

# The Citizen

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### LOCAL NEWS

#### Daycare Grapples with Growing Pains

■ As September approaches, Growing Minds in Niverville struggles to meet demand.

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### LOCAL NEWS

#### Thousands attend Steinbach's inaugural Pride march

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### SPORTS & RECREATION

#### New Park Under Construction

■ A new community park is underway in St. Adolphe. Chantel Gadiant has the details.

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### HEALTH & WELLNESS

#### Getting Healthy

■ As the summer heats up, our August feature shines a light on great ways to get and stay healthy.

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# Niverville's Splash Pad Opens Ahead of Summer Heat Wave

» DETAILS ON PAGE 25

Councillor Chris Wiebe, Morris MLA Shannon Martin, Councillor John Funk, Mayor Myron Dyck, local builder Doug Dyck, and Provencher MP Ted Falk attend the splash pad ribbon-cutting.

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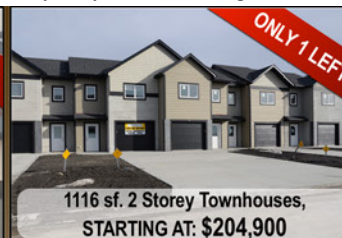
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# Churchill Wild Helps Customers with Their Bucket Lists

By Brenda Sawatzky

bsawatzky@nivervillecitizen.com

Rarely do we associate adventure, beauty, and wildlife safaris with Manitoba. Tourists from around the world would disagree. Every summer and fall, hundreds of people from Europe, Asia, Australia, and America make Churchill their vacation destination—and for good reason.

The owners of Churchill Wild, members of *National Geographic's* Unique Lodges of the World program, know firsthand the panoramic views and exotic wildlife that is unique to the Canadian North, and they make it their business to share it.

"We see a lot of people who are checking off bucket lists," says Melanie Swenarchuk, senior business director of Churchill Wild. "They've done an African safari, they've done Galapagos, and they've seen different parts of the world and this is just another item on their bucket list."

From their office in the TransCanada Centre in Île-des-Chênes, the staff of Churchill Wild are busy year-round booking vacation packages to one of their luxury lodges nestled along the Hudson Bay coast just north of Churchill.

Owners Mike and Jeanne Reimer of Kleefeld have been hosting guests at their northern lodges for over 25 years.

They characterize their business as the only company on the planet that specializes in walking safaris through the polar-bear-inhabited regions of Canada's Arctic. They offer exclusive access to unique polar bear viewing sites and claim to have an unparalleled 100 percent success rate in summer polar bear sightings.

"You're encountering the world's largest carnivore in its natural habitat," says Swenarchuk. "Moms and cubs. You're up close, 50 to 100 meters from the bear, and you're quietly observing."

Swenarchuk adds that trained guides accompany every safari team. Though they are armed, they've never had to take aggressive action in all the years Churchill Wild has been in business.

While most tourists are there to see polar bears, the area is teeming with life. A trip to Churchill Wild's lodges might also include Beluga whale-watching, caribou and wolf tours, and professionally led instructional photo safaris.

"Snorkeling with the Belugas is one of the highlights as well, where you're in the water [with the Belugas]. They swim around you and underneath you. They're very curious," Swenarchuk also notes that, on clear nights, the skies in the area come alive with northern lights.

Because the Reimers take great pride in their

family-owned business, much care is given to ensure that the landscape and wildlife aren't harmed by their impact. All of the lodges are ecologically friendly, running on solar power and sustainable practices. The safaris also take place on foot, avoiding the impact of tundra busses and motorized vehicles.

While the Reimers spend their winters in Kleefeld, their summers and falls require the hands-on work of ensuring their guests have unforgettable experiences at each of their remote lodges. Their background lends well to the business. Jeanne grew up in the Churchill area while Mike spent years working as a wilderness guide in the region. Their grown daughters work in the lodges as chefs.

"The cuisine is amazing," says Swenarchuk. "Jeanne's family have written award-winning cookbooks and we use their local recipes. It's a fine-dining experience that is completely unexpected in such a remote destination."

The safari season runs from June through November. Packages include an orientation dinner in Winnipeg, chartered flights to and from the lodges, and all meals.

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A close encounter with a polar bear in the Canadian Arctic.

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# Local Daycare Faced with Tough Decisions



In April, Growing Minds Child Care (GMCC) made their dilemma public. They had too little space to continue childcare services for 14 out of 17 of the children enrolled and entering the school-age care program. A meeting was held at the Heritage Centre with parents of enrolled children, church leaders, business people, the mayor, and select politicians in attendance, all seeking to understand the impact of the situation and how they could participate in finding solutions.

GMCC's concern was not new. In past years, GMCC has been able to meet the demands of children moving from preschool to school-age care by opening two new satellite locations on Main Street. The difference, this time, was the seeming lack of further space equipped or affordably priced to meet their unique needs.

Shortly after the April meeting, several parties came forward with proposals, all of which were assessed based on licensing regulations, operational requirements, and financial viability.

In June, GMCC accepted a proposal from the owners of the space at 21 Main Street and signed a lease agreement, effective August 1, 2016. The space, recently vacated by Corolla Designs, is immediately adjacent to their existing School Age One centre at 25 Main Street. Renovations will be done to open up the wall between the two units, combining them and creating space for 15 extra children. GMCC is expecting to receive licensing in August and be able to place children at the location by the first day of school.

"This is a huge success for our families, as well as for Growing Minds," says Rhonda Kenning, director of GMCC. "We have a strong commitment to keeping all of our children

in care as demonstrated by the continued attempts to expand our centre in recent years to accommodate the need."

Though a solution has been realized for these few, GMCC still has a lengthy waiting list of families whose children are in immediate or future need of childcare services. The GMCC board has been busy this summer researching the feasibility of long-term growth.

Two other proposals were optimistically pursued by the board, each of which would become available for daycare space within the year. With the anticipated move of the Niverville Medical Centre in early 2017, potential daycare space would become available at that time.

The owners of the building and lot at 295 Main (the old Puratone building) put forward two more options to GMCC. The existing building, now mostly empty, could be renovated to accommodate school-age children. Another option was to build a new facility on the adjoining lot, specifically dedicated to daycare and built to provincial daycare code. The building would have allowed for an additional 125 spaces and the potential for GMCC to combine all of their school-age programming in one location.

"We carefully assessed the proposals against operational requirements and financial viability, as well as provincial regulations for licensing and operational funding," says Kenning. "Our evaluation confirmed that it is not viable, from an operational and financial perspective, to proceed with either of the proposals received. As a non-profit organization, our priority is to operate a sustainable and efficient program. Therefore, our board reached a unanimous decision that it is not in the best interests of Growing Minds to expand our centre at this time."

Kenning suggests that a number of factors went into their decision. The main challenges, she says, were trying to meet regulations



The Growing Minds location at 25 Main Street is set to expand.

JOEY VILLANUEVA

and stay within the operating funding structure laid out by the provincial government. Under these guidelines, it is difficult for GMCC to provide for the incremental growth required to meet the demands of a growing community. As well, to pursue either of these options would mean acquiring significant long-term debt due to the current unavailability and future uncertainty of any extra provincial operating funding. To the board, this was too great a risk.

"The funding constraints would have required us to potentially sustain a non-funded model and charge a very high daily fee to parents in order to offset expenses," adds Kenning. "[This] would be burdensome for parents as well as create financial risk for GMCC if we could not fill the spaces."

Kenning says that these were not the only reasons for GMCC's decision, but the challenges played a significant role.

"We wanted to work together with them to open up more spaces for the community and help Growing Minds meet the huge waiting list," says Ray Dowse, developer of 295 Main Street. "What this would also do is open up some space in the Heritage Centre for more infants. Over six months

of talks, both parties threw absolutely everything on the table to try to find a way to make this work, but in the end government regulations were the number one reason this did not work, followed closely by the lack of funding."

The GMCC board has not ruled out the possibility of future growth to meet the demand, but only if commercial space should come available that is more financially feasible. Their goal right now is to continue working proactively to meet the needs of those currently enrolled and strive to avoid ending care for those moving into the school-age program.

"Now that we have created 15 additional childcare spaces, we plan to continue communicating with the province in regards to receiving priority consideration for operational funding," says Kenning. "While waiting for funding, we are following the recommendation of Manitoba Early Learning and Childcare to charge an increased childcare fee for the new childcare spaces in order to offset expenses."

The GMCC board is quite aware that this increase can create an additional financial burden to families and hopes the province will respond

favourably and quickly.

"Ensuring quality childcare for families is a priority of our new government," says Shannon Martin, MLA for Morris. "Obviously we have inherited a waiting list of approximately 12,000 children and very restrictive rules and regulations left to us by the NDP. We have been working with Growing Minds to address their needs in the short term. The Government of Manitoba is developing a new early learning and childcare strategy and will continue working towards our goal of becoming the most improved province in Canada."

Kenning says that the feedback from parents has been positive. "We have received a great deal of support from our parents, community and business partners, as well as the Hanover School Division. We were very thankful to have received proposals for childcare space... as well as support from the church community. As the growing need for childcare is an important community issue, we hope that [it] will continue to remain a priority for our business community, town council, school division, and for licensed and unlicensed providers."





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# Niverville Native Living the Dream

**By Brenda Sawatzky**

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"People who love to eat are always the best people," said famed chef, author, and television personality Julia Child. Melissa Hryb, chef and one-time Niverville resident, couldn't agree more. Child's quote blazons from a large chalkboard sign overlooking the dining room of the Marion Street Eatery, where Hryb and business partner Laneil Smith serve up daily home-cooked dishes made for people who love to eat.

Hryb's career had humble beginnings, working as a cook at JJ's Dinner and a Movie in Niverville 16 years ago. Though the menu was limited to typical takeout fare, it set in motion Hryb's culinary dream. She enrolled in Culinary Arts at Red River College immediately after graduating from Niverville Collegiate. There, she trained in traditional French fine dining. The new career took her across North America, competing in cooking competitions and eventually to Shanghai, China, for a seven-month work experience.

Hryb returned to Manitoba when she was offered an executive chef position at Bridges Golf Course in Starbuck. From this launching pad, Hryb eventually opened her own restaurant.

"The idea of the [Marion Street] Eatery was to make approachable comfort food for everyday people," says Hryb. "Things that your mom or grandmother would have made, but they have been refined and taken to the next level."



*Melissa Hryb and Laneil Smith.*

 **JOEL ROSS**

The ambience of the restaurant, located inside the iconic Marion Hotel at 393 Marion Street, reflects Hryb's culinary language and sensibilities: trendy, with its exposed ceiling, brick facades, and low lighting, yet still homey with patrons gathered around wooden tables, on mismatched wooden chairs or along the café-style bar. The dining room is flanked on the south side with large windows overlooking Marion Street and a classy patio for outdoor dining.

"We want everyone that comes through the door to feel at home and relaxed," adds Hryb. "We never want to come across as pretentious or uptight."

The menu isn't extensive, but it doesn't have to

be. Anyone's comfort-food favourites can be found there, including stuffed meatloaf, chicken pot pie, mac and cheese, an Angus beef burger, steak sandwich, and pulled pork. With ingredients such as Bothwell cheese, bison, and Canadian beef, it's clear that owners Smith and Hryb take pride in sourcing their products locally. The menu offers tempting vegetarian and gluten-free options as well.

"We make almost everything from scratch... [and] strive to keep everything fresh and as homemade as possible," says Hryb. "Our kitchen staff consists of Red River College graduates. I pride myself on mentoring young cooks and passing along every ounce of information I have to give."

Being a bit of a French fry snob myself, I visited the restaurant for a second time just for another plate of Fryb's home-style fries served with her signature garlic aioli dip. No matter the main course, these fries and dip are first rate.

Hryb's notoriety broadened when she received the 2014 Chef of the Year award from the Manitoba chapter of the Canadian Culinary Federation of Chefs and Cooks.

In 2015, the Marion Street Eatery garnered the attention of John Catucci, host of the Food Networks' *You Gotta Eat Here!* Catucci and his crew travel North America in search of hidden culinary gems. In the fall of 2015, they discovered the Marion Street Eatery and featured it in the fourteenth episode of season five, which aired in May 2016.

"It is a true honour to be chosen for this show as they are very particular about who they pick and only a few places in Manitoba have been on the show," says Hryb.

If there's one thing Hryb and Smith understand well, it's that the restaurant industry can be tough. Their goal is for the Eatery to still be relevant and exciting in ten years' time.

"Personally, I hope to become a Culinary Arts instructor at Red River College," says Hryb. "I love to teach and work with young people. My hope is to have the Eatery and be an instructor at the same time."

