



Pinawa Community Resource Guide

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PINAWA FOUNDATION
for our community

Current as of 21 September 2021

The Pinawa Foundation compiled this resource guide with the assistance of the Pinawa Chamber of Commerce, and Pinawa Community Development Corporation. Special thank you to Courtney Geddes for gathering information from various businesses and for editing assistance, and to Nancy Zubriski and Pat Sullivan for their help in identifying businesses and organizations in, or servicing the town of Pinawa.

There may be some missing entries; either we didn't know about them in time, we had incomplete contact information, there was no response to our request, or they didn't wish to be listed. Please let a business/organization know if you saw them or would like to see them included in the resource guide.

This guide is meant to serve as a listing only. The inclusion of a business or organization does not imply endorsement. It is up to the individual to do his or her own research.

This guide will be updated with addendums when required. A full revision will be published if warranted. If you have any relevant edits or new additions to this list, please contact:

Cindy Litke
Member at Large
Pinawa Foundation

Email: cindy.litke@pinawafoundation.org

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| Community and Business Development | |
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| <p><u>Pinawa Foundation</u> The Foundation was formed to help strengthen our community, now and for future generations, by promoting philanthropy, creating partnerships and supporting diverse local groups and charities.</p> | <p>Contact: Chris Saunders - Chair Email: info@pinawafoundation.org Address: PO Box 100, Pinawa, MB R0E 1L0 Website: www.pinawafoundation.org Facebook: Pinawa Foundation</p> |
| <p><u>Pinawa Chamber of Commerce</u> The Mission of the Chamber is to encourage the growth and sustainability of Pinawa by supporting business and employment opportunities.</p> | <p>Contact: Tanis Thomas - President Email: info@pinawachamber.com Website: www.pinawachamber.com</p> |
| <p><u>Pinawa Community Development Corporation</u> Non-profit corporation devoted to enhancing the community economic development in Pinawa, working in partnership with local businesses, non-profits, real estate agents, developers and regional tourism organizations to help promote and grow the community. The Pinawa CDC has implemented several strategies to ensure Pinawa's long-term sustainability.</p> | <p>S16 - 24 Aberdeen Ave (WB Lewis Bus. Centre) Ben Shantz – Economic Development Officer Ph: 204-753-5172 E: shantzb@pinawa.com Shane Li – Senior Economic Development Officer Ph: 204-753-5172 E: edo@pinawa.com Courtney Geddes - Communications Coordinator Ph: 204-753-5170 E: edoadmin@pinawa.com Twitter: PinawaCDC Facebook: PinawaCDC Instagram: pinawacdc LinkedIn: Pinawa Economic Development Office</p> |
| <p><u>Community Futures Winnipeg River (CFWR)</u> A regional development corporation serving North Eastern Manitoba. Our services are free and we work to help strengthen communities, by focusing on job creation and strong economic growth.</p> | <p>4 Park Ave. Lac du Bonnet, MB Contact: Sharalyn Reitlo, Executive Director Phone: 204-345-2514 Email: reitlo@cfwr.mb.ca Website: https://cfmanitoba.ca/winnipeg-river Facebook: Community Futures Winnipeg River</p> |
| <p><u>LGD of Pinawa - Municipal Office</u> Mission Statement - "The Local Government District of Pinawa is committed to sustainable, affordable growth through progressive and well-managed planning for the future." Vision - Pinawa will be a self-sufficient technology-based community connecting business, young families, tourism and retirees. The LGD of Pinawa has rental rates for a variety of services. These include marina slips, canoe racks as well as the swimming pool, as the pool can be rented for special events. Licenses are required for dogs, bicycles, lotteries and home businesses. The Office administers the Public Swimming Pool and passes are available for purchase. Staff members (Gisele, Tannis and Pat) are all Commissioner of Oaths for Manitoba.</p> | <p>36 Burrows Rd. Contact: Pat Sullivan, Office Administrator Phone: 204-753-5100 Website: www.pinawa.com Facebook: Pinawa-Municipal-Government-121241701229292</p> <p style="text-align: center;">Do you have a notice for posting? Contact Pat at 204-753-5108 or sullivanp@pinawa.com</p> <p style="text-align: center;">Pinawa Community announcements are free of charge.</p> |
| Community and Business Development (cont'd) | |
| <p><u>North Forge East</u> We are North Forge East, a member of the National Angel Capital Organization (NACO). Headquarters based in Pinawa, North Forge East is the first non-profit, innovation based, regional business incubator in Eastern Manitoba. We help entrepreneurs with strong business ideas develop in the area by offering access to mentors, subject matter experts and guidance as they progress through the start-up program. We also offer free digital prototyping services, 3D printing lab access and training.</p> | <p>S14/S18 - 24 Aberdeen Ave. (WB Lewis Bus. Centre)</p> <p>Contact: Shane Li - President Phone: 204-753-5170 or 204-291-8108 (C) Email: sli@northforgeeast.ca</p> <p>Courtney Geddes – Communications Coordinator Email: cgeddes@northforgeeast.ca</p> |

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| <p>North Forge East is funded and supported by organizations such as the Local Government District of Pinawa, University of Manitoba, Red River College and the Canadian National Energy Alliance.</p> | <p>Website: northforgeeast.ca</p> |
| <p><u>W.B. Lewis Business Centre Inc.</u> Offers over 15,000 sq. feet of high quality multi-use business space, suitable for office or retail use. Handicap accessible and provides central air conditioning, town water and sewer, and assigned parking with electrical service available. Equipped with a state-of-the-art fire alarm system with continuous monitoring, camera surveillance system and free Wi-Fi.</p> | <p>24 Aberdeen Ave. Email: wblewisbc@gmail.com</p> <p>The Centre has a dividable 1100 sq. foot conference room. The use of the conference room is free to tenants and available, on a rental basis to outside business and groups.</p> |

| Financial | |
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| <p><u>Carol Sandul Bookkeeping</u> Bookkeeping services</p> | <p>Phone: 204-753-2405 Email sandul@mymts.net</p> |
| <p><u>Sunova Credit Union</u> We provide membership with superior financial services for community members, local organizations and businesses.</p> | <p>40 Burrows Rd (Sunova Mall) Contact: TJ Scharer - Member Service Supervisor Phone: 204-753-5200 Email: tscharer@sunovacu.ca Website: www.sunovacu.ca Facebook: Sunova Credit Union Twitter: @SunovaCU Instagram: sunovacu</p> |

