

Christ is among us!  
He is and will be!



### LITURGY INTENTIONS

Христос посеред нас!  
Є і буде!

<b>Sunday, March 30 • Fourth Sunday of Lent</b>		Hebrews 6: 13-20 ~ Mark 9: 17-31
5:00 pm (Sat.)	Health and God's Blessings for Stella Jaman.....	Evelyn Zaborowski and Olga Boychuk
8:30 am	God's Blessings for Leona Hudyma.....	Prayer Partner
10:00 am	(HFH) †Rev. Nestor Yakiwchuk.....	Georgette and Dennis Major
11:00 am	God's Blessings for St. Joseph's Parishioners .....	
6:00 pm	<b>Stations of the Cross-UKR</b>	
<b>Monday, March 31 • Venerable Hypatius.....</b>		Romans 12: 1-3 ~ Luke 6: 31-36
8:00 am	Health and Blessings for Dan Mitchler.....	Darlene and Duane Dahl
11:00 am	(Bethany) God's Blessings and Thanksgiving.....	Malenko and Ouellette families
<b>Tuesday, April 1 • Venerable Mary of Egypt.....</b>		Ephesians 4: 14-16 ~ Luke 6: 24-31
8:00 am	God's Blessings for Terry Kasian.....	Phyllis Trach
11:00 am	(Bethany) God's Blessings for Sister Darleane Pelechaty.....	Bethany Home
<b>Wednesday April 2 • Venerable Titus.....</b>		Ephesians 4: 17-25 ~ Luke 7: 36-50
8:00 am	God's Blessings for UCWLC members.....	UCWLC
10:00 am	(HFH) God's Blessings & good Health for Darko Michno.....	Michno family
7:00 pm	<b>Pre-Sanctified Liturgy and Anointing</b>	
<b>Thursday, April 3 • Venerable Nicetas.....</b>		Ephesians 4: 25-32 ~ Luke 13: 1-9
8:00 am	†Alex and †Magdalena Zosiak.....	Walter Wowczuk
11:00 am	(Bethany) Health and God's Blessings for Mary Hull.....	Maria
7:00 pm	<b>Moleben (UKR) to Blessed Vasyl and Anointing</b>	
<b>Friday, April 4 • Venerable Joseph.....</b>		2 Corinthians 5: 10-15 ~ Luke 12: 42-48
8:00 am	Thanksgiving for God's Blessings.....	Wawrykow family
11:00 am	(Bethany) God's Blessings and good Health for Neil Fraser.....	Men's Club
11:00 am	(St. Joseph's Res. on Leila) †Jean Roshko.....	Kay Zawortny
6:30 pm	<b>Lenten Akathist</b>	
<b>Saturday, April 5 • Akathist Saturday.....</b>		Hebrews 9: 24-28 ~ Mark 8: 27-33
7:30 am (HFH)	†Leonard Cropley.....	Janice Ellen Lupinetti
8:30 am	†Members of St. Joseph's Parish and Sorokousty.....	
<b>Sunday, April 6 • Fifth Sunday of Lent</b>		Hebrews 9: 11-14 ~ Mark 10: 32-45
5:00 pm (Sat.)	†Baba and †Dido Stebeleski.....	Matt and family
8:30 am	God's Blessings for St. Joseph's Parishioners .....	
10:00 am (HFH)	†Olga Lewicki.....	Olga Palmer
11:00 am	†Ann Zulak.....	Joseph, Jo-anne, Matthew, and Alexa
6:00 pm	<b>Stations of the Cross-UKR</b>	

#### SUNDAY COLLECTION March 23, 2014 THANK YOU! 149 envelopes \$ 3,196.00

Open Collection \$ 83.00 ; Vigil Lamps \$ 119.75 ; Outreach \$ 20.00 ; Church in Ukraine \$ 275.00 ;  
Easter Flowers; \$10.00 ; Share Lent \$ 10.00 ; Mission \$1097.00

March Sunday Offering by EFT \$2,763.00 (33 families) Please consider Electronic Fund Transfer.