## FOR MORE INFORMATION

■ [www.facebook.com/Marion-Street-Eatery-1421984774701698](http://www.facebook.com/Marion-Street-Eatery-1421984774701698)



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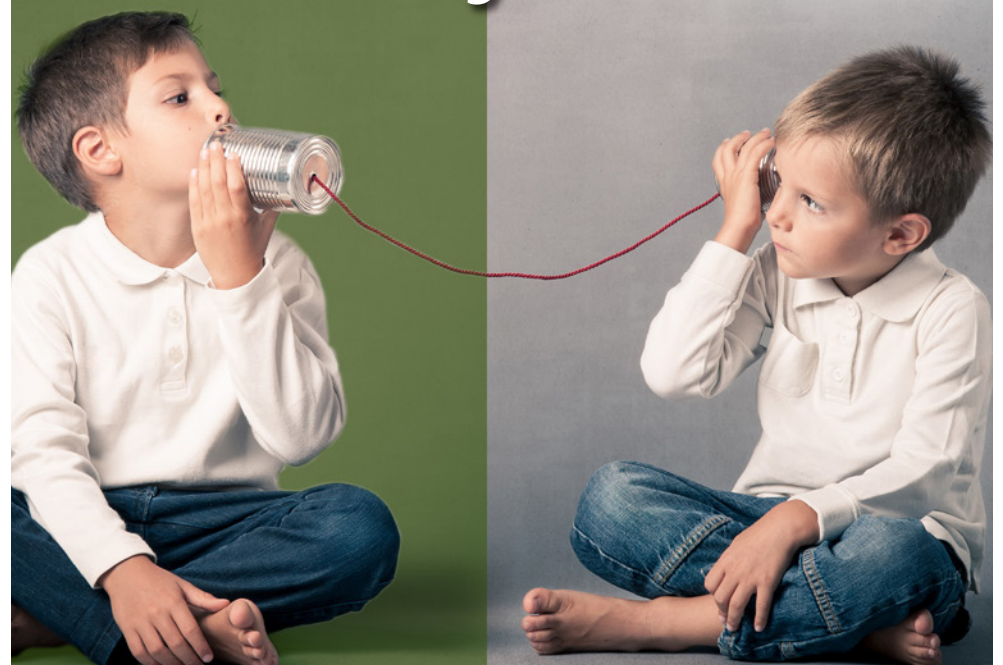
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# Community Builders: Agatha Braun

## A Mother of Niverville

By Clarence Braun

Agatha Wiebe Braun was born in humble circumstances in her family home southeast of Grunthal in 1921. She was the fourth child of a family of six and had one sister and four brothers. As with many others in the builder generation, times were difficult and her family eked out a living by farming land that was neither rich nor fertile.

The Mennonite culture she was born into had little value for education, so she never had the opportunity to expand her horizons in that way. Families of that era were led mostly by strong fathers who were dominant in their approach to life.

She had to walk many miles to school every day, and it can probably be said that this created a steely resolve in her to survive the most challenging times. In retrospect, I see that this was a generation of survivors, and I sometimes wonder how different things would have been for Agatha had she been raised in an environment where she could have thrived.

Agatha was a leader in a time when the culture had little value for female leaders, and this became most evident in her family after the passing of her husband Peter in July 1975. His sudden death left her in a challenging situation. Of her seven children, six had already left home, and with the support of her family she sold her home on Second Street North and purchased a new home on Fifth Avenue.

It was here, and some years



Agatha Braun.

by FRIEDA BERGEN

after the passing of her husband, that Agatha came to the end of herself. To that point, she had been dutiful in how she lived, but she was not at peace. Fear had been her dominant emotion throughout life, and in these difficult years she lost her passion for life and expressed a willingness to die.

In the early 1980s, her family encouraged her to meet with a counsellor to try to come to grips with her lack of zest for life. The counsellor encouraged her to consider how she could reach out to others and encourage them in their own journeys. And so began

a journey of love and care for others that has been a hallmark of her life to this day.

In the 35 years since, you would never meet Agatha without being encouraged with a simple hug and a friendly reminder that you are special. It mattered little if she knew you well or whether you were family; she was aware that everyone had value and she expressed that generously. She was ever grateful for the full and meaningful life God provided her and she always expressed a desire to continue to grow in her love for others.

Agatha is a mother of

Niverville. She has lived and loved far beyond the confines of her biological family or church family. So many others have been beneficiaries of her love and care.

In late September 2015, Agatha had a stroke, which was followed by two additional strokes. This left her weak and without the use of her left side. I remember standing by her bedside at St. Boniface Hospital, and when asked if she was ready to pass on, she simply said, "I am not done yet." It took weeks of difficult challenges, but her goal of coming back to her home in the Niverville Credit Union Manor was satisfied six weeks later.

Today she has regained the use of her left side and is able to navigate with the use of a walker.

From Agatha's perspective, her life seemed to end when she was 58 years old. She was ready to die. Yet 37 years later, facing a difficult recovery, she said that she wasn't done yet. Something shifted in her belief about herself. She became more aware of the greatest gift of all—and it all began with reaching out to see others as God saw them. In reaching beyond herself, in simply loving people, she found the peace and joy of a fulfilled and meaningful life.

Agatha is my mother, and as a family we celebrated her 95th birthday this month. We are so grateful for the meaningful expressions of her love and care for us.



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# Demystifying GMOs

According to one local farmer, the science is in—and can't be ignored.

By Eric Peterson

It seems you can't buy an ear of corn these days without somebody giving you their opinion about how that corn was grown. A lot of people have a lot to say about genetically modified organisms (GMOs)—food in particular—and they're not afraid to let you know what should and should not find its way to your dinner table.

But the heated rhetoric around the issue has one local farmer hoping to set the record straight about GMOs and what they mean to our food supply. Grant Dyck says there are a lot of myths and misconceptions out there about GM foods, and too often producers take unfair criticism without really being able to defend their product.

"Farmers get villainized," says Dyck, adding that facts are sometimes no match for a celebrity- and social media-driven frenzy. "We can't compete with Brad Pitt and Angelina. It's hard for farmers to get the word out."

The debate over genetic manipulation of food has raged since long before the internet made it the topic du jour, and the questions around the issue are not easy to grasp. Involved parties include the scientific community, governments and their regulatory agencies, multinational agrochemical and agricultural biotechnology corporations ("Big Ag" in the parlance of our times),



Fields of summer crops stretch into the distance around Niverville.

EVAN BRAUN

non-governmental agencies, farmers, and you and me standing in the grocery aisle trying to decide what's best for our family and our species.

Dyck isn't exactly Big Ag, but his 14,000-acre Artel Farms is a big deal in our local community. In addition to the grain and oilseed operation, Dyck and his family operate several businesses, including manufacturing the popular Gorp Clean Energy Bars. Dyck is also the Manitoba Director of the Western Canadian Wheat Growers Association. He's conducted a lot of research and says he approaches each new study with an open mind. That's why he so passionately defends the food he and others produce.

So what does Dyck want us to know about GM foods?

Well, for starters, the scientific consensus is that they're safe for human consumption.

"The World Health Organization has over 260 studies and not one has found an issue with GM," says Dyck.

"We have over a trillion meals served worldwide without a spec of detriment to human health."

Indeed, thousands of independent studies back Dyck's claims. Most recently, the National Academy of Science, an independent organization created by the U.S. Congress, released a report declaring GM foods to be safe for humans to eat.

Will that convince everybody? No. We all have that anti-vaccination Facebook friend who can't be budged off their viewpoint no matter how many studies come out backing up the benefits of immunization. The anti-GMO crowd often discredits these studies, usually by questioning who funded the research. But in spite of these passionate protests, science vouches for the safety of genetically modified foods.

Dyck points out that although this might seem like modern science, the process of plant manipulation has been ongoing for centuries. That's

why we have thousands of varieties of apples, for instance.

So just what is a genetically modified food? This one is actually pretty simple.

A GM food is a food derived from organisms whose genetic material (DNA) has been modified in a way that does not occur naturally. This involves the introduction of a gene from a different organism. The idea is to improve yield by making the plant more resistant to disease and pests and to give it an increased tolerance to herbicides.

Let's also not forget that organic foods don't come without risk. Food grown without the use of pesticides are vulnerable to harmful fungi, bacteria, and insects. It's not that organic food is bad. It's just that there's no reason to think it carries less risk than genetically modified crops.

Still, advocacy groups with concerns about GMOs still raise some points that many consider valid.

Like, shouldn't this stuff be labelled so people know what they are eating?

In many countries, genetically modified foods are required to be labelled as such. Not so in Canada or the U.S. Although there has been no evidence to suggest GMO foods are more harmful to us than non-GMO foods, many feel there should be some distinction in the marketplace so consumers can take control of their purchasing decisions.

Dyck doesn't entirely disagree. "Even though it would cost the food industry half a billion dollars, it would let people know that 80 percent of what they find on the shelves has had and will have an element of GM in it."

So what about the environmental concerns about GMOs? The science is less clear. Many blame GMOs for the worldwide decline of the honeybee population. But much research points to other factors, and in fact the bee population is plummeting in regions where GMO use is banned.

What Dyck would most like is for people to get the facts from reputable sources before making their decision about genetically modified foods. Five minutes on Google can be more informative than a full day of Dr. Oz and other celebrity-driven pseudoscience.

"Just educate yourself," concludes Dyck. He's confident that the science is on his side.

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# Steinbach's Got Pride



BRENDA  
SAWATZKY

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July 9, 2016 was a memorable day for the LGBTQ community of southeast Manitoba. Steinbach's first annual Pride march went off without a hitch. Concerns about protestors, or the presence of individuals who had uttered threats toward the event, weren't realized. For a community where many people's religious beliefs run contrary to the LGBTQ cause, Steinbach appeared a welcoming place.

Though organizers anticipated a modest attendance, initially estimating several hundred, the crowd swelled into the thousands, filling E.A. Penner Park to overflowing. The march was delayed by a half-hour to accommodate the miles of bumper-to-bumper traffic trying to make its way into the city. Police and organizers estimate marchers totalled between 3,000 and 5,000.

The event quickly took on a Woodstock-style atmosphere with shoulder to shoulder displays of colour, flamboyance, and *joie de vivre*. Among the marchers were many allies to the LGBTTTQ community, family and friends and supporters who showed up by the car and busload.

"We have several direct connections to the LGBTQ community within our family and circle of friends and [we] were at the Steinbach Pride March to show our support," says Hank



Marchers assemble in Steinbach for the Pride march.

JOEY VILLANUEVA

and Marie Dueck of Niverville. "We have long felt that no one should have to wait for their human rights until others feel comfortable with them. There was a tremendous feeling of unconditional acceptance and an incredible sense of caring community among the marchers and bystanders. We are proud to be LGBTQ allies."

Homespun signs among the marchers read "I'm straight but love is love" and "We want roll kuchen, somma borscht, zweibach, kielke, perogies, equality." A fitting message for a Mennonite community.

The peaceful parade was led

through the streets by a contingent of military personnel and RCMP in red serge.

Representation from the local Liberal, NDP, and Green parties stood in stark contrast to the absence of Conservative representatives. Local leaders like MP Ted Falk, MLA Kelvin Goertzen, and Steinbach Mayor Chris Goertzen were all absent. One Steinbach city councillor, Cari Penner, did attend in a display of personal support.

"The parade was a peaceful and beautiful demonstration of community," says Ruby Wiens, Hanover School Division

trustee for Niverville. "People gathered to show their care and support for one another. I felt incredibly privileged to walk alongside so many gay friends, neighbours, and students as well as many, many allies. Steinbach Pride gave our LGBT friends a voice and a place where they could feel safe to tell their stories and enjoy a strong sense of belonging. Although we heard of deep hurts, we also heard unmistakable messages of forgiveness and hope. I left the parade inspired and grateful to have been a part of something truly special."

"I'm going to say something

I never thought I'd get to say in a million years," said Chris Plett, a local farmer who also happens to be gay. "Happy Steinbach Pride, everybody!"

Plett professed his love for his Mennonite heritage and the Christian faith he still holds dear. Like many who spoke, he said that growing up in a conservative community meant torment, self-denial, and fear of physical threats because he was different. As a young adult, the church he attended and youth centre where he volunteered required him to renounce his sexuality to serve in a leadership role.

Support for the march trickled down from the highest levels of government. Liberal MP Dan Vandal delivered a message from Prime Minister Trudeau: "I look forward to many more celebrations of our diversity in Steinbach for years and years to come. Thank you to the organizers of this amazing event, in their dedication to promoting unity, inclusion, and awareness of sexual and gender diversity."