Businesses

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| <p><u>Acsion Industries Incorporated</u> Supplies safety related consulting services and products for nuclear utilities, engineering companies and research institutes. Registered ISO 9001:2015 quality program. Services include: radiation safety & health physics support, radiation safety training courses, isotope manufacturing technologies, environmental testing focusing on baseline functional testing, and the effects of radiation, thermal aging and accident conditions on functional performance, and operational and decommissioning support, including project management, technical staff, radiation surveyors, trainers, and regulatory support experts.</p> | <p>S24 - 24 Aberdeen Ave (WB Lewis Business Centre) Contact: Chris Saunders, President Phone: 204-753-2255 ext: 101 Email: saunders@acsion.com Website: www.acsion.com</p> |
| <p><u>Canadian Nuclear Laboratories – CNL</u> Whiteshell Laboratories Closure Project (WLCP) On behalf of the Government of Canada, CNL manages nuclear liabilities at the Whiteshell Laboratories (WL) site, a former nuclear research site located near Pinawa, MB. CNL transitioned to a Government owned - contractor operated model in Sept. 2015, with a mandate to safely decommission and remediate the WL site by 2024.</p> | <p>1 Ara Mooridian Way, Pinawa Contact: Sandi Matheson Phone: 204-753-2311 ext: 62006 Email: sandi.matheson@cnl.ca Website: www.cnl.ca</p> |
| <p><u>Channel Systems Inc.</u> A hyperspectral and infrared imaging company, and a global leader in Nuclear Safeguards technology. We offer specialized cameras, lighting and lenses for scientific and industrial applications. Our services include engineering design for electronic and mechanical systems, 3D printing, machining, and software development.</p> | <p>S2 - 24 Aberdeen (WB Lewis Business Centre) Phone: 204-753-5190 Email: info@channelsystems.ca Facebook: ChannelSystemsInc Website: http://www.channelsystems.ca/ <u>LinkedIn:</u> www.linkedin.com/company/channel-systems-inc/</p> |
| <p><u>Coleman Tree Service</u> Climbing Arborist serving Pinawa and the surrounding area</p> | <p>Contact: Adam Coleman Phone: 204-340-2925 Email: adamjohncoleman@hotmail.com Facebook: adcotreeservice</p> |
| <p><u>Healing With Food Consultations</u> Provides information and consultation for alternative health & healing strategies. Offers meditation & nutritional cooking classes. *Trades Welcome*</p> | <p>48 Dalhousie Road Contact: Karen Dubreuil Phone: 204-753-2258 E-mail: pinawadream@gmail.com</p> |
| <p><u>Lily Blossom Press</u> Custom watercolor pet portraits and other portraits. Graphic design and letterpress printing for weddings, events and business stationery.</p> | <p>Contact: Karly Owens Phone - 204-205-2777 Email: hello@lilyblossompress.com</p> |

Businesses (cont'd)

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| <p><u>Pinawa Post Office</u> Provides mail service, Revenue Canada forms and guides, passport application forms; and sale of stamps, envelope and packing needs, gift cards, postcards, pre-paid Visa cards, collector coins, and money orders.</p> | <p>40 Burrows Rd (Sunova Mall) Phone: 204-753-8408</p> |
| <p><u>Shaun Thompson Photography</u> Self-taught photographer that specializes in weddings, family, and nature photography.</p> | <p>Contact: Shaun Thompson Phone: 204-340-6720 (C) Email: thompsondesigns@mymts.net Facebook: Shaun Thompson Photography Instagram: shaunthompsonphotography</p> |
| <p><u>S. Thompson Designs Inc.</u> Graphic design services</p> | <p>Contact: Shaun Thompson Phone: 204-340-6720 (C) Email: thompsondesigns@mymts.net Facebook: sthompsondesigns</p> |
| <p><u>Tree Monkey's Tree and Stump Removal Service</u> Fast, professional tree and stump removal services</p> <p>**Call or text for the fastest response**</p> | <p>Contact: Steve Taylor Phone: 204-340-3291(C) Facebook: Tree Monkeys Tree Removal</p> |
| <p><u>Xplornet</u> Xplornet Communications Inc. is a Canadian rural Internet service provider and mobile network operator.</p> | <p>Phone: 1-877-959-5717 Facebook: https://www.facebook.com/Xplornet/ Twitter: @Xplornet</p> |
| <p><u>Zubriski & Associates</u> Corporate event planning and association management.</p> | <p>Contact: Nancy Zubriski Phone: 204-299-2327 Email: nzubriski@gmail.com</p> |

Home Services

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| <p><u>BHP Construction</u> Residential roofing, dry walling, flooring, renovating and CAD drafting.</p> | <p>Contact: Brian Petkau Phone: 204-223-2987 (C) Email: bhpconstruction@hotmail.ca</p> |
| <p><u>Julie's Creations inc & One Stop Counter Shop</u> Bilingual Design Services and product sales including: cabinets & cabinet hardware, counter tops, sinks & faucets, tiles (wall & floor), lighting, flooring (laminated, vinyl tiles, hardwood, cork, linoleum), window coverings, custom furniture and more.</p> | <p>S11 & 19 – 24 Aberdeen Ave (WB Lewis Bus. Centre) Contact: Julie Germain Phone: 204-753-2368 or 204-872-2625 (C) Email: service@juliescreations.ca or onestopcountershop@gmail.com Facebook: Julie's Creations Website: www.juliescreations.ca or www.onestopcountershop.ca</p> |
| <p><u>Pinawa Electrical Services</u> Provides residential and commercial electrical needs including, but not limited to: new construction, renovations, electric furnaces, lighting upgrades, and troubleshooting.</p> | <p>Contact: Scott Suski Phone: 204-213-1057 Email: swsuski@gmail.com</p> |
| <p><u>Pinawa Plumbing</u> Full-service plumbing contractor - drain cleaning, hot water tanks, renovations, new construction.</p> | <p>Contact: Jason Swaenepoel, Journeyman Phone: 204-753-8247 (H) or 204-340-1080 (C) Email: pinawaplumbing@mymts.net Facebook: Pinawa plumbing</p> |
| <p><u>Steve's Landscaping</u> Provides bobcat work, snow removal, and takes away scrap</p> | <p>Contact: Steve Berry Phone: 204-753-2903 (H) or 204-345-4818 (C) Email: nancyeberry@gmail.com</p> |

