

DID YOU KNOW?

- Manitoba is smoke-free in all public spaces.
- Canada has 9 Statutory Holidays including:
 - Christmas Day
 - New Year's Day
 - Easter
 - Victoria Day (May long weekend)
 - Canada Day (July 1st)
 - Civic Holiday (August long weekend)
 - Labour Day (September long weekend)
 - Thanksgiving (October long weekend)
 - Remembrance Day (November 11)
- The legal age in Manitoba is 18 years.
- School runs from September to June.
- Public school is free for all residents up until Grade 12.
- Land harvested around Dauphin is about 900,000 acres.
- Dauphin is home to Manitoba's first and only indoor wave pool.
- According to a Canadian Geographic study in 2000, Dauphin is the sunniest city in Canada. Dauphin has clear, sunny skies 21% of the time on an annual basis.
- The average high temperature in July is 25.3°C
- The average rainfall per year is 37.2 cm



DAUPHIN ECONOMIC DEVELOPMENT & TOURISM

Immigration Services
100 Main Street South
Dauphin, MB R7N 1K3
Tel:204.622.3223
Fax:204.622.3290
Email:immigrate@dauphin.ca

www.dauphin.ca/immigrate

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Welcome to Dauphin

“a guide for newcomers”



A practical guide for anyone that is new to Dauphin and the Parkland area.

2007/2008



www.dauphin.ca



Everything you deserve.

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INTRODUCTION

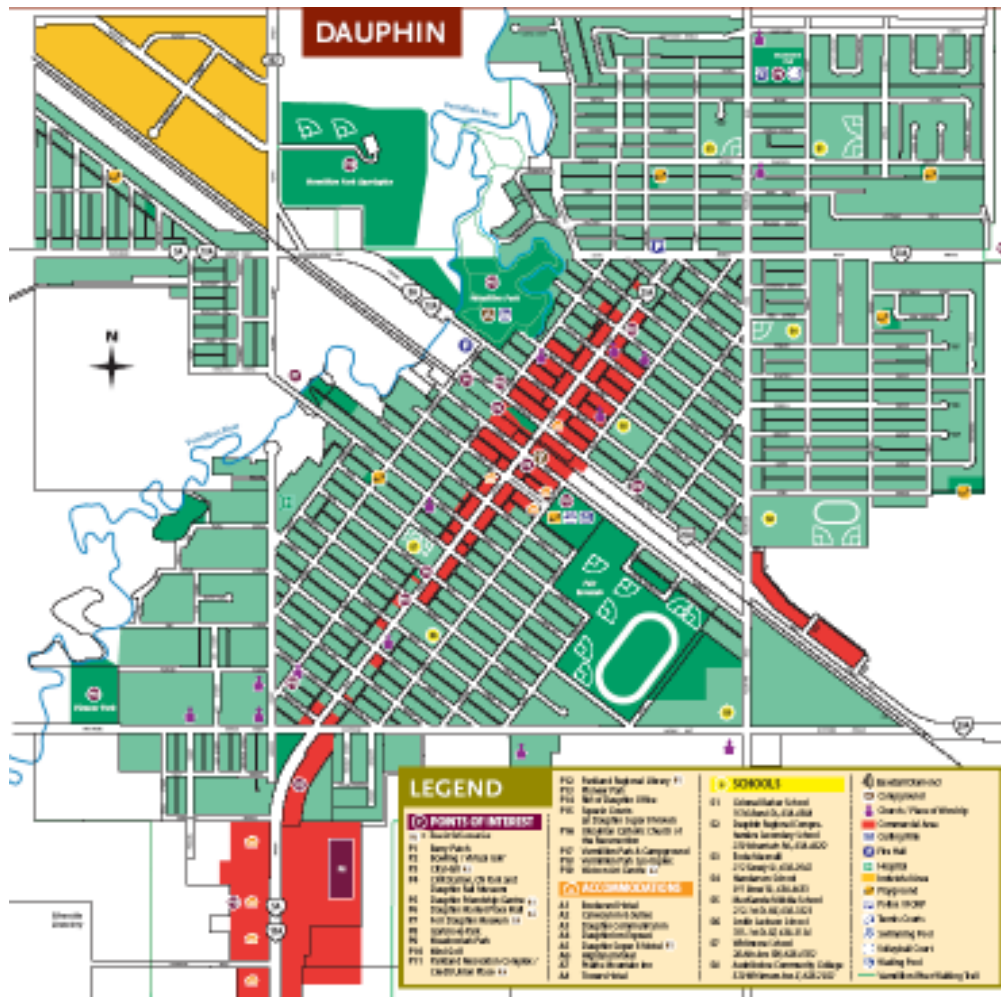
Dauphin is a vibrant and friendly community; surrounded by rich farmland, natural beauty and vast opportunities. Nestled in the heart of the Parkland Region, the breathtaking Riding Mountain escarpment protects Dauphin to the south and the Duck Mountains loom in the northwest. Manufacturing, education and a growing business community complement Dauphin's capacity as a regional service centre for health care and retail in the Parkland. Diverse nature-based attractions, rich culture and history, along with world class festivals define Dauphin as a prime destination to start a new life for you and your family. Welcome to Dauphin!