**Parishioners and Guests:** We have recently purchased an AED Defibrillator that is kept by the Shrine door, in case anyone has a SCA (Sudden Cardiac Arrest) in church. We also have purchased a portable oxygen tank (which is also kept by the Shrine door)

# ST. JOSEPH'S UKRAINIAN CATHOLIC CHURCH Українська Католицька Парафія Святого Йосифа

250 JEFFERSON AVENUE WINNIPEG, MANITOBA R2V 0M6

MARCH 30<sup>TH</sup> 2014 • FOURTH SUNDAY OF LENT

30 БЕРЕЗНЯ 2014 • Четверта Неділя Посту

#### PASTORAL CARE - REDEMPTORISTS

**PASTOR: FATHER BOHDAN LUKIE, CSSR**  
**ASSISTANT: FATHER FRANK SZADIAK, CSSR**

**FATHER LEONARD RATUSHNIAK, CSSR**  
*Pastor of ST. ANDREWS PARISH*

#### SUNDAY DIVINE LITURGY

5:00 PM SATURDAY (ENGLISH)  
VESPERS SATURDAY 4:15-5:00 PM  
8:30 AM (UKRAINIAN) • 11:00 AM (ENGLISH)

#### DAILY DIVINE LITURGY

8:00 AM MONDAY - FRIDAY • 8:30 AM SAT.

#### Holy Days

8:30 AM (UKRAINIAN) • 7:00 PM (ENGLISH)

#### PARISH OFFICE

SECRETARY - CYNTHIA BRYANT  
☎ 204-339-4512 •

• EMAIL: [stjosephukr@mymts.net](mailto:stjosephukr@mymts.net)  
• WEBSITE: [www.stjoeswinnipeg.com](http://www.stjoeswinnipeg.com)  
AUDITORIUM ☎ 204-339-0061

#### PROVINCIAL:

**FATHER LARRY KONDRA, CSSR**  
☎ 204-339-5737 • FAX: 339.1062

#### THE WELCOME HOME

**FATHER MICHAEL SMOLINSKI, CSSR**  
**FATHER JOHN SIANCHUK, CSSR**  
☎ 204-946-5352 • FAX: 943.0960  
188 EUCLID AVENUE WINNIPEG R2W 2X4  
EMAIL: [whome01@mts.net](mailto:whome01@mts.net)

**UKRAINIAN CATHOLIC ARCHDIOCESE (WINNIPEG)**  
WEBPAGE: [www.archeparchy.ca](http://www.archeparchy.ca)



**REDEMPTORIST YOUNG ADULT MINISTRY**  
**MICHELLE THIESSEN** ☎ 204-799-1060  
• EMAIL: [rymcssr@gmail.com](mailto:rymcssr@gmail.com)  
WEBPAGE: [www.yorktonredemptorists.com](http://www.yorktonredemptorists.com)

**BLESSED VASYL VELYCHKOVSKY, CSSR**  
**BISHOP - MARTYR**

**SHRINE - MUSEUM - GIFT SHOP**

**HOURS OF OPERATION**  
SUNDAY: AFTER DIVINE LITURGIES  
MONDAY: CLOSED  
TUESDAY – FRIDAY: 10:00 AM - 5:00 PM  
SATURDAY: 10:00 AM - 1:00 PM

**SHRINE DIRECTOR: FR. JOHN SIANCHUK, CSSR**  
**SHRINE ADMINISTRATOR: MARY JANE KALENCHUK**  
☎ 204-338-7321 • EMAIL: [bvshrine@mts.net](mailto:bvshrine@mts.net)  
WEBPAGE: [www.bvmartyrshrine.com](http://www.bvmartyrshrine.com)

**Glory be to Jesus Christ! Glory be Forever!**

The parish of St. Joseph extends a warm welcome to all our guests. We are pleased that you have come to pray with us. May the Lord bless you!

**Dear Beloved Parishioners and Guests,**

Time truly flies by! It seems like long ago that we shared our Parish Mission and experienced the wisdom and the faith of our Fr. Jack Kingsbury! Oh yes, we miss his raucous laughter here in the monastery! He certainly brought much joy and warmth to all of us! But we must continue our Lenten journey and preparation for our Easter celebration and speaking of journeys – the following is worth reflecting upon:

*“Life is like a journey on a train...with its stations...with changes of routes...and with its accidents!*

*At birth we boarded the train and met our parents, and we believed they would always travel on our side. However, at some station our parents will step down from the train, leaving us on this journey alone.*

*As time goes by, other people will board the train and they will be significant i.e. our siblings, friends, children, and even the love of our life. Many will step down and leave a permanent vacuum. Others will go so unnoticed that we don't realize that they vacated their seats!*