Home Services (cont'd)

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| <p><u>Vogt Building Construction</u> Quality. Custom. Homes. A third generation, family owned and operated company, building onsite projects and moving Ready-To-Move homes for almost 60 years. Provides “turn-key” service – taking care of all the necessary components of your building project, from foundation work to finishing work. We provide General Contracting, Construction Management, Design-Build, Pre-Construction Services and Interior Design Services for the residential and multi-family markets.</p> | <p>Phone: 1-204-326-1126 or 1-877-486-3371 Email: info@vogtbuilding.com Facebook: Vogt Building Construction Website: www.vogtbuilding.com or www.houzz.com/pro/vogtbldg/_public Instagram: vogtbldg/ Twitter: VogtBuilding</p> |
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Retail

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| <p><u>Avon</u> Independent Sales Rep</p> | <p>Contact: Judy Platford or Linda Gifford Phone: 204-753-8873 / 204-753-2372 Email: platford@mymts.net / giffordrl2@gmail.com Website: www.Avon.ca</p> |
| <p><u>Boreal Images</u> Unique, local, photographic greeting cards, prints, and framed prints, primarily Pinawa and Manitoba scenics and nature subjects. Custom prints up to 36 x 54 inches. Select images are available for licensing for publication or advertising use. View at borealimages.ca or the Pinawa Art Gallery at WB Lewis Business Centre. Custom services include art photography, photographic printing, photo restoration, and gliclee art reproduction.</p> | <p>Contact: Stu Iverson Phone: 204-753-8801 Email: iversons@granite.mb.ca Website: borealimages.ca</p> |
| <p><u>Boreal Workshop</u> A family business that designs and hand makes fine jewellery and functional art objects using precious metals and gemstones. We offer consultation services by appointment.</p> | <p>Contact: Tanis Thomas Phone: 204-782-6908 (C) Email: info@borealworkshop.com Website: borealworkshop.com Facebook: Boreal Workshop Canada Instagram: borealworkshop</p> |
| <p><u>Leaveit2Lou Designs</u> Custom labels, stickers, vinyl decor, decorations; t-shirts, mugs, signs, etc.</p> | <p>Contact: Louise Daymond Phone: 204-213-2278 Email: leaveit2lou@mypinawa.ca Website: leaveit2lou.biz Facebook: Leave It 2 Lou Designs</p> |
| <p><u>LEDA's Boutique</u> Provides women's clothing: dresses, tops, shoes and coats</p> | <p>28-B Burrows Rd Contact: Darlene Town Phone: 204-753-8870 Email: ttown@mymts.net</p> |
| <p><u>Solo Market</u> Deli/Bakery/Produce/Fresh Meats/Manitoba Liquor Lotteries Outlet, and Pharmacy. Park passes and fishing licenses.</p> | <p>40 Burrows Rd. (Sunova Mall) Contact: Lisa Thomas (Store) 204-753-2697 Mark Bautista (Pharmacy) 204-753-2324 Email: store524@northwest.ca</p> |

Transportation

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| <p><u>Handivan</u> Service is available to persons 55 years and older, or persons that use a wheelchair or a mobility aide regardless of age. Eligibility criteria apply. Door to door transportation for medical app'ts, adult programming, group charters, or shopping trips at reasonable rates. Dodge Grand Caravan holds 3 people/1 wheelchair (or 1 person & 2 wheelchairs). Ford Van holds 14 people/1 wheelchair (or 12p & 2w, or 10p & 3w, or 8p & 4w).</p> | <p>Contact: Tanya Cutting (May 1 to Oct 31) Phone: 204-753-2780 Don Daymond (Nov 1 to Apr 30) Phone: 204-753-2604 Reservations 24 hrs in advance Not For Emergency Transportation</p> |
| <p><u>Pinawa Automotive Service</u> Complete Automotive Service Centre Safety Certified, Tire Selection Sand, Gravel, Granite and Soil Haulage</p> | <p>Located in the Pinawa Industrial Park Contact: Don & Barb Cooper Phone: 204-753-8309 Email: dbpinawa@mymts.net</p> |
| <p><u>Winnipeg River Charter Services</u> Bus Charter Services</p> | <p>Contact: Paula Walker or Gerald Maeren Phone: Toll free 1-855-340-6300 Email: winnipegrivercharterservices@shaw.ca Website: buscharterservices.ca Facebook: Winnipeg River Charter Services</p> |

Churches

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| <p><u>Pinawa Alliance Church</u> We are a group of Christians from Pinawa and the surrounding area who worship God and seek to please Him. The Bible is our guide as we care for one another, pray for one another, and help one another grow in grace and in the knowledge of the Lord Jesus Christ. See our website PinawaAlliance.com for service times and ministries.</p> | <p>Bessborough Ave at Burrows Rd Contact: Pastor Cliff Bergman Phone: 204-345-6535 Email: office@pinawaalliance.com Website: www.pinawaalliance.com</p> |
| <p><u>Pinawa Christian Fellowship</u> A local Christian congregation recognized by the Anglican Church of Canada, Mennonite Church Manitoba, The Presbyterian Church in Canada, and the United Church of Canada. For the latest information about programs and worship time and location, please visit our website!</p> | <p>Service - FW Gilbert School Gym Corner of Massey Ave and McDiarmid Rd Office and Meeting Room - 40 Burrows Rd (Sunova Mall) Contact: Rev. Robert Murray Phone: 204-753-8439 (Voice or Text) Email: pcf@pinawa.church Website: www.pinawa.church</p> |