McHale herself delivered a poignant final message to the Hanover School Division (against whom McHale and her partner have filed a human rights complaint), non-supportive civic leaders, and the people of the south-east. "When the leaders say, 'It is safe here,' the response is no, you do not get to deny my experience because it is unlike your own. And no, you do not get to avoid action to rectify this situation because it is uncomfortable. When the leaders of the communities in which we live openly cite personal views and state values of faith, family, and community as the reasons they choose not to be in the same location as LGBTTTQ people... the response is no. You do not get to imply that we are excluded from the faith community... you do not get to imply that we are not included in families... you do not get to imply that we are not part of this community because of your beliefs, personal views, or opinions. We will work until this language is never again tolerated from our elected officials."

  
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## CITIZEN POLL

## THIS MONTH'S QUESTION:

**Would it have been beneficial for the federal Conservatives and provincial PCs to send representatives to Steinbach Pride?**

- ☐ **YES** - Since these parties support LGBT rights in their party platforms and represent the community as a whole, their presence would have made the event more inclusive.
- ☐ **NO** - All citizens, including elected officials, get to decide which causes they wish to attend and support.

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## LAST MONTH'S RESULTS:

**Do you think Niverville's tax rate is fair when taking into account the services offered here and the tax rates of other towns?**

**YES** - Niverville's property taxes are fair.  
**30%**

**NO** - The tax rate is too high.  
**60%**

## YOUR COMMENTS:

*We have higher valued houses, so the bill amount might be more than other communities, but the municipal mill rate is quite reasonable in my opinion. I do feel the School taxes are high for what we are getting, particularly for businesses. Are we getting value from the school taxes we pay? Perhaps more scrutiny should be placed on the school division taxes, and less on the town taxes.*

*We are paying a higher tax rate than Oakbank and have far less services. I love Niverville, but it's hard to support a town that lacks a decent business sector. If you look around, there are so many smaller towns than Niverville that have so much more to offer for their business sector.*

*Long term still hoping for more business to share the tax burden, but for now I think it is fair.*

*Very comparable to similar sized growing communities.*

# Imagine Takes New Steps in 2016

By Brenda Sawatzky

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For Imagine Mental Health Matters, it's always been about taking the first step. The first step to ending the stigma that mental health issues carry. The first step to preventing suicide and directing people to the help they need.

On September 24, the Imagine team wants us to come out and take another first step with them. For its ninth year, Imagine will host its awareness event at Hespeler Park in Niverville. As with most successful events, this one continues to evolve with the changing needs of the mental health community and the changing desires of the people who attend.

A few things will be different this year, including the running circuit Imagine is known for. The marathon-style run/walk, typically winding through Niverville's neighbourhoods and up Highway 311, will be

contained within Hespeler Park and the surrounding area.

"We're going for a more relaxed, small-town vibe [this year]," says Jazmin Dobson of the Imagine team.

The committee is reorganizing to keep everything in one location. In the past, the event took participants away from the main venue, all of them returning at different times. For some, this meant missing out on mainstage entertainment or missing out on friends and family who'd completed the run earlier and gone home.

"We want it to be encouraging, with everyone in one place," says Mona Stott, who coordinates the event. "It's not about the competition, it's about the community."

The Imagine team is challenging every one of us, adult or child, young or old, to join them at Hespeler Park and take 6,250 steps (approximately five kilometers) towards ending the stigma. The new run/walk path will be hemmed with

luminaries to commemorate loved ones who've fallen victim to suicide. The Lonely Mile, a series of signs displaying the names of lost loved ones, will also mark the route, reminding us of their struggle and continued presence with us.

The family event will include a \$5 barbecue hosted by Crystal Springs Hutterite Colony, live bands, a fire/LED light show, and geocaching (a modern form of hide-and-seek). Children will enjoy small carnival rides, a petting zoo, bouncers, and a variety of heroes and princesses in costume. The family movie *Hook* will hit the big outdoor screen at 8:00 p.m. along with a Chinese lantern release. All of this will be kicked off with an opening ceremony and pyrotechnics display.

Stott says that the community has been behind them since day one. Support continues to pour in from the business community. This year's raffle prizes include a barbecue and meat,

donated by Wm. Dyck & Sons and Bigway. A basket of lady's sundries has been donated by Anya's, and oil change coupons come from Sparkline Autoworks. Raffle tickets will be available in businesses throughout Niverville during the month of August. The prize winner will be announced at September's event.

The Imagine team is a local non-profit organization, many of whom have struggled through depression or lost loved ones to suicide. They welcome the support of the southeast, whether financial or otherwise, in erasing the stigma of mental health issues. One step, one dollar, and one hug at a time, we can all help bring awareness.

## FOR MORE INFORMATION

■ To register for the event, donate, volunteer, or find pledge forms, visit [www.imaginementalhealth.com](http://www.imaginementalhealth.com)

# The Citizen Expands Distribution

By Evan Braun

✉ editor@nivervillecitizen.com

The Citizen is approaching its first anniversary next month, and to celebrate we are once again increasing our distribution. Starting this month, all residents of Niverville, Île-des-Chênes, Ste. Agathe, New Bothwell, Otterburne, and Tourond will receive our paper in the mail, even if they don't normally accept flyers. The paper's total current distribution is pegged at 5,000.

This follows the paper's previous expansion beyond Niverville in January.

The long-term goal is for The Citizen to establish itself as not only a Niverville paper, but a regional paper that also services the RM of Ritchot and other communities in our trade area. In addition to the communities which currently receive The Citizen by direct mail, copies are available at business locations throughout St. Adolphe and Landmark.

We are also in the midst

of some key upgrades to our website. Starting in mid-August, in addition to being able to view the entire paper in its electronic edition, all articles will be available to be read and shared individually. The website will continue to offer access to our archives and the monthly poll.

If you're interested in receiving a free email subscription to the paper, you can sign up on our website. This month, email subscribers will have the opportunity to win tickets to

the Red River Co-op Speedway.

The Citizen is privately owned by Cara Dowse, Ray Dowse, Dustin Krahn, and Evan Braun.

## FOR MORE INFORMATION

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■ If you live in a town that receives The Citizen and are interested in writing opportunities, or if you have news tips, we would love to hear from you. Email us at [info@nivervillecitizen.com](mailto:info@nivervillecitizen.com).



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# The History of Niverville, A Vibrant and Cosmopolitan Community



EVAN  
BRAUN

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Cue the summer of 1874, when the Dominion of Canada was seven years old and the Province of Manitoba only four, when Louis Riel himself was the Member of Parliament for Provencher, and when the population of Winnipeg was almost exactly the same as Niverville's today (5,000). Niverville was nothing but a proposed stop on the new Canadian Pacific Railway, and the only so-called development there consisted of a couple of storehouses and stables which have all been lost to the sands—or, in Niverville's case, swamps—of time.

In 1869, the fledgling government of Canada began surveying territory in Rupert's Land in anticipation of securing it as a province. There was some urgency to complete the process and expand west, as the United States was also in expansion mode and could have competed for the same land. This was a bloody, explosive chapter in Canada's history during which government surveyors and settlers tangled with the Metis peoples who already lived on the land. Indeed, Niverville and all of southeast Manitoba lie on Treaty 1 territory, the first land treaty negotiated by the federal government with the indigenous people. Treaty 1 was enacted in 1871.

From 1874 to 1876, a large group of Russian Mennonites began their migration here—specifically, to the area known as the East Reserve, eight townships (approximately 750 square kilometres) set aside for the Mennonites by the new province of Manitoba. They arrived first in Halifax, proceeded up the St. Lawrence River, crossed the Great Lakes to Duluth, Minnesota, and took the rail line there to Moorhead (Fargo). From Moorhead, a riverboat transported them north up the Red River, where they landed just seven kilometers southeast of Niverville at the confluence of the Red and

Rat Rivers.

But the story of Niverville is greater than the settlement of the Mennonites. From its beginning, Niverville was a somewhat more cosmopolitan town than many of the neighbouring Mennonite communities to the south and east.

In the early 1870s, an Englishman named Joseph Whitehead was commissioned to establish the Pembina Branch of the Canadian Pacific Railway, which was to run from St. Boniface to Emerson bordering the newly minted East Reserve. Whitehead had erected the storehouses and stables mentioned earlier on the west half of Section 30–7–4E, and he chose this land for a rail station. The location was significant in that it also intersected the historic Crow Wing Trail, which brought traffic north from St. Paul, Minnesota.

Whitehead wanted to purchase and develop this quarter in the summer of 1874. However, he was informed by Lieutenant Colonel John Stoughton Dennis, the man hired by the federal Minister of Public Works to survey Canada's newest province, that Section 30 was part of the Mennonite reserve. Therefore, Whitehead took his request to Jacob Shantz, who was in the process of coordinating the Mennonite settlement. In a letter dated December 31, 1874, Shantz agreed that Section 30–7–4E was ideally suited for a rail station—and indeed, for its own town.

Despite choosing the station site, Whitehead never did purchase and develop the land. The railway, however, finally proceeded, with the first passengers riding south in 1878. It must not have been the smoothest ride, as author Pierre Berton, in his book *The National Dream—The Last Spike*, was led to call it “the most cursed length of track on the continent” (Toronto, ON: McClelland and Stewart, 1974, p. 147).

Officials for the Canadian Pacific Railway proposed to christen the Section 30 station Niverville, after Chevalier



Cairn marking the site of the initial Mennonite Landing at the confluence of the Red and Rat Rivers.

JOEY VILLANUEVA

Joseph-Claude Boucher de Niverville, a French-Canadian military officer who during the 1700s had passed through southern Manitoba for a route to the western sea.

*The Historical Atlas of the East Reserve* (Manitoba Mennonite Historical Society, 2015, p. 99), edited by Ernest N. Braun and Glen R. Klassen, makes a keen observation about the selection of the name: “That Niverville was to be a service centre for a pacifist Mennonite Reserve is an irony probably lost on the CPR official who proposed the name. Since Joseph Whitehead had far more to do with the site selection than anybody else, his name might also have been entirely appropriate.”

Thus enters William Hespeler, a German-Canadian businessman who is the namesake of many local landmarks, such as Niverville's Hespeler

of Mennonites from Russia (modern-day Ukraine).

Hespeler bought 30 acres of the same land Whitehead had been interested in and surveyed it into lots. He then commissioned a town plan and completed several key construction projects in 1879, including that of a hotel, a livery stable, and a grain elevator. This grain elevator was the first to be built in Western Canada and eventually turned Niverville into a significant service centre for the East Reserve.

However, the topography initially worked against Niverville's usefulness as an entry to the East Reserve, surrounded as it was by impassable swamps. For this reason, Niverville also became home to a host of non-Mennonite immigrants. Its proximity to the new railway brought English-speaking pioneers from Ontario and settlers from Eastern Europe. Thus in a town that today features more than its fair share of Hieberts, Friesens, and Loeppkys, one also finds Churches, Grants, and Stotts.

Over the years, the proposed town site didn't quite develop according to Hespeler's original plan. He had intended for Niverville to grow predominantly north of present-day Main Street, but instead it has expanded in the opposite direction. Hespeler and William Pearce, whom Hespeler hired to draw the plan, named the town's streets after members of their

families: Stephanie, Barbara, George, Mary, Ludwig, Georgina, and Alfred. The town's only avenue, Boscarey Avenue, was likely named for Hespeler's deceased brother-in-law, Charles Boscarey de Villeplaine, who had passed away in Paris twenty years earlier.

Until 1984 most streets still officially bore these names. A bylaw was enacted on February 7 to adopt the numbered streets and avenues we use today. Kaiser Street became Main Street, Eberstein Street became Fifth Avenue, and William Street became Second Street North.

Today, Niverville is more vibrant and cosmopolitan than ever, with the recent influx of new residents to our sprawling subdivisions. To those long-time Nivervillers who may express the occasional worry about our accelerated rate of growth, history clearly shows that change, flexibility, and modernization have always been key ingredients in our social fabric. Since its inception, Niverville has been a community where people of all stripes come together. So while the times may change, the things that make us great certainly have not.

## RECOMMENDED READING

■ Ernest N. Braun & Glen R. Klassen, eds., *Historical Atlas of the East Reserve* (Winnipeg, MB: Manitoba Mennonite Historical Society, 2015).



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# Commentary

## It's Time to Play

Between childhood and adulthood, we stop playing. Why?