*This train ride will be full of joy, sorrow, fantasy, expectations, hellos, goodbyes and farewells. However, success consists of having a good relationship with all passengers -- requiring that we give the best of ourselves!*

*The **mystery** to everyone is: We do not know at which station we ourselves will step down. So, we must live in the best way - love, forgive, and offer the best of who we are! It is important to do this because when the time comes for us to step down and leave our seat empty -- we should leave behind beautiful memories for those who will continue to travel on the train of life.*

*I wish you a joyful journey for the coming year on the **train of life**. Reap success and give lots of love. More importantly, thank God for the journey!*

*Lastly, I thank you for being one of the passengers on my train! **BE YOURSELF!** - nobody is better qualified!!!”*

Our Friday Fish Fry's are a wonderful success – the turnout has been amazing! The food is absolutely fabulous, but most of all, the warm, cheerful and friendly **Fellowship** is most contagious! Seeing all those happy smiling faces is truly worth all the hard work that the dedicated parishioners, who prepare and serve all those dinner plates for so many parishioners and guests, generously create...

May we warmly, but still strongly, encourage you and your families to participate in our various Lenten prayer services, be it the Stations, or the Sorokousty or Pre-Sanctified Liturgy... Do come and pray with us!

**СЛАВА ІСУСУ ХРИСТУ! СЛАВА НА ВІКИ!**

Парафія святого Йосифа сердечно вітає всіх гостей, які прибули до нас на Богослуження. Нехай Бог вас благословить!



**From the  
Pastor's Desk**

**March 29th  
March 30, 2014**

Epistle Readers  
5:00 pm Saturday  
K.Hrechka  
8:30 am Sunday  
A. Barrett  
11:00 am Sunday  
S. Sirdar

Ushers  
5:00 pm Saturday  
D. Dahl  
D. Dahl  
8:30 am Sunday  
D. Gnutel  
E. Gnutel  
11:00 am Sunday  
D. Gulchak  
B. Rolston

Vigil Lamps  
Mar 31- Apr 13, 2014  
I. Lukie  
W. Lukie


**April 5th  
April 6, 2014**

Epistle Readers  
5:00 pm Saturday  
W. Lukie  
8:30 am Sunday  
M. Marcinkow  
11:00 am Sunday  
H. Stockburn

Ushers  
5:00 pm Saturday  
D. Sumka  
S. Sumka  
8:30 am Sunday  
P. Iwanuck  
V. Solman  
11:00 am Sunday  
M. Samec  
I. Werbovetski

Vigil Lamps  
Mar 31- Apr 13, 2014  
I. Lukie  
W. Lukie

**St. Joseph's Seniors Perogy Bee**  
Please keep April 8 & 9th open for the next Perogy Bee. We need your help to peel, pinch, or pack. Call Millie 589-3518 to place your order. Perogies \$4.50/dozen. All Parishioners are encouraged to help.

 **UCWLC Cabbage Roll Fundraiser**  
\$7.00/dozen - To Order - Call Ollie 334-0858 by March 28. Your orders will be ready for pickup on Wed. April 2nd  
xxxxx

Sunday, March 30th will mark the 40th Day of the passing of the very many killed on that tragic Thur Feb 20th. Together, across Canada we will pray for them & their grieving families by holding a **Memorial Service / Panakhyda** for the **Fallen Heroes** of Euro Maidan...at St. Joe's - after each **Divine Liturgy** on Sat. and Sun., **March 30.**

The **Fallen Heroes of the Maidan Families Fund** ("FHMFF") was created to provide financial support to the widows/-ers, childrents of those who sacrificed their lives fighting for Ukraine's true freedom & democracy on the Maidan in Kyiv & throughout Ukraine. Info about the Fund:  
Ms Motria :motria.ilnyckyj@rogers.com



Condolences and prayers are offered to Magdaline and Walter Skazyk's family on the repose of her father †**Stanley Kostiuik**. May God grant his soul eternal rest. Вічна пам'ять.