Churches (cont'd)

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| <p><u>Pinawa Lutheran Church</u> A church of the Brokenhead Shared Ministry of the Evangelical Lutheran Church in Canada.</p> <p>Sunday Service is 9:15 a.m.</p> | <p>25 Massey Ave (Corner of Burrows Rd and Massey Ave) Phone: 204-753-2239 Website: pinawalutheran.ca Email: office@pinawalutheran.ca</p> |
| <p><u>St. Francis of Assisi Roman Catholic Church</u> Provides Roman Catholic services in Pinawa. Sunday Mass is at 9 a.m., and the weekday Mass is Thursday at 10 a.m.</p> | <p>Corner of Burrows Rd and Vanier Ave Contact: Ivy Claire Fraser Phone: 1-250-486-5313 Email: ivyclaire57@gmail.com</p> |

Real Estate

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| <p><u>Century 21 – Sun Country Realty</u></p> <p>Realtor – Patty Drew</p> | <p>Phone: 204-345-2121 Email: patty.drew@century21.ca Website: www.pattydrew.com Facebook: Patty Drew - Realtor Century 21 Sun Country Realty - "Pinawa"</p> |
| <p><u>RE/MAX associates</u></p> <p>Realtor – Karla Elcock</p> <p><i>"Successfully Selling Pinawa for 23 Years"</i></p> | <p>Phone: 204-340-5743 Email: karlaelcock@hotmail.com Website: www.pinawahomes.com Facebook: Karla Elcock RE/MAX Associates Twitter: @Karla Elcock Instagram: karlaelcockremax</p> |
| <p><u>Royal LePage Dynamic</u></p> <p>Realtor – Susan Musey</p> <p><i>"I believe in earning trust and building relationships. I am extremely committed to my work, dedicated to my clients, and devoted to ensuring that I provide the highest level of service."</i></p> | <p>Phone: 204-340-5030 (C) or 204-989-5000 (O) Email: susanmusey@royallepage.ca Facebook: WinnipegRiverRealtor Instagram: winnipegriverrealtor LinkedIn: www.linkedin.com/susan-musey-ba44bb63/</p> |

Volunteer/Service Organizations

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| <p><u>Eastern Manitoba Branch – National Association of Federal Retirees</u></p> <p>Supports the financial security, health and well-being of retired members of the federal public service, Canadian Armed Forces, Royal Canadian Mounted Police (RCMP) and retired federally appointed judges, as well as their partners and survivors.</p> | <p>Contact: Chuck Vandergraaf Eastern Manitoba Branch MB91</p> <p>Phone: 204-753-8402</p> <p>Email: ttveiv@mts.net</p> <p>Website: www.federalretirees.ca/en/Branches/Manitoba/Eastern-Manitoba</p> |
| <p><u>Friends of Old Pinawa</u></p> <p>A group who have raised funds to carry out projects for the improvement of Old Pinawa Dam. They work in association with Sustainable Resources Manitoba, to address issues at the park and to continue to improve the site. As part of the volunteer commitment patrols are made of the site, and issues are discussed with parks personnel.</p> | <p>Contact: Richard and Vivian Thomson - Co Chairs</p> <p>Phone: 204-753-2980</p> <p>Email: thomsonr@mymts.net</p> <p>Website: Pinawa.com/oldpinawa</p> |
| <p><u>Interlake-Eastern Health Foundation</u></p> <p>Our mission is to raises funds that support health care in the Interlake- Eastern health region.</p> | <p>Contact: Pamela McCallum, Executive Director</p> <p>Phone: 204-785-7044</p> <p>Email: pmccallum@ierha.ca</p> <p>Website: www.iehf.ca</p> <p>Facebook: Interlake Eastman Health Foundation</p> |
| <p><u>Interlake-Eastern Regional Health Authority</u></p> <p>Connecting people and communities to excellent health services – Today and Tomorrow</p> <p>*To find Emergency Room schedules, and more*</p> | <p>Phone: 1-855-347-8500</p> <p>Website: ierha.ca</p> |
| <p><u>Lac du Bonnet and Area Food Bank</u></p> <p>Food Bank serving the needs of the surrounding communities with a 2 day food kit. Relying on the generous support of donors and over 50 volunteers.</p> <p>Open Monday and Thursday from 10:00am to 12:00pm at 55 McArthur Ave in Lac Du Bonnet</p> | <p>Contact: Kim Laurans, Chairperson or Linda Reid, Food Coordinator</p> <p>Phone: (204) 345-0409 (Kim) or (204) 345-8476 (Linda) or (204) 345-9807</p> <p>Email: ldbfbsecretary@outlook.com</p> |
| <p><u>The Pinawa Christmas Committee</u></p> <p>A volunteer group committed to spreading holiday cheer and community over the winter months. We organize community events and holiday magic!</p> | <p>Email: pinawachristmas@gmail.com</p> <p>Facebook: Pinawa's Countdown to Christmas</p> |

Volunteer/Service Organizations (cont'd)