Mayor Alex Paul

IMPORTANT PHONE NUMBERS

Emergency (Fire, Police, Ambulance)	911
City Hall	204.622.3200
RCMP (non emergencies)	204.622.5050
Hospital	204.638.3010
Immigration Services	204.622.3223
Dauphin Joint Recreation Commission	204.622.3150
Manitoba Health	1.800.392.1207
Manitoba Public Insurance	204.622.2783
Citizenship & Immigration Canada	1.888.242.2100
Service Canada	1.800.531.7555
Employment Manitoba	204.622.2135
Electricity: Manitoba Hydro	1.888.624.9376
Water: City Hall	204.622.3200
Phone: MTS Allstream	225-5687
Mountain View School Division	204.638.3001
Assiniboine Community College (English classes)	204.622.2023
Dauphin Public Library	204.638.6410
Dauphin Taxi	204.638.3315
CAA Road Assistance (membership required)	1.800.222.4357
Canada Post	1.800.267.1177

Everything You Deserve!



Dauphin is a warm and welcoming community. Surrounded by rich, productive farmland, natural beauty and myriad opportunity for outdoor recreation, Dauphin is situated in the heart of Manitoba's most spectacularly scenic region known as the Parkland. You will enjoy the many world class festivals, attractions, heritage and outdoor recreation activities. Beautiful nature and scenery surround us with the nearby

national and provincial parks. Enjoy world class fishing, hunting and golfing while experiencing the great outdoors.

Dauphin is an arts and culture based community that offers many creative opportunities. Affordable housing opportunities, countless community organizations, excellent health care, and some of the best recreation facilities in Manitoba are only a few of the reasons to consider living in Dauphin.

LOCATION & CLIMATE

Dauphin is situated in the southwest portion of Manitoba at the junction of Highways #5, 10 and 20, and is the regional service centre for the Parkland region. Located in a valley between Riding Mountain National Park and Duck Mountain Provincial Park, Dauphin's landscape is surrounded by two of the larger inland lakes in the world, Lake Manitoba and Lake Winnipegosis.

Dauphin is located 311 km (203 miles) northwest of Winnipeg, 167 km (104 miles) north of Brandon, and 275 km (170 miles) north of the U.S. border. The summer season ranges from May through September with average July temperatures from 25C (high) to 11C (low). Average January temperatures range from -12C (high) to -23C (low). The area enjoys sunshine 21% of the time on an annual basis, the most of any city in all of Canada (according to a study by Canadian Geographic)! The riding mountains to the south allow for Chinook-type winds often causing Dauphin to be the warmest spot in Manitoba.

POPULATION

There are approximately 10,300 people in the City and Rural Municipality of Dauphin.



A HISTORY OF DAUPHIN

Lake Dauphin was founded in 1739 by Francois de la Verendrye, who named it after the oldest son of the king of France. Established as a fur-trading post, "Fort Dauphin", is now a charming city that extends across the prairie landscape just to the east of the Vermillion River. Growing numbers of fur traders in the 1800's helped spread word about fertile land surrounding Lake Dauphin.

With visions of wealth and freedom, the first frontier settlers of Scottish and English descent moved to the valley. Sawmills, flour mills and trading posts sprang up along the Vermillion River, Wilson River and the mouth of the Valley River. With the opening up of the heart of the region, population virtually poured in. Although the region was first settled by people from the British Isles, immigrants soon arrived from Germany, Central Europe and, most notably, the Ukraine. Dauphin quickly emerged as the main trading centre in central Western Manitoba.