**Congratulations** to Larissa Boyko and Jerry Flett on the baptism of their daughter, **Caitlyn Robyn Flett** who was baptized on **March 23rd, 2014.** Welcome Caitlyn! **Многая Літа!**

**Upcoming at St. Joseph's:**

- Mar 28 Fri Fish Fry 4:30 - 6:30 pm followed by **Lenten service 6:30pm**
- Mar 29 Sat Liturgy and Sorokousty 8:30 am
- Mar 30 Sun Adult Spiritual Study 10-11am; **NO Catechism; Stations of the Cross-Ukr.6pm**
- Apr 02 Wed Pre-Sanctified Liturgy 7 pm
- Apr 03 Thur Moleben (UKR) to **Bl. Vasy!** 7 pm
- Apr 04 Fri Fish Fry 4:30- 6:30 pm followed by **Lenten service 6:30pm**
- Apr 05 Sat Liturgy and Sorokousty 8:30 am
- Apr 06 Sun Catechism 10am & **Adult Spiritual Study** (last of the series) 10 am
- Apr 07 Mon UCWLC meeting following Lenten service 7:00 pm
- Apr 08 & 09 Perogy Bee 9:00 am
- Apr 09 Wed Pre-Sanctified Liturgy 7 pm
- Apr 10 Thur **Knights of Columbus** Executive Meeting 7:00 pm





The children of the Parish are invited to an afternoon of Pysanky and Paskas!  
Please join us, **Sunday, April 6, 12 - 3 pm** in the Church basement.  
This is an opportunity for you to try your hand at **writing pysanky**  
and making a small **paska** for your Easter baskets.  
**RSVP: by April 1st, 2014 to Sophie - sophie.b@mymts.net**



### Special Services during the Great Fast

**Liturgy of the Pre-Sanctified Gifts** at 7:00 pm on Wednesdays, beginning March 5th

**Liturgy and Sorokousty**, the service of intercession for our deceased ancestors  
at 8:30 am on Saturdays: Apr 5

**The Way of the Cross: 6:30 pm Fridays** (English) and **6:00 pm Sundays** (Ukrainian)

### **ANNUAL LENTEN FISH FRY - 4:30 PM EVERY FRIDAY NIGHT DURING THE GREAT FAST**

*Sponsored by Knights of Columbus Father Shyshkovich Council #8925*

**St. Joseph's - April 4 & April 11**

\* **Followed by Lenten Stations of the Cross (Eng) 6:30 pm**

**Halibut fish(2pc)** served with fries, coleslaw, dinner roll: adult-\$9.00\* ; child-\$4.50(1pc fish)  
Clam chowder \$4.00; Deep fried or boiled perogies (6) served with onions and sour cream \$5.00  
Combo plate: 3 perogies & 1 pc fish & coleslaw \$7.00\*  
Extra fish \$4.50/piece; French fries \$2.00 single order; Beverage and dessert (silver collection)  
Spaghetti Plate: (Meatless Sauce) Adult - \$4.00\*; Child - \$2.00\*



### The Traditional Eastern Lenten Prayer of St. Ephrem the Syrian

*O Lord, and Master of my life, keep from me the spirit of indifference and discouragement, lust of power and idle chatter. (prostration)*

*Instead, grant to me, your servant, the spirit of wholeness of being, humble-mindedness, patience and love. (prostration)*

*O Lord and King, grant me the grace to be aware of my sins and not to judge my brother or sister; for You are blessed now and for ever and ever. Amen. (prostration)*



### **Scripture Readings during the Fifth Week of Great Lent Mar 31-Apr 4**

Monday: Isaiah 37:33 - 38:6; Tuesday: Isaiah 40: 18-31; Wed: Isaiah 41:4-14;  
Thursday: Isaiah 42: 5-16; Friday: Isaiah 45: 11-17



### Welcome to Outreach

We will be putting together **Easter Hampers** on **April 15th**. If you know of anyone who may need a **hamper**, please call **Iris @ 339-2325 before April 10th**.

**New members are most welcome at our next meeting on May 6 at 6:30pm in the church hall. Come!**

*"As often as you did for one of my brothers, you did it for me."*

## More "Lenten Thoughts" by Father John Sianchuk CSsR

"More than half of Lent is over. This very precious time of year can simply slip through our fingers and before you know it we are eating the Paska without renewed hearts because we missed the time of God's visitation. I get very concerned when we reduce lent to simply giving up something, or if we do nothing at all. It is meant to be a time during which we are to work on our interior life: how we treat others, how we relate to God, our prayer life, our relationships, the situations that need forgiveness, the areas of our lives that need reform so that we would not be so greedy, jealous, envious, gossipy, self-centered, proud, vengeful, etc.