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| <p><u>Pinawa Community Garage Sale - Facebook</u> This is a place to post items for sale and to advertise small businesses and community notices. Criteria are listed on the home page.</p> | <p>Facebook: Pinawa Community Garage Sale</p> |
| <p><u>Pinawa Friends of the Trans Canada Trail</u> The group's mandate is to protect and promote the Trans Canada Trail in Pinawa. They also lead guided tours of local trails at various times of the year.</p> | <p>Contact: Derrek Owen Phone: 204-753-8842 Email: owendm@mymts.net Facebook: Pinawa Friends of the Trans Canada Trail</p> |
| <p><u>Pinawa Health Auxiliary</u> The Health Auxiliary cooperates with the Regional Health Authority to financially support projects deemed to be in the best interests of patient care in the health care facilities in the community.</p> | <p>Contact: Jackie Snider Phone: 204-753-2246 Email: sniderj@mymts.net</p> |
| <p><u>Pinawa Lions Club</u> Pinawa Lions Club is a not for profit service club and has served our community since 1964. Both men and women volunteer their time to raise funds in support of our community first and internationally second. New members are always welcome Meetings: Conference room - W.B. Lewis Bus. Centre - 1st and 3rd Wednesday of the month.</p> | <p>Contact: Gisele Smith – President Phone: 204-213-0112 Email: smithg@pinawa.com Website: www.e-clubhouse.org/sites/pinawamb/ Facebook: Pinawa Lions Club</p> |
| <p><u>Pinawa Volunteer Fire Department</u> Provides emergency services for the LGD of Pinawa. The Pinawa Fire Department mission statement is to save lives and protect property through prevention, preparedness, education and response.</p> | <p>Contact: Shawn Elcock Phone: 204-345-3621 Email: pinawafire@gmail.com Facebook: Pinawa Fire Department</p> |
| <p><u>Two Rivers Senior Resource Council Inc.</u> <u>Support Services to Seniors</u> The Service promotes a range of coordinated, accessible and affordable, community-based services that focus on promoting health and well being for seniors. These include: Victoria Lifeline, Driver Escort for appts, ERIK (Emergency Response Information Kit), Handy Helper Service, Friendly phone calls and visits, the Community Volunteer Income Tax program <u>Congregate Meal Program</u> Shirley's Kitchen, the Pinawa Congregate Meal Program - twice-weekly meal service intended to increase opportunities for nutritional and social support among older adults.</p> | <p>40 Burrows Rd (Sunova Mall) Hours: M – F 8:30 am – 1:30 pm Contact: Kara Bissonnette, Community Resource Coordinator Phone: 204-753-2962 Email: pinawatworivers@gmail.com Website: www.tworiversseniors.ca/pinawa Facebook: Services for Seniors Vanier Centre – 20 Vanier Drive Contact: Shirley Kaminski, Cook Coordinator Phone: 204-753-2087 for info or reservations</p> |

Accommodations and Housing

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| <p><u>L'Eau Calme Resort</u> Short Term and Long Term Cabin Rentals</p> | <p>Contact: Geoffrey Nolette & Ivale Mitchell Phone: 204-806-5591 Email: resort@leaucalme.com Website: https://leaucalme.com/index.html Facebook: LEau Calme Resort Twitter: leaucalmeresort</p> |
| <p><u>Pinawa Ironwood</u> A 50-plus and supportive living residence with 24 50-plus suites, and 12 supportive living suites.</p> | <p>40 Vanier Ave Contact: Chuck Handford Phone: 204-753-2105 Email: cwh@mymts.net Website: pinawa.com/pinawa-ironwood/ Facebook: Pinawa Ironwood</p> |
| <p><u>Pinawa Ironwood Gardens</u> *Operated by Daughter on Call* A social housing habitat where folks of all ages and abilities can thrive and grow. We specialize in the care of elderly and are very knowledgeable in the areas of gerontology and dementia.</p> | <p>Contact: Gail Freeman-Campbell Phone: 204-725-6629 Email: gail@daughteroncall.com Website: daughteroncall.com</p> |
| <p><u>Pinawa Motel</u> Accommodations Open Year Round. Also has an Ice Cream Shop, Pinawa Logo Gift Shop, Watercraft, and Bicycle Rentals. Located just a few steps from the river, trails and other attractions.</p> | <p>2 Vanier Ave Phone: 204-753-2357 Email: info@pinawamotel.com Website: www.pinawamotel.com Facebook: Pinawa Motel Instagram: pinawamotel</p> |
| <p><u>Wilderness Edge</u> Provides retreats and conferences on the local, national and international level. Activities range from tubing on the Channel to wildlife photography weekends.</p> | <p>32 Burrows Rd. Phone: 204-753-2535 Email: info@wildernessedge.com Website: www.wildernessedge.com</p> |

| Arts and Crafts | |
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| <p><u>Long Arm Quilting</u> Custom hand guided long arm quilting services</p> | <p>Contact: Leslie Strandlund Phone: 204-753-2199 or 204-340-5828 (C) Email: strandlundleslie363@gmail.com</p> |
| <p><u>PCF Knitting Circle</u> A non-denominational group of ladies who get together during the fall and winter to socialize and knit/crochet/craft for charity or personal enjoyment.</p> | <p>PCF Office in the Sunova Mall Contact: Brenda Morash Phone: 204-753-2501</p> |
| <p><u>Pinawa Alliance Quilters</u> A place to learn, create and just share our love of quilting</p> | <p>Pinawa Alliance Church on Burrows Ave. Wednesdays (September to June) at 12PM Contact: Shirley Gaylord Phone: 204-753-2982</p> |
| <p><u>Pinawa Art 211 Inc.</u> A non-profit art organization with a mission to promote, educate, and support local artists. One initiative is the Pinawa Art Gallery where artists from novice to experienced and nationally known display & sell their work. The Pinawa Art Gallery also offers classes to the general public.</p> | <p>S20 - 24 Aberdeen (WB Lewis Bus. Centre) Phone: 204-753-7745 Email: pag211inpinawa@gmail.com Website: www.pinawaartgallery.com Instagram: pinawaartgallery Facebook: Pinawa Art Gallery Open: Mon, Thurs, Fri & Sat – 10AM-3PM</p> |

Arts and Crafts (cont'd)

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| <p><u>Pinawa Friendship Block Quilters</u> We are a group of 20+ women who get together to share their passion of quilting.</p> | <p>Pinawa Lutheran Church Contact: Linda Huisman, President Phone: 204-753-2560 Email: lindahuisman@mymts.net</p> |
| <p><u>Winnipeg River Arts Council</u> The Council is a volunteer/ non-profit organization promoting and supporting the Arts in the eastern Manitoba region through financial aid, networking opportunities, education and mentoring.</p> | <p>Contact: Brenda McKenzie Phone: 204-753-8350 Email: mckenzib9@gmail.com Facebook: Winnipeg River Arts Council</p> |