The City's renovated train station, built in 1914

Settlements began to emerge in the 1880's; Gartmore (approximately two miles southwest of the present city) and Old Dauphin (2 miles northeast of the city). The advent of the railway resulted in the establishment of Dauphin situated between Gartmore and Old Dauphin.

Dauphin is the birthplace of World War I hero Lieutenant-Colonel W.G. (Billy) Barker V.C. who the Dauphin Airport was named after in 1998. Dauphin was incorporated as a Village in 1898, as a Town in 1901 and as a City in 1998.

The Historic Ukrainian Catholic Church of the Resurrection. Constructed between 1936 and 1939 by volunteers during the peak of the Depression, this splendid church features the early Kievan style of Eastern Byzantine architecture. Designed by Father Ruh and iconography completed by Theodore Baran, this church is known as a "Prairie Cathedral" and is a Provincial and National Heritage Site.



Tip! Guided tours, as well as tours featuring traditional Ukrainian cuisine are available upon request. Phone the Tourism office for more info. 204.622.3216

HOUSING

Whether it is a heritage home you are after or you want to build a new home, there are many options to choose from. You will find the cost to purchase or build a new home to be very low compared to many other countries and bigger Cities in Canada.

RESIDENTIAL SUBDIVISIONS

There is a variety of residential lots available for building your dream home at a very affordable cost. These large building lots located in the Strilkiwski and Barker Street Subdivisions are close to schools and amenities. Average lots cost in the range of \$25,000 CDN. Building lots are also available along the Dauphin Golf Course. Check the real estate list below for more information and contact a realtor.

Dauphin also has rental units and condominiums for a care-free lifestyle.

APARTMENTS

Ferndale Apartments
Happy Haven
Hawthorne Place
Parkland Crossing
Heritage Hallow
Kinsmen Villa
Lorray Manor
Spruce Manor
Parkview Lodge
St. George's Place



CONDOMINIUMS

New condominiums on Main Street North and Lily Avenue offer another housing choice.

REALTORS

Century 21 Macmillan.com
Dauphin Market Place Mall
1450 Main Street South
Ph: (204) 638-7947 Fx: 638-5062
Email: c21mac@mts.net
century21macmillan.com

Golden West Real Estate
303 Main Street N.
Ph: (204) 638-5270 Fx: 638-5030
Email: goldwest@mts.net
www.lcn2000.com/goldenwest

Melnyk Realty Ltd.
803 Main Street S.
Ph: (204) 638-8899 Fx: 638-6644
Email: mail@msrealty.ca
www.msrealty.ca

Realty World - Mountain View
#1-38 1st Avenue N.W.
Ph: (204) 638-8999 Fx: 638-5211
Email: kendyck@mb.sympatico.ca
www.realtyworld-mv.com

Re/Max of Dauphin
417 Main Street S.
Ph: (204) 622-7770 Fx: 622-7789
Email: remax_dauphin@mts.net

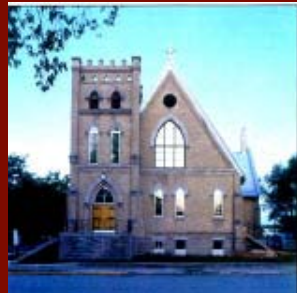
COMMUNITY ORGANIZATIONS & CLUBS

Dauphin is well known for its volunteers. There is not a shortage of organizations to choose from so you can be as busy as you want to be! The following is a sample of some of the organizations and clubs in Dauphin:

Agricultural Heritage Club
Allied Arts Council
Beta Sigma Phi
Chamber of Commerce
Communities in Bloom
Community Food Bank
Dauphin Agricultural Society
Dauphin Community Band
Dauphin Community Foundation
Dauphin Fish & Wildlife Association
Dauphin Friendship Centre
Dauphin Lions Club
Dauphin Senior Centre
Ducks Unlimited
Fort Dauphin Museum
Geneological Society
Horticultural Society
Intermountain Sport Fishing Enhancement Group
K-40
Kinette Club
Kinsmen Club
Knights of Columbus
Manitoba Heritage Federation
Northwest Metis Council
Parkland Library Board
Rotary Club
Royal Canadian Legion
Royal Canadian Legion Ladies Auxiliary
Royal Arch Masons
Shrine Club
Toastmasters Club
Ukrainian Education & Cultural Association:

PLACES OF WORSHIP

Church of Christ
Church of Jesus Christ of Latter -Day Saints
Dauphin First Baptist Church
Dauphin First United Church
Evergreen Chapel & Crematorium
Grace Bible Church
Jehovah's Witnesses
Mountain View Christian Assembly
New Life Centre
Parkside Gospel Church
St. George's Ukrainian Orthodox Church
St. Paul's Anglican Church
St. Viator's Roman Catholic Church
Salvation Army Citadel
Seventh Day Adventist Church
Trinity Lutheran Church
Ukrainian Catholic Church of the Resurrection



Trembowla Cross of Freedom. This National Heritage Site and museum honors the first Ukrainian Catholic Liturgy celebrated in Canada in 1897. Nearby, on a bend in the Drifting River, sits the provincially designated heritage site of the former St. Michael's Church (c. 1898) which is preserved as the first Ukrainian Catholic Church in Canada. Other historic buildings include a grotto, pioneer home and school displaying artifacts from an early Ukrainian settlement. Ukrainian Heritage Village. This living museum depicts a pioneer crossroads settlement of the prairies between 1896-1925. The village consists of three pioneer homes, several farm buildings, a church, prairie school, pioneer farm equipment, artifacts and documents, a shoe shop and Rhodes Hall.



Commemoration of Lieutenant-Colonel W.G. Barker V.C. Long awaited recognition has been received through the Canadian Heritage and Historic Sites & Monuments Board of Canada commemorating the historic significance of Lt. Col. W.G. Barker V.C. Born in Dauphin, Billy Barker went on to become one of Canada's most celebrated war hero's of World War One. Gallantly serving as an ace pilot, Barker's reputation gained him international prominence. A plaque commemorating Barker was placed at the Lt. Col. W.G. (Billy) Barker V.C. Airport on June 1st, 2000.

CITY HALL

Address:
100 Main Street South
Tel:204.622.3200

Opening Hours:
Monday - Friday: 9:00am-4:30pm
Sundays & Holidays: Closed



In the City Hall you'll find the office of our Mayor & Council and administrative municipal departments. Here you can pick up all kinds of tourism information, pay your water bill & land title taxes plus apply for your water hookup. Dauphin Economic Development and the Dauphin & District Chamber of Commerce as well as the Dauphin & District Community Foundation have an office in the City Hall.

IMMIGRATION SERVICES

To assist you with information, applications & settlement we have an Immigration Services Coordinator. Feel free to contact us and we will be happy to help you! (for contact information see back page)



Tip! Check out www.dauphin.ca for a complete list including address and phone number.

HEALTH CARE

Emergency (Fire, Ambulance, Police) Call 911

Dauphin Regional Health Centre - 625 3rd Street SW, 204.638.3010

For all health care questions phone: 204.622.6222

The Dauphin Regional Health Centre is a secondary care facility that serves not only the City and Rural Municipality of Dauphin but also the entire Parkland Region of Manitoba. Specialist-trained professionals provide general surgery, internal medicine, obstetrics, radiology, and psychiatry services. The Centre has 82 acute care beds and 5 intensive care units.

Health Care in Dauphin:

- * 88 Beds + 90 long term care beds
- * 21 Doctors
- * 156 Nurses
- * 89 Health Care Aids
- * 3 On-site Pharmacists
- * 1 Respiratory Technician
- * 1 Social Worker
- * Hemodialysis Services
- * Chemotherapy Services
- * X-Ray & CT Facilities
- * Emergency
- * Manitoba Telehealth
- * 2 Medical Clinics (1 walk-in)
- * 4 Dental Clinics (8 dentists)
- * 3 Optometrists
- * 4 Chiropractors
- * 6 Physiotherapists
- * 4 Occupational Therapists
- * 2 Long term care facilities (160 Beds)
- * Ambulance service (5 vehicles/35 paramedics)
- * Handi-van service
- * Seniors resource centre
- * 4 Pharmacies (13 Pharmacists)



FAMILY DOCTORS

Dauphin Medical Clinic (17 Doctors)- 622 3rd Street SW, 204.638.6445

Attention! Make sure you always bring your Manitoba Health Card. Don't have one yet? Phone Manitoba Health @ 1-800-392-1207 (www.gov.mb.ca/health/index.html) or visit the City Hall for a application form.