If during the Lenten time, we do not have repentance, **some change of heart**, then I think that we have missed the point, and more important, missed the opportunity to become the person we are meant to be. To help us in this interior process, we have a **cross** placed on the tetrapod of the Church. That is, it is Jesus and his mercy and compassion that help us change our hearts. He has already removed all barriers that could separate us from God. So we are all asked to look into ourselves and find some area of our life that we have to give to Jesus especially during this Lenten season.



(A few years ago during Lent Fr. John conducted a Ukr.Church history course. An interesting comment bears repeating!) Those who attend the lectures came to realize how broken our history is. We saw how political powers influenced the religious atmosphere and affiliation of the people, how the secular powers controlled the church life, yet despite all the trials the Christian faith survived and now is again beginning to flourish, especially in Ukraine. The **Orthodox/Catholic** division is more a result of political ambitions and a lack of understanding of the faith, than concrete differences of the faith. **Let us pray** that in the future we are able to rise beyond our various national aspirations and seek Jesus Christ and His Kingdom and thus again become united into one Church of God.

As we live through the **new birth** of Ukraine, God willing, as an uncorrupted democratic country, we continue to pray that President Putin does not further invade the eastern portion of Ukraine, as he and his army have done in Crimea. As I write this, the United Nations has overwhelmingly voted not to recognize the military annexation of Crimea.

**Please pray** for our Ukrainian Catholic Church in Crimea which again is being persecuted and overpowered by the Russian Orthodox Church with the blessing of Putin!

**Truly let us support** our sisters and brothers in Ukraine that the May elections may freely take place and be successful without the oppression of Putin and Russia!



**U R Youth - Sunday Session** - Sunday, April 6, 10am - 11am in the St. Joe's Youth Room  
Contact Christina for more details: cmsikorsky@hotmail.com (for Gr 8-12)

**All you need is His Love! - Palm Sunday Twilight Retreat and Potluck** (for Young Adults 18-35 yrs)

April 13, 2014, 3 pm - 8 pm at **The Welcome Home**, 188 Euclid Ave.  
Sr. Darleane Pelechaty, SSMI and Sr. Ruth Aney, SSMI will lead us on journey of reflection  
- exploring the potential for love to transform our lives! Please bring your favourite potluck dish and  
RSVP by Wed April 9 to Michelle 204-799-1060, rymcssr@gmail.com

*We will have prayer, reflection, discussion, a potluck supper, a take-home-surprise, a Fun & Reflective Day!*



**May 1 - 16, 2014 at The Welcome Home in Winnipeg, MB**  
Experience 2 weeks that could very well change your life!

Young adults ages 18- 35yrs: Enjoy community life, learn about Redemptorist spirituality, volunteer in various inner-city organizations and relax during a weekend lake retreat!  
For more info or to request an application, contact



Michelle at rymcssr@gmail.com ☎ **799-1060 Application Deadline is April 4th!**

#### North American Redemptorist Dialogue



Join young adults (18-35yrs) and Redemptorists from across North America as we unravel the Great Mysteries of Redemption in Canadigua, NY, **July 28-Aug 1, 2014.**

Experience other cultures, celebrate Eucharist, share your faith and enjoy good times in a tranquil retreat setting. If you've ever done S.E.R.V.E...Dialogue is the next step!  
For more info, contact Michelle 204-799-1060, rymcssr@gmail.com

#### Marian Pilgrimage



Join Fr. Volodymyr Bashutskyy for a Pilgrimage to Fatima & Lourdes, with Barcelona, from **September 14 to September 23, 2014.**

Book by April 15 and save \$250.00 per person!

For more info: **Fr. Bashutskyy 204-582-7535** or Martha Baniias 204-949-0199 (The Great Cdn Travel Co) Please see brochure at back of church or email: **bvmchurch@gmail.com**

#### The Catholic Foundation of Manitoba 2014 Annual CARITAS AWARD DINNER

Honouring Actionmarguerite, St. Joseph's Residence, and Holy Family Home

**Wednesday, April 30, 2014**

~ Winnipeg Convention Centre ~ Reception 6 pm, Dinner 7 pm ~

**Tickets \$95** (\$30 tax receipt/individual)

Call Catholic Foundation office 204-233-4268 or St. Joseph's Parish office 204-339-4512