Music and Entertainment

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| <p><u>Eastern Manitoba Concert Association</u> EMCA is a non-profit volunteer organization, presenting primarily musical entertainment.</p> | <p>Contact: Rich Hamon (Vice-President) Phone: 204-753-2519 Email: ric0222@mymts.net Website: www.emcaconcerts.com Facebook: Eastern Manitoba Concert Association EMCA</p> |
| <p><u>Eastman Community Band</u> Band includes amateur wind musicians & percussionists from the Eastman area. Musicians play for personal enjoyment, education of younger musicians (including high school students) and perform at concerts in the Eastman area and in Winnipeg. New members are always welcome!</p> | <p>Contact: Peter Hayward Phone: 204-753-8338 Email: haywardp@mymts.net</p> |
| <p><u>JABaHH</u> A saxophone quintet that plays a wide selection of music including classical, easy listening, jazz, old-time, and show tunes. This group provides background music or entertainment for small groups.</p> | <p>Contact: Betty McCamis Phone: 204-753-2967 Email: bettymccamis@gmail.com</p> |
| <p><u>Pinawa Community Choir</u> The Choir is a group of singers having fun singing together and performing twice a year. New members are always welcome!</p> | <p>Contact: Shannon Shewchuk Phone: 204-348-2211 Email: shewchuk@nlis.ca</p> |

Music and Entertainment (cont'd)

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| <p><u>Pinawa Players</u> A community theatre group that has been entertaining East Man audiences for over 50 years. We have a variety of members of all ages, experience, and talents. The group usually presents two performances a year including a popular November dinner theatre. All performances are held in the Pinawa Community Centre. New members are always welcome!</p> | <p>Contact: Wanda Woodbeck / Linda Tait Phone: 204-340-0626 / 204-753-2911 Email: wwoodbeck@gmail.com Facebook: Pinawa Players Present</p> |
| <p><u>Pinawa Stage Band</u> The band consists of about 15 players and plays jazz and swing music typical of the 1940's and more contemporary music of that style. The band meets weekly, mostly through the winter months. We belong to the Manitoba Band Association and are all members of the Eastman Community Band. Available for community and special events.</p> | <p>Contact: Peter Hayward Phone: 204-753-8338 Email: haywardp@mymts.net</p> |

Personal Care

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| <p><u>Clipper's Plus</u> Family hair care</p> | <p>38 Grey Cres. Contact: Clay McMurren Phone: 204-753-8841 or 204-232-6711</p> |
| <p><u>Nails by Charla</u> Certified Nail Technician provides manicures, pedicures, paraffin hand treatments, eye brow and eyelash tinting, Gel enhancements, and the Eyelash Lift treatment.</p> | <p>Reactions Salon and Spa (Sunova Mall) Contact: Charla Yerex Phone: 204-753-8425 Email: char9528@hotmail.com Facebook: Reactions Salon & Spa</p> |
| <p><u>Nancy's Place Hairstyling</u> Family Hair Care – Open Weekdays</p> | <p>39 Dufferin Ave. facing Morris Rd. Contact: Nancy Berry Phone: 204-753-2903 E-mail: nancyeberry@gmail.com</p> |
| <p><u>Reactions Salon & Spa</u> Providing salon services such as hairstyling, esthetics such as manicures and pedicures, massage therapy, locally made products & retail products</p> | <p>40 Burrows Rd (Sunova Mall) Contact: Ivale Mitchell Phone: 204-753-8425 Facebook: Reactions Salon</p> |
| <p><u>Sharon's Hair</u> Family Hair Care</p> | <p>Contact: Sharon Newman Phone: 204-753-2695 Email: csnewman@mymts.net</p> |

Health and Wellness

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| <p><u>Alzheimer Society of Manitoba</u> The organization exists so that all Manitobans affected by dementia receive the help they need today and have hope for the future. This mandate is achieved through community awareness; individual, family & professional education; support programs and research funding.</p> | <p>Contact: Samantha Holland, Interlake-Eastern Regional Coordinator Phone: 204-268-4752 Email: alzne@alzheimer.mb.ca Website: www.alzheimer.mb.ca Address: 384 Eveline St, Selkirk MB, R1A 1M3</p> |
| <p><u>Beausejour Animal Hospital</u> Professional care for your farm and companion animals in Manitoba</p> <p>**There is also a satellite location in Lac Du Bonnet that offers routine wellness for companion animals**</p> | <p>Contact: Amanda Clark, Office Manager Phone: 204-268-2177 or 204-345-2535 (LDB) Email: reception@beausejourvet.ca or ldb@beausejourvet.ca Website: https://beausejourvet.ca/ Facebook: Beausejour Animal Hospital Instagram: beausejouranimalhospital</p> |
| <p><u>Body and Soul Relaxation by Stacy</u> (Stacy Clark, RMT)</p> <p>Registered Massage Therapist/Certified in Reflexology</p> | <p>S12 - 24 Aberdeen Ave, (WB Lewis Business Centre) Phone: 204-213-0828 Email: sclark76@hotmail.com Website: http://bodyandsoulrelaxation.janeapp.com Facebook: Body and Soul Relaxation by Stacy</p> |
| <p><u>Brigitte Demyd, RMT</u> Registered massage therapist with over 16 years experience specializing in deep tissue, trigger point work, TMJ dysfunction, Myofascial release, sports injury, and relaxation.</p> | <p>Home-Based Phone or text: 204-995-3522 Facebook: Brigitte Demyd, RMT Pinawa</p> |
| <p><u>Interlake-Eastern Regional Health Authority – Pinawa and Area</u></p> <p>Emergency/EMS Phone: 911</p> | <p>Pinawa Hospital: 204-753-2334 To see all Pinawa related IERHA services: https://www.ierha.ca/default.aspx?cid=6302 IERHA Emergency Dep't schedules: https://www.ierha.ca/default.aspx?cid=17136&lang</p> |
| <p><u>Janet Lamb, RMT</u> Registered massage therapist provides Cranial Massage, Fascia Release. Treats TMI Dysfunction, Sports Injury, Lymphatic Release, Depression/Anxiety, Back & Neck Pain.</p> | <p>Home-Based Phone: 204-753-2011 Email: janllamb@mts.net</p> |
| <p><u>Pinawa Dental Centre</u> Proudly serving the Eastman region since 1966. Accepting new patients.</p> <p>Open: Monday to Friday 8:00 AM -4:00 PM</p> | <p>34 Vanier Ave (Next to Hospital) Dentists: Dr. Amrit Bains, Dr. Brett Luschinski & Dr. Jason Andrews Phone: 204-753-2787 Email: info@pinawadental.com Website: www.pinawadental.com</p> |
| <p><u>Pinawa Pharmacy</u> Also provides flu shots and vaccines.</p> <p>Open: Monday to Friday, 9 am – 5:30 pm, closed between 1 & 2 pm</p> | <p>40 Burrows Rd (Solo Store, Sunova Mall) Contact: Mark Bautista – Licensed Pharmacist Phone: 204-753-2324 Fax: 204-753-2325</p> |