DENTISTS

Dauphin Dental Centre, 31 - 3rd Avenue NE, 204.638.7925

Dauphin Dental Clinic, 10 2nd Avenue NW, 204.638.9312

Dr. Siggi Sigurdson & Associates, 120 1st Street NW, 204.638.3040

Pernarowski, Cuthbert and Dunsmore, 37 - 2nd Avenue NW, 204.638.3353

ARTS & CULTURE

WATSON ART CENTRE

(Provincial Heritage Site)

This Romanesque Revival style grand brick building was built as the Town Hall in 1905, with a second floor auditorium for public events. It was designed and constructed by Stuart Geekie, a Dauphin architect, contractor and politician. Over the years it has housed a wide variety of services including the fire hall, police station, jail, and public library. Since 1973, the Centre has been Dauphin's meeting place and arts leader, housing an art gallery (featuring local and provincial work), art and pottery studios, meeting rooms and ball room. 104 1st Avenue NW, tel: 204.638.6231 or www.watsonartcentre.ca

FORT DAUPHIN MUSEUM

The Fort Dauphin Museum examines life in the Parkland area from prehistoric Native life 8,000 years ago, through the arrival of explorers and The Fur Trade, the birth of the Metis people and early Pioneer settlers. The museum is protected by an impressive wooden palisade, suggestive of an 18th century fur trade post. In addition to pioneer buildings and artifacts from the fur trade and settlement periods, the museum features the Parkland Archeological Laboratory, a resource centre with displays and information on more than 1,000 archeological sites in the region. 140 Jackson Street, tel: 204.638.6630

DAUPHIN RAIL MUSEUM

Housed in the magnificent brick Canadian Northern Railway Station built in 1912, and next to an active CN and VIA line, the museum contains artifacts, pictures, and archival material related to 100 years of railway service in the region. A large HO scale operating layout depicting the rail facilities circa 1954 is under construction. 101 1st Avenue NW, tel: 204.638.5495

ARTS & CULTURE GROUPS

Dauphin & District Allied Arts Council

Crocus Quilter's Guild

Dauphin Art Group

Dauphin Festival of Music

Dauphin Legion Pipes & Drums

Keystone Chorus

Parkland Promenaders

Pottery Club

Theatre Amisk

Zirka Dancers



EDUCATION

The Mountain View School Division maintains 15 schools in the region. For more information: MVSD, tel:204.638.3001 or www.mvsd.ca/schools.htm.

DAUPHIN ELEMENTARY SCHOOLS

(up to Grade 6)
Ecole MacNeill School
Henderson Elementary School
Lt. Col. Barker VC School
Smith-Jackson School
Whitmore School



DAUPHIN MIDDLE SCHOOL (GRADES 7-8)

Mackenzie Middle School

DAUPHIN SENIOR SCHOOL (GRADES 9-12)

Dauphin Regional Comprehensive Secondary School:

- 46 Teachers
- 23 Educational Assistants
- 2 Librarians
- Speech Pathologist
- Psychologist
- Student Teacher Ratio 18:1

Public bus transportation is provided to students living in rural areas

POST SECONDARY EDUCATION

The Parkland Campus of Assiniboine Community College is located in Dauphin and offers a variety of academic programs. A wide range of continuing education programs is available, as well as contract customized training for businesses.

ACC is also providing EAL (English as an Alternative Language) classes. These classes are free for new immigrants.

520 Whitmore Avenue E, tel:204.622.2023 or www.parklandcampus.com

Campus Manitoba is a consortium of Manitoba's post-secondary institutions including University of Manitoba, University of Winnipeg, and Brandon University. Courses are delivered using a variety of internet-based learning technologies. 330 Mountain Rd, tel:204.638.4647 or www.campusmanitoba.com

Academy of Learning is a fully accredited Computer and Business Career College offering a wide range of Career Diploma programs with the flexibility to work around full or part-time employment. Over 100 courses are offered including certificate programs. 1430 Main Street S, tel:204.622.9999 or www.academyoflearning.com.