By Jan Kendall St. Cyr

American psychologist Charles E. Schaefer once said, "We are never more fully alive, more completely ourselves, or more deeply engrossed in anything than when we are at play."

In our hectic, fast-paced lives, many of us focus so heavily on work and family commitments that we never take the time for pure and simple pleasure. Somewhere between childhood and adulthood, we stopped playing. When we do schedule downtime, we're more likely to zone out in front of our TVs and computers than actually

engage in fun, rejuvenating play like we did as kids.

We all know that play is essential for a child's health and wellbeing, but it's also an important source of relaxation and stimulation for adults. Play fuels our imagination, creativity, and problem-solving abilities, relieving stress while improving our relationships and connection to others.

Play keeps us feeling young and energetic. Evidence of this may lie in the words of playwright George Bernard Shaw, who said, "We don't stop playing because we grow old; we grow old because we stop playing." Play then might just

be that fountain of youth we are all looking for!

Having grandchildren has filled my life with much laughter and playful adventure. I don't merely observe their play; I'm expected to jump right into whatever real or imaginary activity is taking place. I've also resurrected my childhood love of swimming, bike-riding, and treasure-hunting along the beach, revelling in these moments just as children do.

I have learned to let go and go with the flow, leaving my to-do list behind. Although our vocations are important, my success doesn't depend on the amount of

time I work but upon the quality of that work, which I find is greatly enhanced after a refreshing time at play.

When defining the word play, the Oxford Dictionary uses phrases like "wield lightly and freely" and "keep in motion." Well, we could all use a little more lightness and freedom, and keeping our bodies moving is an added bonus.

The summer months provide the perfect opportunity to experience, once again, the light-hearted pleasure and exhilarating feeling of abandon that happens when we get lost in play. I'll see you out there!

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# Human Rights and the LGBTQ Community

By Brenda Sawatzky

bsawatzky@nivervillecitizen.com

Human rights have been debated for thousands of years. History dates one of the earliest formal human rights declarations all the way back to 539 B.C. Under the rule of Cyrus the Great, the people of Persia were granted basic human freedoms which could not be overruled by governing authority. These new rights included freedom from slavery and the right to practice any religion.

Since that time, many more declarations have surfaced. These include the Magna Carta, established in 1215 to protect the rights of barons in England; the United Kingdom's Bill of Rights of 1689, limiting the rights of the monarch and advancing the rights of people; and the American Declaration of Independence of 1776, granting Americans the right to life, liberty, and the pursuit of happiness.

Following perhaps the most infamous human atrocity of the twentieth century, the Nazi annihilation of eleven million Jews, the United Nations (UN) Declaration of Human Rights was born in 1948. Championed by Eleanor Roosevelt and signed by 53 UN members from around the world, the declaration has become a universally accepted code for determining and securing the basic rights of all people.

But what are human rights? The Human Rights Resource Centre of the University of Minnesota explains it as follows: "Human rights are the rights a person has simply because he or she is a human being. Human rights are held by all persons equally, universally, and forever. Human rights are inalienable: you cannot lose these rights any more than you can cease being a human being. Human rights are indivisible: you cannot be denied a right because it is 'less important' or 'non-essential.' Human rights are interdependent: all human rights are part of a complementary framework."

The Human Rights Resource Centre points to another definition for human

rights: "those basic standards without which people cannot live in dignity."

Nelson Mandela, a champion of racial equality in South Africa, once said, "To deny people their human rights is to challenge their very humanity."

The human rights story has evolved over the centuries. Early America lived it during Lincoln's presidency with his desire to end slavery. Later, Martin Luther King championed the rights of black Americans, believing in equal treatment and opportunity for all, regardless of colour.

This struggle has expressed itself in Canada with the early Mennonites' right to religious freedom and exemption from military service. Nellie McClung was one of many women instrumental in campaigning for the rights and freedoms of women in Canada who were, at the time, regarded by society as property and inferior to men.

In more recent years, the rights of Canada's indigenous people have risen to the forefront, reminding us of the atrocities they have been subjected to through the residential school program and the appropriation of their land and natural resources.

## THE LGBTQ COMMUNITY

The LGBTQ community has also joined forces with those seeking understanding and equality. Though it seems like a relatively new phenomenon, the concept of alternative sexualities has been discovered in art, writings, and excavated finds from as far back as 1700 B.C.

A singular question rages at the centre of the debate: are alternative sexual "tendencies" a choice or inborn? Much scientific research has been focused on finding the answer. Some scientists claim to have found different genetics between gay and straight people. But as long as the jury

is out on the science, we have little to go on but our emotions and rationale.

What has been proven is that these same alternate sexualities are prevalent in much of the animal kingdom, including swans, elephants, bison, apes, and rams. This information should be integral to the rational side of the debate, along with the testimony of thousands within the LGBTQ community who state that their unique characteristics have been a part of them for as long as they can remember. Since we can pinpoint distinct genetic differences between men and women, why would we rule out the possibility of other variations as well?

Val Hiebert, a sociology professor at Providence College, has conducted much research on another component of

freaks of nature. Many of them choose to take their own lives rather than face a world in which they don't fit.

This common but rarely voiced condition is just another example of the restrictive nature of societal norms. There was even a time when left-handed people were misunderstood.

"When my grandfather was a boy, his teachers slapped his hand whenever he wrote lefty," says Kurt Eichenwald in a 2015 *Newsweek* article titled "Blaming People for Being Gay Is Like Blaming Them for Being Left-Handed." "Being left-handed, they told him, was obviously a choice since the Bible made it clear that left was the side of Satan. The right hand of God was glorious in power, reads Exodus; God sends the blessed to his right and the damned to

and mental handicaps, intersex people, and those born different from our traditional understandings of sex and gender. In such cases, rational thought may need to supersede biblical interpretation.

Famed Christian author Anne Lamott recently shared on social media the words of her good friend Mark Yaconelli, on his view of the Bible and homosexuality: "Jesus is our primary spiritual teacher and the one who shows us what God is like. Jesus is the one who says: 'Love your neighbor as you love yourself.' Jesus is the one the Bible holds up as a window into God. Jesus is the one who teaches us and shows us and helps us feel and know that it is not loving to dominate nor discriminate against other people. To exclude or reject or restrict people because of who

they love and how they love goes directly against the Bible and the teachings of Jesus."

## THE LOCAL STRUGGLE

While many Christians have no problem with demonstrating their love and acceptance of the LGBTQ community, many here in southeast Manitoba feel that their own rights are being infringed upon by the push to introduce inclusiveness into the public school system. Some fear that their children will be exposed to unbiblical sexual conversations and indoctrination.

A close look at what local parent Michelle McHale is requesting from the Hanover School Division indicates that her argument is not about the manner in which sexual acts are taught in school, nor whether the right to teach sexuality belongs to the school or the parents. McHale has been specific in her request to remove LGBTQ topics from the "sensitive issues" category of the curriculum and allow open conversation about the fact that children come from all types of families. Whether

a child comes from dual-parent or single-parent homes, grandparent-led or foster homes, opposite-sex or same-sex parented families, only an acceptance of these diversities can destigmatize those whose families don't fit the traditional view. Calling homosexuality a "sensitive issue" fosters the misunderstanding that sex sums up the whole of a person who identifies as LGBTQ.

In the aftermath of Steinbach's first ever Pride march, it's important to remember that all historic changes to human rights began with a few dreamers, such as Abraham Lincoln, Nellie McClung, Nelson Mandela, and Martin Luther King. Every one of these great voices called for action from the marginalized, whether by civil war, public gatherings or marches, or political action. Like King, McHale initiated a peaceful protest to right an injustice.

## AWARENESS, EDUCATION, AND EMPATHY

Whether you agree that the goal is justified or not, the Human Rights Code of Canada states that "every individual is equal before and under the law and has the right to the equal protection and equal benefit of the law without discrimination and, in particular, without discrimination based on race, national or ethnic origin, colour, religion, sex, age or mental or physical disability." Our government further guarantees the right of peaceful assembly as a means to draw attention to issues of human rights.

In the words of British writer Trevor Phillips, Deputy Chairman of the Board of the National Equality Standard in the UK, "Human rights are not worthy of the name if they do not protect the people we don't like as well as those we do."

As history has shown us, human rights evolve gradually through awareness, education, and empathy. We're all freer people thanks to the activists who came before us. New needs and questions will continue to arise, and they will be made known when some brave soul stands up and proclaims, "I have a dream."

**As history has shown us, human rights evolve gradually through awareness, education, and empathy. We're all freer people thanks to the activists who came before us.**

sexuality: intersex people. Intersex describes people born with both male and female genitalia. According to a study performed by the American Journal of Human Biology, one out of every 1,500 people is born with visible signs of both male and female genitalia. For many more, there is only internal evidence of mixed genitalia, not visible from the outside. These are estimated to be one to two out of every 100 births.

"Intersex isn't uncommon, it's just unheard of," says Hiebert. "These infants who are born part male and part female are born into a world that has no room for their physical sexual ambiguity."

Hiebert cites story after story of individuals who have suffered under a medical system and society that only allows for two distinct genders. Testimonials suggest that the condition goes much deeper than biological differences. Intersex people experience the inability to identify as either gender, making them feel like

his left. So deciding to use his left hand meant my grandfather had aligned himself with Beelzebub, and needed to feel the pain of a loving God through the smack of a ruler. When that didn't work, his left hand was tied down. As a result, my grandfather was forced to use his right hand, which our family believes led to neurological problems later in life."

Thankfully, through the generations, norms have been forced to evolve through education and science.

What causes humans to reject change is another topic altogether. Certainly, in many cases, it's a fear of the unknown. Other times, it's a determination to uphold what many perceive to be the ultimate human rights document: the Bible.

Though texts pulled from the Good Book can be understood to suggest that non-traditional sexualities stand in conflict with God's ways, one needs to ask why God would allow birth "defects" such as physical



# Sports & Recreation

## An Evening at Orange Theory

**fitville**



**CHANTEL  
GADIANT**

✉ cgadiant@nivervillecitizen.com

As summer gets the best of us with weekends at the beach, summer camps, and lazy vacations, we tend to push physical activity to the side. Well, I'll have you know I've been staying on-task, playing outdoor soccer once a week and attending a weekly bootcamp. And of course I take my daily walks with the dogs. I manage to get everything squeezed in during weekday evenings, but I know not all of us have that option.

In July, I was invited to attend a free class at a new fitness centre in Winnipeg's Sage Creek neighbourhood. It's called Orange Theory and is the first of its kind in Manitoba, though a second location will open soon on Taylor Avenue. This is no ordinary gym. Orange Theory provides a 60-minute full body workout using three components: treadmill interval training, indoor rowing, and weight room/resistance training.

Everyone uses a monitor to track their heart rate percentage, calories burned, and average heart rate (beats per minute). Your heart rate is then displayed on TV screens for the full 60 minutes, and your goal is to get your heart rate in the "orange zone" of 84 percent or higher for at least 12 to 20 minutes. Another goal is to burn at least 500 calories during the session and up to 36 hours post-workout.

I arrived at Orange Theory in



Chantel smiling through the pain on the rowing machines at Orange Theory.

CHANEL GADIANT

Sage Creek, only a 20-minute drive from Niverville, and walked into a bright orange building. I met with the owner, Megan Scatliff Gabert, prior to my session to get more information about Orange Theory and understand what I was getting myself into for the next 60 minutes.

Next, I got fitted with a wrist heart rate monitor, received a 10-minute orientation about the equipment, and was told what to expect. Then away we went! It was the last class of the day, starting at 8:15 p.m., and there were 19 people ready to get their workout on. The maximum for each session is 24 people and you have to pre-register, as spots fill up fast.

For the first 25 minutes of class, I was selected to be in group two, the rowing and weights/resistance training. Group one started with the treadmill, doing cardio interval training. Group two hopped on the rowing machines just as the upbeat music began... and the instructor started telling us what to do.

Row, row, row, HARDER, PUSH

YOURSELF. I think we did two minutes of rowing, but I honestly can't remember the exact times. Then we did eight minutes of lunges, squats, and side crunches, followed by another 100 meters of rowing, and we did this over and over for eight minutes. Then another two minutes of rowing, then eight minutes of deadlifts and 200 meters of rowing. Repeat! We did another couple of rounds afterwards, but I have no recollection of what we did.

My legs were tired. I was hot and sweating everywhere.

Then it was group two's turn to do the cardio interval training. I stood up and slowly walked my way over to the treadmills, hopped on one—and then it hit me. My legs felt like jello!