Health and Wellness (cont'd)

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| <u>Pinawa Physiotherapy</u> A private physiotherapy clinic for rehabilitation of muscle, joint and nerve injuries, as well as chronic conditions, such as osteoarthritis, stroke, and respiratory disorders. | 30 Vanier Ave (Pinawa Hospital) Gayle Blair, BMR PT / Jeff Blair, BMR PT Phone: 204-753-2060 Email: pinawa_physio@mymts.net |
| <u>Pinawa Primary Health Care Centre</u> Open Monday to Friday 9 am to 4:15 pm, closed between noon and 1 pm | 30 Vanier Ave (Pinawa Hospital) Phone: 204-753-2351 |
| <u>Survivor's Hope Crisis Centre</u> To address sexualized violence and relationship abuse in eastern Manitoba by: supporting victims and secondary victims of sexualized violence, providing educational opportunities for youth through school based programming, and providing information to community and service providers around trauma informed care and best practices. | S10 - 24 Aberdeen Ave (WB Lewis Business Centre) Contact: Executive Director Phone: 204-753-5353 E-mail: director@survivors-hope.ca Website: www.survivors-hope.ca Facebook: Survivor's Hope Crisis Centre |

Fun and Recreation

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| <u>Brian and Rhonda Comedy Hypnosis</u> Comedy Hypnosis shows - great for corporate events, fundraisers, festivals, fairs, family reunions and much more! Enjoy a positive and tasteful show full of laughter and amazement! If you are ready for an unforgettable experience that will keep you laughing, then comedy hypnosis is for you. | Contact: Brian and Shirley Cumber Phone: 204-750-2692 or 204-823-1280 Website: www.brcomedyhypnosis.com Facebook: B & R Comedy Hypnosis |
| <u>Eastman SnoPals</u> Regional snowmobile club that provides recreational snowmobile trails in the Eastern Region. | Contact: John Fleming Phone: 204-451-0481 Email: Info@eastmansnopals.ca Website: www.eastmansnopals.ca Facebook: Eastman Snopals |

Fun and Recreation (cont'd)

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| <p><u>Float and Paddle</u> Water Sport Tourism & Service</p> | <p>Contact: Timo or Robyn Phone: 204-751-0405 Email: info@floatandpaddle.ca Website: floatandpaddle.ca Facebook: FloatandPaddle Instagram: floatandpaddle</p> |
| <p><u>Pinawa Unplugged</u> Eco Tourism Business that offers channel floating tubes, kayak, paddle board and bike rentals. Eco tours include kayaking and biking.</p> | <p>Contact: Sue Appleyard Phone: 204-340-5149 Email: info@pinawaunplugged.com Website: www.pinawaunplugged.com Facebook: Pinawa Unplugged Instagram: pinawaunplugged</p> |
| <p><u>Girl Guides of Canada (GGC)</u> Guiding provides a safe, all-girl environment that invites girls to challenge themselves, to find their voice, meet new friends, have fun and make a difference in the world. GGC is an organization with over 100 years of history and a strong & growing future. Guiding has been in Pinawa for almost 50 yrs.</p> | <p>Contact: Barbara Sanipelli / Lisa McKay Phone: 204-753-8853 / 204-753-8219 Email: barbarasanipelli@gmail.com dlmckay@mts.net Website: https://www.girlguides.ca</p> |
| <p><u>Pinawa Cribbage Club</u> The Club provides an afternoon of social activity with participants playing 6 games of cribbage. Tuesday's at 1 pm, mid-Oct - April.</p> | <p>Contact: Linda Huisman Phone: 204-753-2560 Email: lindahuisman@mymts.net</p> |
| <p><u>Pinawa 50+ Club</u> The Club engages in positive social benefits for seniors in Pinawa. Group meets for lunch every month in the fall and winter, and for special events (golf, Rainbow Stage, Goldeye's games, etc.) over the summer.</p> | <p>Contact: Mary Greber Email: greberm@mymts.net</p> |
| <p><u>Pinawa Public Library</u> To enrich lives and build community by providing access to resources for information, learning, inspiration and enjoyment. Open: M: 6:30 pm – 9 pm T - Th: 9 am – 4 pm & 6:30 pm – 9 pm F: 9 am – 4 pm Sun: 1 pm – 4 pm</p> | <p>Pinawa Secondary School Contact: Lois Bernardin Phone: 204-753-2496 Email: email@pinawapubliclibrary.com Website: www.pinawapubliclibrary.com Facebook: Pinawa Public Library</p> |