CHIROPRACTORS

Dauphin Chiropractic Center, 21 2nd Avenue NE, 204.638.6642
Prairie View Family Chiropractic Centre, 303 Main Street North, 204.638.6640

OTHER HEALTH CARE SERVICES

Medi Chair Dauphin, 35 1st Avenue SW, 204.638.8101
Parkland Physiotherapy & Sport Injury Centre 219-1/2 Main Street N, 204.638.3164

GOVERNMENT SERVICES

DRIVERS LICENCE

A government agency called Manitoba Public Insurance (MPI) oversees the licensing of drivers and insuring of drivers and vehicles. MPI requires that every driver be tested and issued a driver's licence. MPI also requires that all cars and trucks have insurance. This insurance is called Autopac. You can find the MPI office in the Provincial Building (basement), 27 2nd Avenue SW, 204.622.2783
(bring your home country drives licence and if needed a certified translation)

MANITOBA HEALTH CARD

This card allows you to receive free medical and hospital services in Manitoba. As well, it is recognized as an important, government-issued identification. For information and to apply for your card phone Manitoba Health in Winnipeg Toll free: 1-800-392-1207 or www.gov.mb.ca/health or visit City Hall for a application form.

Manitoba Health
100 - 300 Carlton St.
Winnipeg, Man. R3B 3M9
Phone: 204-786-7101
Toll-free: 1-800-392-1207
Website: www.gov.mb.ca/health/mhsip

EMPLOYMENT MANITOBA

Manitoba Government has an employment office in Dauphin. Free services include career counselling, information about job openings and the use of computers for resume writing and Internet job search. Also, they can give information about government employment assistance programs. Visit them at 135 2nd Av NE or phone 204.622.2135



SERVICE CANADA

Service Canada Centers are full service centers offering a mix of information and transactional services. Dauphin office, 135 2nd Avenue NE, toll free: 1 800 531-7555
www.canada.ca

SOCIAL INSURANCE NUMBER (SIN) CARD

This card shows the SIN assigned to you by the federal government. You need this number to work or receive government benefits.



To apply you need your landing documents and permanent resident card. The documents must be originals and written in English or French. When you submit your application ask for a receipt or temporary card; this allows you to apply for jobs while you wait for your card. Visit the Service Canada office to apply for your card, 135 2nd Avenue NE, toll free: 1 800 531-7555

TELEVISION, PHONE & INTERNET

TELEVISION & RADIO

Westman Communication Group,

toll free: 1 800. 665.3337,
www.westmancom.com.

Star Choice Satellite TV,

www.starchoice.ca

Bell Express VU satellite TV,

www.bell.ca

PHONE SERVICE

MTS Allstream/ MTS Connect,

Dauphin Market Place Mall, 1450 Main Street S, 204.622.4900, www.mts.ca

INTERNET

MTS Allstream/ MTS Connect,

Dauphin Market Place Mall, 1450 Main Street S, 204.622.4900, www.mts.ca

Westman Communication Group,

toll free: 1 800. 665.3337,
www.westmancom.com.



RECREATION & LEISURE PROGRAMS

Badminton Club

Birdwatching Club

Computer Classes

Dauphin Curling Club

Dauphin 10X Handgunners

Dauphin Handgun Club

Dauphin Minor Hockey, 202 1st Street SE, tel:204.638.6485

Dauphin Scuba Club

Dauphin Snowmobile Club

Dauphin Snowshoe Club

Dauphin Tai Chi Club

Dauphin Trap & Skeet Club

Kang's Taekwondo Academy, 201 Main Street N, tel:204.638.3265

Men's Floorhockey Club

Quilting Club

Pacemaker's Car Club

Parkland Gater's Swim Club,

Slo-Pitch (Co-ed recreational and competitive)

Vermillion Archery Club

Zirka Ukrainain Dance Ensemble

TRANSPORTATION

Air Service: 4 daily flights to and from Winnipeg.

For reservations and schedule: Perimeter Aviation, tel:1 800.665.8986

Rail Service: Daily freight transportation

Regular passenger service to Winnipeg

For reservations and schedule: ViaRail Canada, tel:1 888.842.7245

Taxi Service: 24 hour taxi service

Dauphin Taxi, tel: 204.638.3315

Parkland Taxi, tel: 204.638.5860

Car Rental Service: Mountainview Esso, 1475 Main Street S, tel: 204.638.7874

Bus Service: Daily return trips to Winnipeg & Saskatoon

For reservations and schedule: Grey Goose bus lines, 404 Main Street N, tel: 204.622.9500



Tip! When you bundle your TV, phone & internet services with the same company, you often get a discount.