I had to brace myself on the treadmill, collect myself, and say to myself, "It's only power walking. You can do it! It's only 25 minutes." The options on the treadmill were power-walking with a one to three percent incline or jogging or running at a one percent incline.

Throughout the workout, the instructor would yell to increase our incline or speed.

I did it! I powered through the whole workout without stopping or giving up. Boy, was I exhausted, though. I almost fell just walking out of the building. I have to say, I did get that full body workout I was promised.

Gabert, owner of the Sage Creek location, was originally a member in Edmonton before she moved to Winnipeg looking to buy a business, any business. When she left the Orange Theory in Edmonton, the people there suggested opening a franchise in Winnipeg. Here we are today, with two locations.

A big perk is that you never have to sign a contract when you become a member. There are only month-to-month memberships that come with different options: unlimited access, eight sessions, or four sessions. You can also get a punch card. Another bonus is that you get the first class free. Orange Theory is great for beginners who have no idea what they're doing, as well as for advanced fitness gurus looking for a different routine.

Gabert also explained that no two workouts will ever be the same. The exercises are similar, but the intervals change every time.

### FOR MORE INFORMATION

- To book your free session, call 204-272-0322.
- [www.sage-creek-winnipeg.orange-theoryfitness.com](http://www.sage-creek-winnipeg.orange-theoryfitness.com)

### EVENT GUIDE

**Ritchot Services to Seniors** (Walking Club)  
Tuesdays/Wednesdays/Thursdays, 9:30 a.m.  
457 Main Street, St. Adolphe  
Call 204-883-2880

**Drop-in for Youth** (IDC Arena)  
Monday/Wednesday/Friday, 2:00–8:00 p.m.  
[www.ritshotrecreation.com](http://www.ritshotrecreation.com)

**Drop-in for Youth** (Ste. Agathe Arena)  
Tuesdays/Thursdays, 10:00 a.m.–4:00 p.m.  
[www.ritshotrecreation.com](http://www.ritshotrecreation.com)

**Drop-in for Youth** (St. Adolphe Arena)  
Tuesdays/Thursdays, 10:00 a.m.–4:00 p.m.  
[www.ritshotrecreation.com](http://www.ritshotrecreation.com)

**Kleefeld Honey Festival**  
August 5–7  
Kleefeld Park, Kleefeld  
[www.kleefeldpark.ca/parkrec/honey-festival](http://www.kleefeldpark.ca/parkrec/honey-festival)

**Ste. Agathe CDI Golf Tournament**  
August 13  
Contact: Claude Lemoine ([clemoine@mymts.net](mailto:clemoine@mymts.net))

**8th Annual Rec & Wellness Showcase**  
September 8, 5:00–8:00 p.m.  
Heritage Centre, Niverville.

**Dog Obedience** (October/November)  
Wednesdays, 7:45–8:45 p.m.  
South End of Arena, \$105.

**Send your event listing to:**  
✉ [cgadiant@nivervillecitizen.com](mailto:cgadiant@nivervillecitizen.com)



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SUNDAY - CLOSED





Former Blue Jay Roberto Alomar working with young players at this year's baseball camp.

SHELDON DUBOIS

# The Blue Jays Came to Town

By Chantel Gadiant

cgadiant@nivervillecitizen.com

Île-des-Chênes' Optimist Park hosted a Blue Jays baseball camp July 20-21. Children aged nine to 16 from all over Manitoba, including one all the way from Thompson, came to meet four alumni Blue Jay players and gain some valuable skills.

Alex Grenier, a volunteer for Seine River Minor Baseball,

applied for the camp to be held in Île-des-Chênes in November 2015. Every year, the camp is awarded to a different community in Manitoba. Last year, the Blue Jays camp was held in Brandon, and in previous years the camp has been held at Shaw Park in Winnipeg.

"The day was way over and above what I thought it would be, knowing there would be 160 kids on one baseball field," says Grenier. In addition to

the four former Blue Jays and three team staff, Grenier had to find 14 facilitators to help run the camp. "Working with the pros, I was a little apprehensive at first, then came around very quickly that they are just people who love baseball and want to work with kids."

The parents and athletes gave only positive feedback. The Blue Jays were very pleased with the facility. Grenier says he would like to apply

to host the camp again in three to five years.

Seine River Minor Baseball is hosting the Senior Women's playoffs August 12-14. The annual Slopitch tournament will be held September 17-18 and the annual fall supper is scheduled for October 2.

FOR MORE INFORMATION

www.srmb.ca

# Niverville Multiplex: Fundraising Update

By Heather Miller

With summer in full swing, July has been a bit quieter on the fundraising front, but there's still a lot going on behind the scenes.

The Friends of the Plex were excited to be on hand for the grand opening of the new splash pad in Hespeler Park on July 12, and also the opening of the Niverville Dog Park on July 23.

The block party wagon is continuing its summer lunch schedule. Every two weeks, the wagon is set up at different locations around town. Upcoming dates are August 10 in the Maranatha Church parking lot (99 Main Street), August

22 at the town's Public Works Building (309 Main Street), and September 7 at Son City (233 Third Street South, across from Niverville Collegiate). On these days, lunch will be served from 11:30-1:30, weather permitting.

The block party wagon is available for all residents of Niverville to use, free of charge. Inside the trailer you'll find tables, chairs, a barbecue, and games—everything you need for the perfect block party.

The sale of Bigway Bucks is ongoing. They can be purchased from the town office or the Niverville Credit Union for your next trip to Niverville Bigway. They can be bought in denominations of \$20 and

used for all your grocery needs. (Bigway Bucks are not eligible on lottery, tobacco, or alcohol purchases). Ten percent of all Bigway Bucks sales come back to the Niverville Multiplex.

Starting in August, businesses and foundations throughout Manitoba will be approached for donations.

The multiplex committee has also been working hard at a new upcoming event for the fall. Stay tuned for more details.

FOR MORE INFORMATION

■ www.nivervillemultiplex.ca

■ To book the block party wagon, contact Recreation Services at recreation@whereyoubelong.ca.

IN BRIEF

## Volunteers Needed for Street Hockey Tournament

The Friends of the Plex are looking to organize a street hockey tournament for November in conjunction with the annual Winterfest event. A number of volunteers are needed to help organize and run the tournament.

If you're able to help out or would like to participate, please contact multiplex@whereyoubelong.ca.

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## 2016 RACE SCHEDULE

Thursday July 07	SS - MWM - M - LM - ST
Saturday July 09	MUD BOG RACES Plus ST
Thursday July 14	MWM - M - LM - PS - ST
Thursday July 21	SS - MWM - M - LM - 4C
Thursday July 28	MWM - M - LM - ST - PS, SUPER TRUCK HALL OF FAME
Saturday July 30	TRACTOR PULL
Thursday August 04	SS - MWM - M - LM - ST, MID SEASON CHAMPIONSHIP
Thursday August 11	M - MWM - PS DELAINE MEMORIAL
Thursday August 18	SS - MWM - LM - PS - ST - 4C
Thursday August 25	SS - MWM - M - LM, CAN AM LATE MODEL CHALLENGE
Thursday September 01	SS - M - LM - ST - PS
Thursday September 08	SS - MWM - M - 4C - ST
Saturday September 10	DARK CROSS - CYCLOCROSS
Saturday September 17	4C - ST - PS
Sunday September 18	TEEN CHALLENGE DEMO DERBY
Saturday September 24	SS - MWM - M - LM - ST - PS
Friday September 30	SS - MWM - M - LM - ST, PRAIRIE CLASSIC DAY 1
Saturday October 01	ALL CLASSES RACE, PRAIRIE CLASSIC FINALE

KEY:  
4C - 4 Cylinders  
PS - Pure Stocks  
ST - Super TrucksSS - Street Stocks  
MWM - Midwest Modifieds  
M - Modifieds  
LM - Late Models

Note: Monday Rain Dates In Effect for Thursday Shows

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Fireworks lights up the night at Cheyenne Summer Fest. **ALISSA DOAN**

## Ste. Agathe Throws Summer Festival

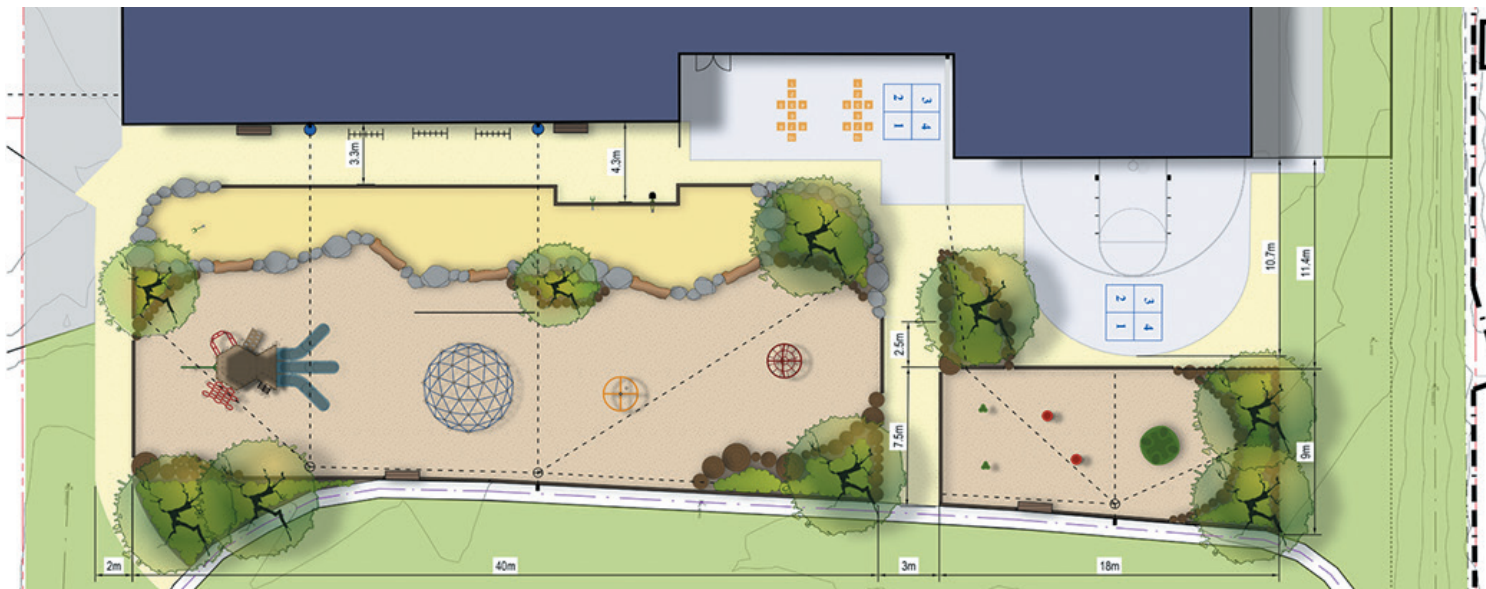
By Chantel Gadiant

Cheyenne Summer Fest is an annual festival in the town of Ste. Agathe. Held on the third weekend of July, this festival has everything to keep families entertained. This year, the festival took place July 15–16 at Cartier Park, west of town across Highway 75.

The festival kicked off with a parade across town, leading into a weekend of campfires, baseball, fireworks, and the Cheyenne Pioneer Games. In the games, contestants competed in tests of strength, agility, and athleticism.

Saturday included a free pancake breakfast with live entertainment by Logan Picton and Jordan Bissonnette, followed by a lion dance workshop and many other children's activities. The afternoon also featured a horseshoe tournament. The evening commenced with a \$15 steak dinner at Lucky Luc's and live music by Rhia Rae and the Rubies back at Cartier Park.

The festival ended with the famous Manitoban social. This year's 80s theme boasted lots of neon and big hair.



Plan for new playground in St. Adolphe.

HTFC INC.

# New Playground Being Built at St. Adolphe School

By Chantel Gadiant

cgadiant@nivervillecitizen.com

The St. Adolphe Community Green Space Committee (SCGSC) has been hard at work creating a new community space at the St. Adolphe School.

The much-needed upgrade to the park started in 2010 when the school's parents advisory council formed the SCGSC to focus on planning the playground. In 2011, a land and drainage survey was conducted on the entire school parcel. Following the survey, HTFC Planning and Design was hired to undertake a community survey and consultation to develop a master plan for the school site. This process was completed in 2012.

From the master plan, the SCGSC held a strategic planning session. The outcome was to

develop it in six phases, with the first phase being the development of Zone E, the portion of the school parcel with the least amount of drainage issues. Currently, the SCGSC is only focusing on this phase.