Email: cfmb@mts.net Visit: catholicfoundation.mb.ca



**2014 Manitoba Prayer Breakfast** will be held on **Saturday, April 5<sup>th</sup>, 2014**

**7:30 - 9:30 am** at **Victoria Inn**. The theme is "**Leaders for a Better Tomorrow**". *"I tell you to pray for all people, asking God for what they need and being thankful to Him. Pray for rulers and for all who have authority."* As a "Nation at Prayer" let us **pray for each of Canada's elected representatives**. This year, prayers will be included especially for the leaders of Ukraine. Tickets are \$40.00 pp. Call **204-294-4078** ; web: **manitobaprayerbreakfast.ca** ;

#### Community Events - 2014 - Mark the Date!

**Sat Mar 29 - Shevchenko Film Festival-"Famous Ukrainians" 6:30 pm** at **Holy Family Home**;

**Sat Apr 5 - 2014 MB Prayer Breakfast- 7:30-9:30am** at Victoria Inn; Tkts \$40 pp. Call 204-294-4078

**Sat Apr 5 - Family Pysanka Workshops~ 2 pm - 4 pm** ~ Make your very own pysanka at **Oseredok**, 184 Alexander Ave East. Register: 942-0218 Fee \$8 members; \$12 non-members

**Sun Apr 6 - Sts. Vladimir & Olga Cathedral Annual Spring Tea, 1pm**, opener -Dr. Andrea Babick

**Sun Apr 6 - K.U.C.A. YOUTH WINTER GAMES ANNUAL WIND-UP -Canad Inn-Garden City** 2100 McPhillips St. "**Splasher's Indoor Pool and Waterslide**" - **Limited # of Tickets - \$5 each child** - 5-12 yrs: **1pm to 3pm** ; 13-16 yrs **3pm to 5pm** ; 1 1/2 hr pool & slide time, with complete buffet . Every child must have proper Swim Suits; Towels & Change Room is supplied. Contact Bro. Robert Erstelle **204-339-3837** or Email: **coltsp@shaw.ca**

**Mon April 14** -(Part 1) & **Tues April 15** (Part 2) - **Mission 2014: The Gift of Forgiveness; 6pm EDT** on **Vision TV** ( repeated at 10pm EDT )

**Wed Apr 16 - Dementia: "Options in Community Living"** Meadowood Manor, 577 St. Anne's Rd **7-8:30pm** Free Presentation by Alzheimer Society-Register with Maria 943-6622 x203

**Wed Apr 30 - The Catholic Foundation of MB 2014 Caritas Award Dinner** -honouring Holy Family Home, St. Joseph's Res., at Winnipeg Convention Centre- 6pm & Dinner 7pm-Tickets \$95.

**Sat May 3 & May 10 - Two-Day Workshop: Living with Alzheimer's Disease or Other Dimentias**; at Riverwood Square, 1778 Pembina Hwy, 9am-2pm; Cost: \$25/person; Register: 943-6622 x203

**May 2, 3, 4, 2014 Catholic Conference "Called by Name...Healed by Love"**

at St. Norbert Community Centre, 3450 Pembina Hwy;

Doors open Fri May 2 at 6:30pm; Sat & Sun 8:00 am;

Speakers Archbishop Albert LeGatt, Fr. Marc Drouin, Sr Nancy Kellar, Deacon Larry Oney.

Please pick up pamphlet at back of church for presentation schedule.

Adult \$55 ; Family \$115 ; Teen Track on Saturday \$20 ; ( \$5 more at the door for all registrants)

Conference Registration: CCRS of Manitoba, 204-895-7544, [www.catholicrenewalservices.com](http://www.catholicrenewalservices.com)

Email : [ccrs@catholicrenewalservices.com](mailto:ccrs@catholicrenewalservices.com)

Applications for Enrolment to Immaculate Heart of Mary School are being accepted.

Immaculate Heart of Mary School is a Nursery to Grade 8 Co-ed, Ukrainian Catholic school, that offers strong academic, spiritual, cultural, arts and athletic programs. If you are interested in having your child educated in a Christian environment, please inquire to book your own personal tour.

Phone: 204-582-5698 ; E-mail: [ihms@ihms.mb.ca](mailto:ihms@ihms.mb.ca) ; More info: [www.ihms.mb.ca](http://www.ihms.mb.ca)