HIGHLIGHTS OF RECREATION FACILITIES

- Parkland Recreation Complex
 - Indoor wave pool
 - 6-sheet curling rink
 - 1780 seat arena
 - Indoor walking/running track
 - Ronald McDonald Playground
- 2 Arenas
- Vermillion Park
 - Campground
 - Wading Pool
- Vermillion River Trail
 - Walking and biking
 - Groomed X-Country Ski Trails
 - Lit until 11:00 pm
- Outdoor Ball/Soccer Complex
 - 15 baseball diamonds in community
- 15 Playgrounds
- Meadowlark Park
 - 4 Tennis Courts
 - 2 Beach Volleyball Courts
- Racing Track and Grandstand
- Horse Track and Stables
- Dauphin Lake Golf Club
 - 7 courses within 1 hour drive
 - Driving Range
- Pool Hall and Billiards
- 3 Fitness Centres
- 5 & 10 Pin Bowling
- 10,000 Seat Amphitheatre
- Horseshoe Pits
- Dauphin Multi-Purpose Senior Centre



WINTER FUN!

Cross-Country Skiing & Snowshoeing

Vermillion Park - 3 km of groomed trails (night skiing along fully lit trails until 11pm)
 Riding Mountain National Park:
 - Edwards Creek Trail, Moderate, 5.4 km
 - Beach Ridges, Easy, 3.5 km
 - Broadleaf Trail, Moderate, 4.2 km
 - Crawford Creek, Difficult, 10 km
 - Hilton Trail, Moderate, 16 km

Snowmobiling

Dauphin is the gateway to over 1,000 km of designated snowmobile trails in the Parkland and is connected to the Trans-Canada Trail system.

Ice Fishing

Fishing is a year-round sport here! Lake Dauphin becomes a winter village of ice fishing shacks. Lake Dauphin is also the location of Canada's largest annual ice fishing contest held every year in March.

More Winter Fun

Winter is a busy time of year with lots of things to do! Take in a Dauphin Kings Junior "A" hockey game or enjoy the minor hockey tournaments held throughout the winter. Curling Bonspiels are a fun way to spend a weekend with friends and family.

SHOPPING, BANKS & INSURANCE

SHOPPING

In Dauphin you will find many different retail businesses to do all your shopping and groceries. A downtown shopping area with many specialty stores, a mall with over 30 shops and many unique grocery stores and outfitters to provide you with everything you need.



BANKS

It is not safe to carry large amounts of money (cash) with you. You should open a bank or credit union account soon after arriving to Dauphin. Take your passport and landing documents with you for identification when you open the account. Feel free to ask us for help!

- Bank of Montreal, 320 Main Street N, 204.622.2969
- Bank of Nova Scotia, Dauphin Market Place Mall, 1450 Main Street S, 204.622.6260
- Canadian Imperial Bank of Commerce (CIBC), 123 Main Street N, 204.638.8045
- Dauphin Plains Credit Union, 505 Main Street N, 204.622.4500
- RBC Royal Bank, 202 Main Street N, 204.638.4920
- TD Canada Trust, 424 Main Street N, 204.622.2900

INSURANCE

Basic Health Insurance (see government services) is offered to all Canadian Citizens and Permanent Residents. This often does not include special care, such as dental, eyewear, physiotherapy etc. You can get extra Medical Insurance to get the coverage you would like.

House & Life Insurance is widely available through many insurance companies.

Visit these local agencies & insurance offices for more information:

- De La Mare Financial Services & Insurance Ltd, 22-3rd Avenue NW, 204.638.7744
- Love & Perrson Group, 101 Main Street N, 204.622.7600
- MacMillan Insurance Agency, Dauphin Market Place Mall, 1450 Main Street S, 204.638.3115
- R G Sawyer Insurance, 417 Main Street S, 204.622.7778



Tip! For grocery stores downtown: Dauphin Coop, 18 3rd Ave NE & Extra Foods, 15 1st Ave NE. In the Mall you will find Safeway, Dauphin Market Place Mall, 1450 Main Street South

RECREATION & LEISURE

PARKLAND RECREATION COMPLEX

This is truly a great facility. Home to Manitoba's only indoor wave pool, the facility includes a 150 ft waterslide and 10-person hot tub, 6-sheet curling rink, banquet facilities, lounge, and administration offices.