"Zone E consists of excavating and resurfacing the east entrance of the school," says Lesley Gaudry, who sits on the SCGSC. It also includes repaving the basketball court, fixing a drainage channel, and adding granular pathways. "This work was completed in 2015. Starting in the summer of 2016, the rest of the project will be completed."

Currently, the large play zone area is being constructed. It will include a play structure, an igloo climber, a satellite spinner, an orbit spinner, benches, bike racks, and a large play zone with sand and an

accessible digger. An accessible digger is a piece of playground equipment designed like an excavator, and which can be used by people in wheelchairs.

A second play zone area will include a number of spinners and a wee saw.

Zone E will be fully accessible, using wood fibre matting throughout. There will also be an outdoor classroom to get students in touch with nature through the use of logs, stumps, boulders, trees, and shrubs.

"With the loss of the infrastructure at the old St. Adolphe Park due to flooding and riverbank erosion, and the critical need for upgrades of playground equipment at the Ecole St. Adolphe School, this project was very important to undertake," Gaudry says. "St. Adolphe needs a central community outdoor recreation greenspace

and the St. Adolphe School parcel is at the centre of town and accessible to all residents. It is the most utilized greenspace in town for students, local residents, [and] soccer and baseball programs."

The SCGSC would like to thank supporters of the park, including Manitoba Hydro, the Rural Municipality of Ritchot, the Seine River School Division, the staff at Ecole St. Adolphe School, the Ritchot Community Development Corporation, West Jet Inc., HTFC Planning and Design, and many businesses, families, and residents of the community.

A ribbon-cutting event is set for September 13, 2016 at 2:30 p.m. at the school.

**FOR MORE INFORMATION**

■ [www.scgsc.ca](http://www.scgsc.ca)

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# Council CONNECTIONS

I came across a tweet from a Winnipeg Free Press reporter and wanted to pass this along. The tweet was as follows "Wyatt (Winnipeg City Councillor Russ Wyatt) suggests Wpg. Admin go on a trade mission to Niverville to see how that community works with volunteer groups" This tweet is a testament to our community and to how we interact as a community. While council plays a role in this it is our community groups who spearhead the effort and volunteer their time. It is our community groups that include all recreation groups, our multiplex committee, those that deal with dog adoption, the various church groups, our Fire and Emergency services, Communities in Bloom, Chamber of Commerce, Seniors and Health board members, The Imagine Run, Niverville Fair, Remembrance Day Committee, to name but a few. Thanks to you, and also to our town staff who work hard to ensure community groups are looked after, the City of Winnipeg council is taking note of us.

I wanted to pass this along to thank you and also to encourage you in all that you do, for this tweet is all about you. You see the tweet was about a community group wanting to have added infrastructure built and the City of Winnipeg said no as it would cost too much to take care of it. In my view the cost was only seen in the tangible and the intangible value was not given enough consideration. You see it is our community groups that provide places and events for us to gather and socialize. Community groups, as the name entails, are the key to building a sense of community. When someone needs a hand with fixing something, needs someone to babysit, or someone to help in time of emergency, there is a name and a face to fill those needs. If it is not for these places and events we would live more individual and separate lives. What makes Niverville a place to belong is people who desire to have a sense of community and are willing to give of their time and their energies so as to build relationships with others. On behalf of council, thank you to all our community group volunteers!

If you are interested in serving on a community group feel free to call the town office. We'd love to hear from you. Interested in other town matters? Please email us at [feedback@whereyoubelong.ca](mailto:feedback@whereyoubelong.ca). Council is also open and available to meet with you to listen to any suggestions and ideas you may have for us.

Privileged to serve as your mayor,  
**Myron Dyck**

1-204-388-4600  
[feedback@whereyoubelong.ca](mailto:feedback@whereyoubelong.ca)  
[www.whereyoubelong.ca](http://www.whereyoubelong.ca)



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## PUBLIC NOTICE

Residents may already have noticed evidence around Town of pre-construction preparations for the Main Street water main project as pipes and equipment have been/will be assembled at strategic locations. The successful firm in winning the contract is ProStar HDD of Steinbach. Construction is currently scheduled to officially begin in early August, with a forecasted completion date of late September 2016.

To complete the task the contractor will find it necessary to directly contact certain property owners to request permission to either enter effected businesses and homes or simply to have access to land. Building entry may be required to either:

- (i) install potable water service and/or a curb stop, or alternatively
- (ii) to determine location of sewer line connections which could be impacted by the water main installation. By precisely identifying existing sewer service lines from buildings to the sewer main, both their location and depth, efforts will be made to ensure the water main doesn't impair this existing infrastructure. Televising of applicable sewer connections will occur to ensure both a "before and after" status can be determined, and if damaged, for repairs to occur.

Upon receiving a request for permission to enter your home, please ask the ProStar HDD employee to present their documentation which clearly identifies them as the firm's employee. The Town respectfully asks and thanks you for your cooperation in this essential task.

Along the construction route vehicle parking lanes may be impacted and possibly at times, work will restrict traffic movement. Streets affected include Main Street from the Heritage Trail to 6th Avenue, 5th Avenue South from Spruce to Main Street, Cedar and Bronstone Drives. The Town and contractor will provide as much notice as possible for any detours, and/or parking restrictions with barriers and notices installed as required. The contractor has advised that they will attempt to minimize the disruptions to all affected properties in these areas. We thank you for your understanding and support as we work through this construction inconvenience.

In late September when the water main is ready to be connected to the existing water system, the Town's water utility will be shut down for a couple of hours. The Town has requested that all homeowners be given 48 hours notice prior to the water turn off, ensuring adequate time for businesses and residents to take proactive steps to prepare. Notification will occur on the Niverville website and assuming sufficient time – a written public notice.

Regular project updates and all notices will be placed on [www.whereyoubelong.ca](http://www.whereyoubelong.ca). For specific questions please email [feedback@whereyoubelong.ca](mailto:feedback@whereyoubelong.ca). Your understanding and patience during the construction of this project is sincerely appreciated. We are building a better tomorrow for our community.



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## ATHLETE OF THE MONTH



### Deklin Dieno

Deklin Dieno drove, chipped, and swung his way to Old Drovers Run's junior links graduation this spring with coaches A-Bomb and Danny-boy. When he's not on the course for the next golf shot, Dek is working on his next swimming badge, trying new adventures at Mini-U, or taking on curling in the wintertime!

Deklin enjoys the outdoors, and living in Niverville gives him the chance to pursue his passion for farming and construction. He's ten years old and enjoys bike riding, fishing, the Junior Gardeners program, building new LEGO creations, drawing, writing stories, and spending a bit of time with Farming-Sim video games.

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# Niverville Well Represented at Manitoba Summer Games

By Evan Braun

✉ editor@nivervillecitizen.com

Six soccer players from Niverville have qualified to compete for the U13 Eastman team at this year's Power Smart Manitoba Summer Games, held in Steinbach. The soccer tournament will take place August 11-13.

The players from Niverville are Elijah Pastoor, Logan Kraus, Connor Davis, Ethan Fehr, Deklan Wiebe, and Brendan Thompson. Six players from the Beausejour/Tyndall area and four from the Steinbach area round out the team.

Tryouts began in August 2015, including several camps to determine the top 16 players in the Eastman region. The team was finalized at the end of June.

There are a total of eight regional teams competing in the games: Eastman, Central, Parkland, Interlake, Westman, Norman, Winnipeg Blue, and Winnipeg Gold. Eastman's first game, against the Interlake, takes place at 9:00 a.m. on August 11 at the Steinbach Soccer Park.

All athletes taking part in the games will be staying in an athlete's village so they have the opportunity to interact with other players and coaches. The U13 soccer players will be staying at the Steinbach Regional Secondary School (SRSS) for the length of the tournament.

### FOR MORE INFORMATION

■ [www.sportmanitoba.ca/power-smart-games](http://www.sportmanitoba.ca/power-smart-games)



Back row (l-r): Elijah Pastoor (Goalie), Logan Kraus, and Connor Davis. Front row (l-r): Ethan Fehr, Deklan Wiebe, and Brendan Thompson. **■ SUSAN THOMPSON**

# Richert Faces Close Battles in Monza



David Richert in Monaco.

By Keiron Berndt

David Richert, race car driver and one of Niverville's favourite sons, competed in a hectic three-race

weekend in Monza, Italy, over the Canada Day weekend.

Richert arrived in Italy ready to race but Air Canada had other ideas. He was left without his luggage, which contained important racing equipment—and, rumour has it, Richert's lucky socks.

However, Richert managed to scrounge around and borrow enough equipment from other teams to compete alongside 24 drivers and place 18th, 19th, and 18th throughout the three races. In the first race, Richert was just three-tenths of a second behind Italian driver Alessandro Perullo.

After this close result, Richert

gave the crowd a show with two more exhilarating tight races, with Richert crossing the finish line one and a half seconds behind the car ahead in both races.

"Racing at Monza is always a thrilling experience as the speeds are so high," Richert says. "It can be a challenge to follow closely, but it makes for some extremely fun racing."

Adding to the excitement of the weekend and blistering heat, a sudden storm swept in after the second race and ripped apart race team tents and toppled multiple trees. Fortunately, no one was injured.

Super Lube Auto Centres joined

Richert's other corporate partners—Diabolica Wines, Casamigos, Silver Jeans Co., Loewen, Karma Property Management, and R.R. Dobel Insurance—in preparation for the Monza Grand Prix.

Richert is happy with his team's progress so far this season. "We will keep pushing hard on the business side of the sport and hopefully we will be in a position to compete with the guys at the front soon," he says. "I'll never complain after any race weekend at Monza. I still consider it a privilege just to be racing at a place like this."



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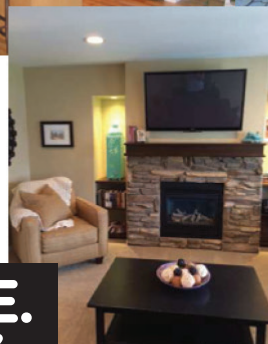
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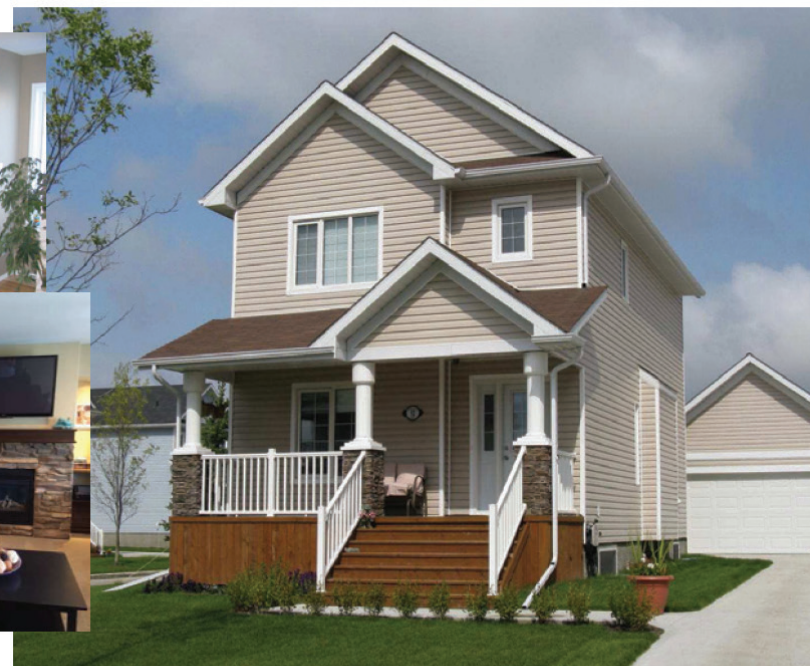
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# In Chevy We Trust?

By Lorelei Leona

In Chevy we trust? That's the question Winnipeg Jets fans should be asking themselves heading into this season. It's been five years since the Jets returned home. Five years since Kevin Cheveldayoff left the Chicago Blackhawks—a Stanley Cup-winning team—to become General Manager of the Jets. Five years since the team starting rebuilding.

It started with one draft pick in 2011. Chevy's inaugural pick brought Mark Scheifele (seventh overall) to Winnipeg. A player that was projected to go 21st overall by TSN, Scheifele, to some, was a risky move. In the end, the fans, devoid of a hometown team for so long and desperate for a Stanley Cup, stood behind the GM and trusted his process to rebuild.

That was five years ago. This year's draft saw a similar situation when the Jets selected defenseman Logan Stanley 18th overall. Projected to be selected anywhere from 15th to 50th, the Jets traded up their 22nd overall pick for the Flyers' 18th in order to acquire the rookie, who will likely play the next two years in Junior before turning pro. Like Scheifele, other players around the league were ranked higher, a statistic that didn't seem to matter to Chevy, whose intention has remained clear from the start. Rebuild. Build. Win.