Sports and Fitness

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| <p><u>The Local-Motion</u> We are a boutique fitness studio that offers a variety of fitness classes, personal training, and memberships. We also have an outdoor jungle gym inspired by nature!</p> | <p>Contact: Madison Backer Phone: 204-340-5285 Email: backermadison@gmail.com Website: thelocalmotion.ca Facebook: The Local-Motion Instagram: thelocal.motion</p> |
| <p><u>Pinawa Badminton Club</u> The Club provides an opportunity for people to come down and enjoy a recreational activity during the winter months. Minimum age is 10 years old. We provide racquets, shuttles, and nets.</p> | <p>Pinawa Community Centre (High School Gym) Contact: Linda Huisman or Miyoko Rasmussen Phone: 204-753-2560 or 204-753-2910 Email: lindahuisman@mymts.net Wed. evenings October thru April, 7:00-9:30</p> |
| <p><u>Pinawa Minor Hockey Association (PMHA)</u> PMHA ensures that all Pinawa minor hockey players are given the best opportunities for learning and skill development, while enjoying the minor hockey experience.</p> | <p>Contact: Kara Bissonnette Phone: 204-340-6281 Email: kbmorash@hotmail.com Facebook: Pinawa Minor Hockey</p> |
| <p><u>Pinawa Old Timers Hockey Club</u> The Pinawa Old Timers Hockey Club provides recreational hockey for adults.</p> | <p>Contact: Dan Stepanik Phone: 204-340-0605 (C) Email: danstepanik@hotmail.com</p> |
| <p><u>Pinawa MultiSport</u> Pinawa Free Spirit Triathlon</p> | <p>Contact: Wanda Mathers Phone: 204-292-8057 Email: wandamathers@hotmail.com Website: Wonder Athletes</p> |

Sports and Fitness (cont'd)

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| <p><u>Pinawa Pickleball Club</u> An informal club of all ages and abilities that meets twice weekly from October - June to play recreational and competitive pickleball. A \$3 fee is charged per session. Weekdays – Days vary, 2 pm – 3:45 pm Sundays – 1 pm – 3 pm</p> | <p>Pinawa Community Centre (High School Gym) Contact: Tom McMahon Phone: 204-340-3731 Email: tom.mc@mymts.net</p> |
| <p><u>The Pinawa Golf and Country Club</u> Golf Course, Curling Rink, Tennis Courts, Restaurant, Lounge, VLTs, ATM</p> | <p>Restaurant: Shannon Green Ph: 204-753-2760 Pro-Shop: Adam Van Sabben Ph: 204-753-2294 Curling: Linda Gifford P: 204-803-4034 Restaurant: restaurant@pinawaclub.mb.ca Admin: pcadmin@pinawaclub.mb.ca Pro-Shop: theproshop@pinawaclub.mb.ca Website: www.pinawaclub.mb.ca Facebook: Pinawa Golf and Country Club</p> |

Children and Education

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| <p><u>Children's Place Co-op Inc</u> The Co-op provides families in Pinawa and the surrounding areas with childcare services for children age 12 weeks to 12 years old.</p> | <p>Contact: Rhonda Carlson Phone: 204-753-2660 Email: cpci@mymts.net</p> |
| <p><u>J.U.S.T. Training Corp.</u> Employment Counselling Agency – Skills Training, Client Services, Employer Services</p> | <p>Phone: 204-345-2686 Contact: Vanessa Massingham Email: justtraining@mymts.net or justtrainingcorp@gmail.com Website: www.justtraining.ca Facebook: JUSTTrainingCorp</p> |
| <p><u>Pinawa Secondary School Parent Advisory Committee (PSS-PAC)</u> We are comprised of a group of parent volunteers wanting to contribute to the quality of education for all students and help out wherever possible in various capacities.</p> | <p>Contact: Connie Holmlund Phone: 204-340-0917 Website: www.sdwhiteshell.mb.ca</p> |

Children and Education (cont'd)

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| <p><u>grassroots (Pinawa Early Childhood Development Committee)</u></p> <p>We offer Story Time at the library and at Children's Place day care, Soup and Play for families in the evening once a month, Play group weekly, and Food for Thought once a month. We house Library bags at the public library filled with helpful material such as potty training, nutrition and more, that can be borrowed just like books. Toy Lending Library for parents and grandparents, where you can take out toys, puzzles, and bigger items such as play pen, booster seat for eating.</p> | <p>Phone: 204-753-2559 (F.W. Gilbert School)</p> <p>Email: grassroots@sdwhiteshell.mb.ca (email is best contact method)</p> <p>Facebook: Grassroots-Pinawa Early Childhood Development Committee</p> |
| <p><u>School District of Whiteshell</u></p> <p>The School District of Whiteshell offers an outstanding combination of quality education and balanced, healthy lifestyle for learners from Junior Kindergarten through Grade 12.</p> | <p>Contact: Tim Stefanishyn, CEO / Superintendent</p> <p>Phone: 204-753-8366</p> <p>Email: ceo@sdwhiteshell.mb.ca</p> <p>Website: www.sdwhiteshell.mb.ca</p> <p>FW Gilbert Elementary School - Ph: 204-753-2559</p> <p>Pinawa Secondary School - Ph: 204-753-2381</p> |
| <p><u>Whiteshell Toastmasters</u></p> <p>Provides a mutually supportive and positive learning environment in which every member has the opportunity to develop communication and leadership skills to foster self-confidence and personal growth.</p> | <p>Contact: Laverne Wojciechowski</p> <p>Phone: 204-345-2698</p> <p>Email: wojciech@mymts.net</p> <p>Website: https://4249.toastmastersclubs.org</p> <p>Facebook: Whiteshell Toastmasters Club</p> |



**2021 Philanthropy Day
November 20th**

Help Us Raise \$75,000 in 24 Hours

Gifts made to the Pinawa Foundation will be stretched by:

- **Winnipeg Foundation: \$1 for every \$5 donated**
- **Province of Manitoba: \$1 for every \$5 donated**

Gifts can be made:

- Online through www.endowmanitoba.ca from Nov. 15th to 21st.
- By post-dated cheque payable to Pinawa Foundation by Nov. 12th – placed in drop box at the Town Office or mailed to *Pinawa Foundation, Box 100, Pinawa, MB R0E 1L0*.
- At the Pinawa Mall on Nov. 20th from 10 am to 3 pm.

Follow us on Facebook and visit www.pinawafoundation.org
for more details

TAX RECEIPTS FOR DONATIONS OVER \$25