski Trail Association Louis Riel Day 2024



Thank you to Doreen Bieker for the quilt donation for the CPHSTA membership draw





**Lunch at the Legion**  
**Friday, March 15th at Noon**  
**Homemade soups, sandwiches & desserts**  
**Adults \$10 Children 12 & under \$5**  
**Everyone is welcome!**  
**The Legion Elimination Draw & Social is**  
**April 19th. Watch for ticket availability!**



**Museum Assistant Required**

@ C.P. Heritage Museum

Permanent seasonal position from May—September with 30—40 hours on site per week and part time from October—April on as needed basis.

Responsibilities, Qualifications can be found on [cpmuseum.ca](http://cpmuseum.ca)

Submit resume to Cranberry Portage Heritage Museum

At PO Box 310, Cranberry Portage MB R0B0H0 or email [cphmuseum@gmail.com](mailto:cphmuseum@gmail.com) by April 1/24

**Summer Student/s Required**

@ C.P. Heritage Museum

In anticipation of the museum receiving funding support ( Green Team & Manitoba Metis Federation) to pay for these positions, if looking for a summer job please contact the museum at

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

And we will send you an application form ( word format or PDF) to complete and return by April 1, 2024

Feel free to include a resume if you like. Personal interviews will then be arranged.

**C.P. Elementary— “Cranberry Portage Elementary” is the Facebook page for info and updates**

- March 8th International Women’s Day
- March 12th Report Cards Mailed
- March 13th—16th 50th Frontier Games in Norway House
- March 19th & 20th Grade 7/8 Winter Prospector Tent Camping
- March 20th Parent Teacher Night
- March 21st—International Day for the Elimination of Racial Discrimination
- March 22nd Last day of classes before Spring Break
- April 1st—school resumes for all students
- April 5th Bus evacuation drill
- April 8 Assembly at 11:00 am Grade 2 hosting



**M.M. F. Local**



There will be a MMF Local meeting on March 13, 2024 at the Legion Hall starting at 7:00 pm.

Regional Staff will be in attendance to provide updates on current programming, etc.

All Red River Metis Citizens, elders and youth are encouraged to attend.

For more information or for a ride please call Bert at 204 472-3964



**Best Beginnings; Baby & Me**

Deborah Bottcher, our Outreach Worker from The Pas, will be at the Resource Center on Friday, March 15th and Thursday, March 28th.

Best Beginnings; Baby & Me provides information, support and resources for those expecting a baby and for the first year of your child’s life.

To schedule and appointment please call Deborah at 204 623-1023 In home and office visits available.

Stop Sexual Exploitation Week March 11—17

**HELP  
STOP  
CHILD SEXUAL  
EXPLOITATION**

If you believe a child is being sexually exploited call 1-833-900-1010 or your local RCMP detachment.



*Happy Easter to All!*

*The Resource Center will be closed Good Friday March 29th & Easter Monday, April 1st*