Before joining the Jets, Cheveldayoff spent two years with the Blackhawks as they rebuilt their team and created a development plan. A plan that no doubt paid off when the team won the Stanley Cup three times in six seasons (2010–2015). Throughout his career, he quickly became

known for his ability to produce championship-winning teams, winning a total of four Turner Cups in the IHL, two Calder Cups in the AHL, and Chicago's first Stanley Cup after a 49-year drought. Based on the numbers alone, it's no wonder he has been able to use his core players to help solidify the Jets' future as true Cup contenders.

The Jets are no longer in the rebuilding phase; they are now simply building. It is evident that their core set of players believe in the vision, with Scheifele signing an eight-year deal worth \$6.125 million per season, and Mathieu Perreault signing a four-year extension at just over \$4 million per season. In January, key defenceman Dustin Byfuglien agreed to a five-year extension worth roughly \$7.6 million per season, which is speculated to be around \$1–2 million less than he could have received with another team, based on other players of his position and calibre. Despite the offers and potential paydays from other teams around the league, Chevy's track record has encouraged his players to do whatever it takes to stay.

Perhaps Lady Luck is also in Chevy's camp, helping the team win the second overall pick in this year's draft, where they selected Patrick Laine. The left-winger is expected to make the roster as a top six forward during his first season with the team, with the likely long-term goal of playing alongside Scheifele as a first-line winger for the next eight years. Although he didn't practice at the Jets prospect camp a couple of weeks ago, as he's rehabbing from minor surgery, he is expected to produce early in the season; already his

shot has been compared to Alexander Ovechkin. At just 17, Laine played in the Finnish Elite League last season, where he was the playoff MVP, helping to lead his team to the championship. Additionally, he was named MVP of the World Junior Hockey Championships this past June, where he competed against seasoned NHL players and led Finland to the gold medal. With that impressive resume, the Jets will likely be looking to the NHL rookie to be an integral part of the team's future.

Other notable picks in the 2016/2017 draft are QMJHL defenseman Luke Green, Swedish right-handed defenseman Jacob Cedarmalm, and Russian goaltender Mikhail Berdin, who led this year's World Junior A Challenge in lowest GAA (.800) and top save percentage (.963). Calgary Hitman centre Jordan Stallard, a Brandon native, was also selected (127th overall).

Much has happened so far in this year's preseason, leading fans to wonder whether this will be our year. When the puck drops in October, will that mark the spot in history when the Jets finally hoist the Cup? If that is the case, perhaps five years will not have seemed so long. But if the sun sets on another season, will fans be left wondering if the clock has run out on Chevy's plan?

One thing is certain: players who have already invested five years of their professional careers with the Jets aren't looking anywhere else and are confident they can win in Winnipeg. That takes trust. And a proven track record. Players like Byfuglien, Perreault, and Scheifele trust in Chevy. Do you?

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# Splash Pad Opens

Niverville's new splash pad is here just in time for a summer heat wave.

By Chantel Gadiant

cgadiant@nivervillecitizen.com

The town of Niverville held a grand opening for the Niverville Community Splash Pad on Tuesday, July 12, in Hespeler Park. The day, hotly anticipated, arrived with high winds and a thunderstorm in the forecast—though that didn't keep away the crowd of 200.

Provencher MP Ted Falk and Morris MLA Shannon Martin joined Niverville mayor Myron Dyck and fellow council members for the ribbon-cutting and a series of speeches.

Many children oohed and ahed when they saw the giant three-foot scissors being pulled out of its case and handed to the mayor of Niverville. Within minutes of the ribbon-cutting, children flooded the splash pad, water spraying everywhere.

The 3,500-square-foot splash pad has been designed to awaken the imagination, encourage play, and provide a safe and comfortable area for parents and caregivers to bring their children. It has two play areas, one intended for toddlers (up to age three) and another family area for those ages three to 12.

The pad has many brightly coloured water features. So far, the most popular seem to be the colourful hoops in the toddler section and the yellow sky-brella in the family section.



The splash pad at Hespeler Park.

CHANTEL GADIANT

Other features included in the toddler section is the spinnny squirt, and various in-ground jets and sprayers. The family area includes a blue whale (four hoops and a whale tail), two water cannons, a Mix n' Match (with a Sneaky Soaker, Sunny Flower, and variety of spouts), and further in-ground jets and sprayers.

South of the pad is a large maintenance building which includes new washrooms and change rooms. A canteen is also onsite to provide park users with healthy snacks throughout the days and evenings.

The Town of Niverville would like to thank the Western Economic Diversification Canada for the Canada 150 Funding. This funding was announced a year ago by Ted

Falk and was used to cover a portion of building costs towards the washroom/change room and canteen building. The Town of Niverville would also like to thank local builder Heritage Lane Builders not only their construction of the washroom/change room and canteen building, but also for their monetary contribution.

"The Niverville splash pad and facility upgrades at Hespeler Park are the result of people working together to benefit the community," said the Honourable Navdeep Bains, Minister of Innovation, Science and Economic Development and Minister responsible for Western Economic Diversification. "Recreational facilities, like this one, create an inclusive environment for play and childhood

development and encourage community connections."

The splash pad itself was completely funded by the Town of Niverville as part of its ongoing mandate to build and improve recreation facilities for the benefit of all residents, young and old alike.

The splash pad's hours are currently 10:00 a.m. to 7:00 p.m. If anyone notices damages or lack of water pressure, they are encouraged to contact the town office at 204-388-4600 (extension 111).

#### FOR MORE INFORMATION

■ To view more pictures of the splash pad, including the process of its construction, visit [www.nivervillecreation.com](http://www.nivervillecreation.com).



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# Arts & Entertainment

## Around the World in 14 Days

By Sylvia St. Cyr

✉ sstcyr@nivervillecitizen.com

Every August, when the sights and sounds of Folklorama hit the streets of Winnipeg, we're reminded of how diverse and multicultural our communities really are. And Folklorama isn't just a big deal for Manitobans. It's billed as the largest and longest-running multicultural festival of its kind in the world.

Many of us would like to travel to far-off places and explore this great big world of ours, and Folklorama allows us to do so without leaving home—and without breaking the bank. It's also fun for the entire family.

This year's festival takes place July 31–August 13 and features more than 45 pavilions showcasing dozens of different countries.

Niverville's own Kristina Gerbrandt will be dancing with the Orlan Ukrainian Folk Ensemble in the Ukraine-Kyiv pavilion this year.

"Folklorama has been part of my entire life," says Gerbrandt. "My grandparents were volunteers; my parents, aunts, and uncles were volunteers; and now my family volunteers. When I am not performing, I am volunteering the entire week in General Admissions."

This year, the Ukrainian pavilion is celebrating the 125th anniversary of Ukrainian immigration to Canada. If you decide to go, you'll enjoy foods



Riana Kandia, Kristina Gerbrandt, and Alexandr Kozelko.

✉ KRISTINA GERBRANDT

like varenyky, holubtsi, borshch, and kovbasa. It is located at The Maples Collegiate, 1330 Jefferson Avenue, and runs for the first week of Folklorama.

At the Caribbean pavilion, you can hear steel band music, watch performers dance the limbo, and try foods like roti, jerk chicken wings, and Jamaican patties. At the India pavilion, be sure to taste their butter chicken, naan bread, and samosas. You could also try on a sari or turban, or get a henna tattoo.

The Korean pavilion offers fan and drum dances, martial art performances, and demonstrations of the Korean artform of calligraphy. Give your tastebuds a treat and try kimchi, mandu, or kimbab. Or relax at the Cuban pavilion, sipping a mojito while Pro World

Champion dancers perform the rumba.

With so many pavilions to visit and cultures to experience, the festival offers tours so you can go to two or three pavilions all in one night. If you don't want to worry about transportation between pavilions, they offer World Tours for individuals. They also offer Party Tours that can accommodate groups of 15 or more. Or you can zip between different venues with their Cycle Tours. Each of these tours include admission to multiple pavilions, the ability to bypass lines, reserved seating with table service, a delicious progressive meal, and world-class entertainment.

"Folklorama is a wonderful event to learn about other cultures and countries without leaving our own province,"

says Gerbrandt, who has been involved in Folklorama since 2004. "It is nice to be able to physically travel to a country, but if you aren't able to, this is the next best thing. You won't be disappointed at any show you visit!"

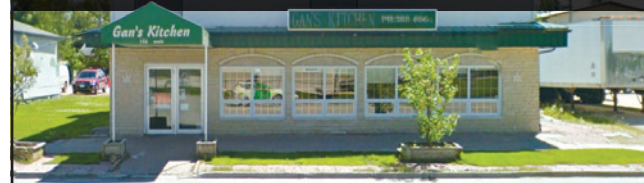
The festival begins with a kickoff on July 23, from 4:00–10:00 p.m., at Memorial Park in Winnipeg. This free event includes a marketplace with children's activities and cultural and sporting demonstrations. New this year is an international wine and beer garden.

### FOR MORE INFORMATION

■ [www.folklorama.ca](http://www.folklorama.ca)

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# Getting Creative with Ceramics

By Sylvia St. Cyr

✉ sstcyr@nivervillecitizen.com

The next time you're looking for a creative and fun night out, you may want to try a painting class at Ark Ceramics. The shop hosts Paint Your Own Pottery Parties and is located on Main Street in Landmark.

The owners, Adele and Rebecca Krasniuk, opened Ark Ceramics nine years ago. One year ago, with business going well, they expanded the shop to double their space.

The store is about much more than just painting pottery. It's also a gift shop.

"We sell products such as all-natural bath products under the ARK Soap Co. label," says Adele, "which includes soap, bath bombs, and face and body creams. Other



Pottery selections at Ark Ceramics.

ARK CERAMICS

items are handmade jewellery, cards, baby blankets, quilts, doll cribs, ceramics, and much more."

The Krasniuks believe strongly in using organic materials as well as supporting local businesses. For their store, Adele says they choose

"eco-friendly, natural organic body care products rooted in nature and simply prepared by hand in small batches for the highest quality product, safe for all ages."

For a Paint Your Own Pottery Party, a group of six or more is

preferred. When you get to the shop, you select a piece of white pottery you like, pick some paint colours, and then get painting. Ark Ceramics will glaze your piece and place it in their fire kiln to set. Once that's done, they call you to pick up the finished product. It could be for a birthday party, family gathering, girls night out, or even corporate or team-building function. Pottery options include mugs, plates, figurines, vases, among others. Parties start at \$12 per person.

Ark also teaches canvas painting and shows you how to create ceramic stepping stones for your lawn and garden.

## FOR MORE INFORMATION

■ [www.facebook.com/arkceramics](http://www.facebook.com/arkceramics)

## EVENT GUIDE

### Folklorama

July 31–August 13  
Winnipeg. \$6/pavilion.

### Painting on the Prairies

August 9  
7:00 p.m.  
Hesplers Cookhouse and Tavern, Niverville. \$35.

### Shrek at Rainbow Stage

August 11–31  
2:00 p.m. and 8:00 p.m.  
Kildonan Park, Winnipeg. \$39+

### Matt Falk at the Friendship Festival

August 13  
4:00 p.m.  
Landmark. \$10.

### Jazz in the Leo Mol Sculpture Garden

Every Sunday in August  
3:00–4:00 p.m. and 7–8:30 p.m.  
Assiniboine Park, Winnipeg. Free.

## Send your event listing to:

■ [sstcyr@nivervillecitizen.com](mailto:sscyr@nivervillecitizen.com)

# Rainbow Stage Continues a Great Summer Tradition



SYLVIA ST. CYR

✉ sstcyr@nivervillecitizen.com

Every summer, Rainbow Stage in Kildonan Park puts on two different plays. This year, the performances are *Cash: Ring of Fire* and *Shrek*.

I had the pleasure of attending *Cash: Ring of Fire*, which ran from June 23 to July 15. This show was quite different from previous shows in a few ways. There was no one character playing the lead role of Johnny Cash, but rather eight talented actors each representing him at different stages of his life. This included four women and four men.

Also, because Cash was a musician, the actors hired to portray him all had to have an extensive background in music. Throughout the performance, each actor played some sort of instrument, ranging from the banjo, the upright bass, the guitar, the harmonica, the fiddle, the piano, and even spoons. The ensemble's collective talent was phenomenal, particularly when they sang various Cash tunes.



The cast of *Cash: Ring of Fire* at Rainbow Stage.