The second phase of this great facility, opened in 2006, is a new multi-purpose entertainment facility called Credit Union Place. It includes an arena ice surface / event floor with 'C' bowl individual seating, a 211 meter, two lane rubberized walking track, upper and lower concession and washroom facilities, liquor sales area, two ticket offices at main entrances, and eight large dressing rooms. The facility is acoustically treated and has a state-of-the-art sound system creating a second to none venue for many new and exciting events for years to come. We have hosted many events such as the Safeway curling championship and the Winnipeg Symphony Orchestra. **Dauphin Joint Recreation Commission, 200-1st Street SE, 204.622.3150**



VERMILLION PARK

One of the most visible wetland environments to view ducklings and turtles is Vermillion Park. With an oxbow known locally as the "Dead River", this wetland habitat offers tremendous opportunity to view waterfowl and wildlife.

Outdoor enthusiasts can also explore the Vermillion River Walking Trail throughout the four seasons. Walking, running and cycling during the summer months transforms into cross-country skiing, snowshoeing and ice-skating in the winter. The trail is lit to allow for evening walks and groomed for cross-country skiing during the winter months.



The 3 km trail amidst the unique flora and fauna highlights the diversity of interacting ecosystems and different habitat areas. Local naturalist, William Walley, identified The Riverine Community, The Woodland Clearing, The Oxbows, The Closed Canopy Forest, and The Grassy Clearing all within this beautiful city park. Further trail developments are underway and will honor the exploration efforts of LaVerendrye and Peter Fidler by extending the trail to the Fort Dauphin Museum.

RIDING MOUNTAIN NATIONAL PARK

Situated amidst a sea of agricultural land just 10 minutes south of Dauphin, the Riding Mountain rises dramatically from the prairie landscape. Forming part of the Manitoba Escarpment, this "island" reserve protects a wide variety of wildlife and vegetation areas. The park has numerous hiking trails, and Agassiz Tower overlooks a panoramic view of prairies stretching out to the north. Wasagaming, the park's townsite, offers a full range of visitor services including accommodation, restaurants and shopping. **More info at www.pc.gc.ca/ridingmountain**



DUCK MOUNTAIN PROVINCIAL PARK

Known as "The Ducks", this provincial park is classified as a Natural Park. River valleys, wetlands, and streams are characteristic of the area's glacial origins. Activities include, backcountry camping, canoeing, hiking, skiing, snowmobiling and scuba diving.

RAINBOW BEACH PROVINCIAL PARK

Rainbow Beach Provincial Park is a beautiful beach ridge on Lake Dauphin. Ideal for quiet family get-togethers, everyone will enjoy scenic walks along the shore. Amenities include: beach and picnic areas, playground, ball diamonds, horseshoe pits, hiking trails, modern washrooms and showers, campsites.

FISHING & HUNTING

Fishing is a favorite pastime in the area because of the many wonderful lakes for people to enjoy. Lake Dauphin is a trophy walleye fishery with fish weighing 1.4 to 1.8 kg (3-4 lbs) or more! Try your luck catching northern pike and Master Angler walleye. The record catch of a 71.45 cm (28.13") walleye was caught at Lake Dauphin on February 16th, 2002.



A number of great fishing lakes and rivers can be found in the Ducks, all within a 1-hour drive. Fish for many species including rainbow trout, brown trout, splake, lake trout, brook trout, walleye, perch, northern pike, lake whitefish, sparr, bass and smallmouth bass.

There are many opportunities and adventures in the Dauphin area for the hunting enthusiast with some of the largest whitetail deer and black bear in North America. The area is also home to elk, moose, waterfowl and game bird hunting.

For more info see www.dauphin.ca

HIKING & CYCLING

Enjoy the beautiful Vermillion Park Walking Trail and historic walking tours of downtown Dauphin. Within minutes of Dauphin in Riding Mountain National Park are many scenic trails for hiking, biking, horseback riding, skiing, and snowshoeing. **More info at www.pc.gc.ca/ridingmountain**