ROBERT TINKER

One of the eight, Gilles Fournier, had never been on a theatre stage before. Fournier is a musician by profession who plays many genres, including folk, blues, Latin, and jazz.

"This was way out of my comfort zone," Fournier says. "I could play the music, but for me, it was something else to try to memorize words. I did not look forward to embarrassing myself in front of these people who came in and knew half their stuff already, but I've grown to appreciate what

everybody's brought to the table. They've been a great cast to work with."

Another actor in the cast, Tom Keenan, doubles as a singer/songwriter. "I wouldn't have nearly as much acting work if I didn't play music," Keenan says. "I went to university here [in Manitoba] and also took a year of schooling in Paris."

Although Keenan has made his living acting all over Canada, this was his first time at Rainbow Stage. For his role,

Keenan played the guitar, banjo, harmonica, and trumpet, all while singing.

Music Director Carson Natrass put in a lot of work shaping and rewriting the original script so it could best represent who Johnny Cash really was.

"Usually the play is ready to go and we do three and a half weeks of rehearsal," Keenan adds. "But this play, we had to arrange all of the songs." That's not the normal way plays are prepared at Rainbow Stage.

The show was well received

by audiences, with standing ovations to end every night.

"When we do our June/July show, we fence off an area for 998 seats," says Executive Director Julie Eccles. At full capacity, the venue holds 2,300 people, just a bit less than the Centennial Concert Hall.

The August show this year, *Shrek*, will run from August 11–31. "We were the first regional theatre to get *Shrek*," says Eccles. "Part of our mandate is musical theatre for families. In order to do that,

we need to have the appeal from ages five to 95. That is our August show."

Rainbow Stage has been entertaining families since its first musical comedy in 1955. It's also a non-profit theatre managed by seven full-time staff.

"In the last four years we've really concentrated on our education," says Eccles, who's been with Rainbow Stage for six years. "We've always educated the actors and musicians, but we've expanded that. In May, we had a musical theatre conference for students. They were from Grades 8 to 12. They had eight different courses they could look at here. We had script writing, song writing, business admin, lighting, set design, and performing and choreography. They had a one-hour chance to see what happens in theatre. It went over extremely well. This year, first time ever, we have six weeks of day camp, for nine- to 13-year-olds."

## FOR MORE INFORMATION

■ [www.rainbowstage.ca](http://www.rainbowstage.ca)



# Health & Wellness

## The Benefits of Functional Fitness

**By Crystal Stott**

Director of ShopGym Inc.

Functional fitness. You hear about it a lot—on television, on social media, and pretty much anywhere you go. You may not recognize the term, but if you see someone carrying in groceries or squatting down to pick something up, that's functional fitness in action.

Functional fitness exercises train your muscles to work together and prepare them for daily tasks by simulating common movements you might do at home, at work, or in sports. While using various muscles in the upper and lower body at the same time, functional fitness exercises also emphasize core stability.

Working out using functional movement training is one of the best ways to achieve overall fitness for everyday life. Learning how to move properly with or without a load (think carrying those groceries up a flight of stairs, or picking up a case of bottled water and putting it up on a shelf) and increasing your strength and aerobic capacity (useful for helping someone push a car out of a snowdrift or shovelling your driveway without throwing your back out) will help



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CRYSTAL STOTT

improve your quality of life.

Most people equate the functional fitness movement with the sport of CrossFit. While CrossFit is one of the original proponents of the functional fitness lifestyle, CrossFit is quite different. It's important to differentiate the two. Most people watch the CrossFit Games on TSN and think to themselves, "That's crazy! I could never do that!" Well, you're probably right. Games athletes are professionals. They train multiple times a day, every day. They are paid to train, much like athletes in the NFL and NHL.

Does that mean that functional fitness isn't for everyone? No. Everyone can benefit from moving well. Couple that with

strength training to increase bone density and muscle mass and you're setting yourself up for a long, healthy life. Functional fitness gyms offer group classes that are fun and incorporate strength training exercises with high intensity interval training. CrossFit gyms generally follow a programming template, but there are numerous other gyms or fitness centres that offer classes to give you a great workout. The key is finding one that makes you feel comfortable and offers responsible, well-trained coaches or instructors. Most gyms offer a free class, so it costs you nothing to try before you buy. It just may be what you need to kickstart your fitness journey.

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# Six Tips to Transform Your Backyard Burgers

**By Andrea Braun**

Graduate Dietitian

The heat is here, the kids are home, and the holidays are in full swing. Too bad we can't take a holiday from cooking. If those family reunions, church picnics, and baby showers have you eating more potato salad and cupcakes than your body needs, try these healthy summer backyard barbecue ideas.

1. Lean up the burger patty. First of all, make your own, because then you'll know

exactly what's in it. Take your regular recipe, or the one suggested to the right, and substitute half of the ground beef with ground turkey (decreases fat by 25 percent) or mashed kidney or black beans (two cups equals half a pound of meat, decreases fat by 45 percent).

2. Cut back the sugar and salt in your condiments. Swap out the high-sugar ketchup, barbeque sauce, and relish with real food. Try thick, juicy tomato slices, cucumber ribbons, fresh garden lettuce,

and bright red onions. You can change up the high-fat mayo with a heart-healthy avocado, or make a special spicy sauce with plain Greek-style yogurt, chili powder, and a few crushed red chilies.

3. Cut the cheese, please! Your body deserves high-quality food, so step it up by ditching the processed cheese slices and trying a slice of Swiss cheese or Monterey Jack with jalapenos.

4. Upgrade your bun. Are you still using traditional

white burger buns? Why not bump up your fibre by trying the whole wheat version or the multigrain thin buns? You can also be a trendsetter and serve your burger open-faced.

5. Swap your beverage so you don't get a sugar overload. All the sugar in pop and iced tea just leaves you feeling thirstier. You can get really creative with water. Freeze berries and mint leaves in ice cubes. Try frozen citrus slices such as lemon, lime, or grapefruit to give your glass some colour and a

refreshing twist.

6. Try fruit for dessert to end on a sweet note. It doesn't take any more time to cut up a watermelon than to cut a cake, but the health benefits are remarkable. For an even fancier dessert, add an assortment of berries topped with a dollop of low-sugar yogurt and a sprig of mint.

## FOR MORE INFORMATION

■ [www.alittlenutrition.com](http://www.alittlenutrition.com)

## Hamburger Mix Recipe

- 1 lb. ground beef, lean or extra lean
- 1 lb. ground turkey, extra lean
- 1 cup of quick oats
- 1/2 onion, diced
- 1 egg
- 1/4 cup of milk

Mix all ingredients in a large bowl. Form into 8-10 patties. Salt and pepper to taste

# Walking: An Easy Way to Improve Health

**By Ruth Hitchcock**

Chiropractor

When you walk, more than 200 individual muscles spring into action, including all the muscles in your spine and pelvic area. Walking is easy and offers many benefits to your overall health.

Walking helps promote healthy weight. It integrates the use of the arms, legs, and torso so that hundreds of calorie-burning muscles are used. Walking as little as 30 minutes burns 200 calories and can result in an increase in calorie consumption for up to 12 hours. According to studies, women who walk have less body fat than those who don't. By maintaining a healthy weight, you can decrease your chances of having weight-related health and back issues.

Walking improves mobility and flexibility. One of the biggest issues people have with their backs is tightness or stiffness, which results in pain and discomfort. Walking strengthens and tones your legs and abdominal muscles. This increases your range of motion, shifting pressure and weight from your joints and helping to lessen arthritic pain. You'll be surprised by how quickly you start feeling more mobile and less tight when you start to walk regularly.

Walking promotes better circulation throughout your body, including your spine. This helps bring blood flow to



the muscles and soft tissues around the spine. Walking also wards off heart disease, brings up the heart rate, lowers blood pressure, and strengthens the heart. Women who walk 30 minutes a day reduce their risk of stroke by 20 to 40 percent when they step up the pace.

Walking improves memory and nerve function while slowing down mental decline. Studies show that age-related memory decline is lower in those who walk more. Walking more than 20 minutes a day reduces the incidence of dementia and Alzheimer's disease by 50 percent compared to those who walk less. In younger people, walking and exercise has been shown to improve their grades in school.

Walking adds years to your life. Research shows that those who exercise regularly into their fifties and sixties are 35 percent less likely to die over the next eight years compared

to their non-walking counterparts. Walking and exercise programs reduce the incidence of disability in people over 65.

What's not to like about walking? It's free, easy on the joints, and helps you be the best, healthiest version of yourself.

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# What Can You Get Out of Personal Training?

**By Joel Boissoneault**

Certified Personal Trainer and Nutritionist

Many things in life help mould us and give us a sense of pride and development, but there's nothing better than having the health and fitness you desire. With good nutrition and exercise, you can start to see what life truly has to offer. A youthful body and disposition will help you shine in areas you never thought possible.

Good nutrition and appropriate exercise is key. Having a personal trainer will guide you in the right direction to ensure you're closing in on your health and fitness goals every single day. You take your car to the body shop to get it fixed, so why wouldn't you do the same for your own body?

We all know that it's hard to reach goals, even when we're equipped with the knowledge



to get ourselves there. It's harder still when you don't know where to start. This is one of the main benefits of a personal trainer.

Through an understanding of the process, you can create goals and reach them. And once you do, you'll be equipped to maintain or

even build on them. You won't be second-guessing yourself when questions and concerns arise.

By going it alone, you may reach your goals, but oftentimes the end result is that you lose focus and commitment because the plan is too difficult to maintain long-term. One-on-one accountability, education, and reasonable goal-setting are some of the many benefits personal trainers offer.

Having a personal trainer will also help you reverse many bad habits and create a whole new positive, healthy, and enjoyable way of thinking. This can add years to your life, and make the rest of your life the best of your life. You are the only one holding yourself back. The time to make a change is now.

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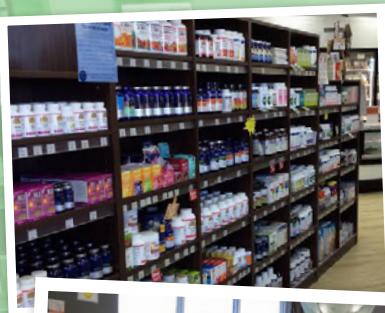
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We pride ourselves on having a friendly, caring team who are passionate about natural health and eager to do all they can to help customers achieve their goals!

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**Information Section:** We have recently developed a detailed customer information section which provides scientifically verified supplement, nutrition and lifestyle recommendations for multiple health conditions as well as various other healthy living resources.

**Social Media:** We are active on FaceBook & Instagram (@goodnnatural) and share numerous educational posts to provide the public with a trusted, reliable source of information.

**Education Seminars:** We also host consumer education events throughout the year and provide product knowledge sheets and samples whenever possible.



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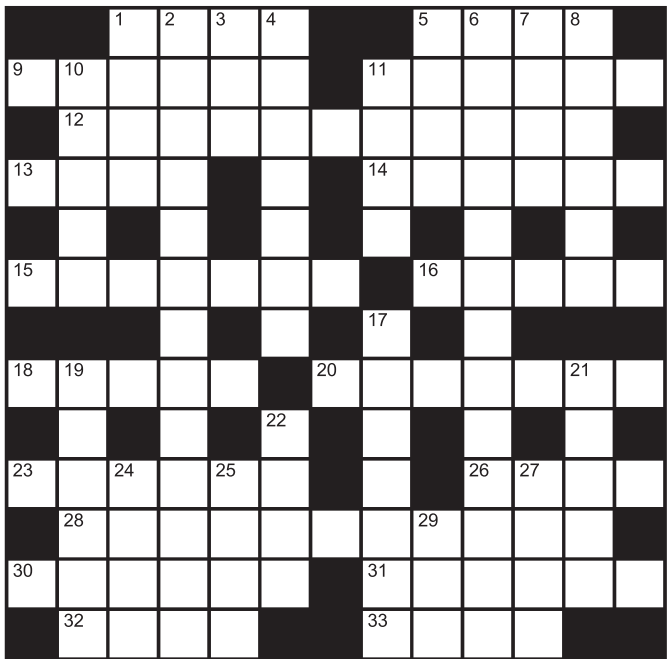


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### CROSSWORD PUZZLE



#### Across

- 1. Grouch
- 5. Worker refusing to strike
- 9. Dry red wine
- 11. Dried grape
- 12. Guffaws
- 13. Wail
- 14. Competitor
- 15. Teashop
- 16. Southpaw
- 18. Toil
- 20. Mimic
- 23. Got up
- 26. Grasp
- 28. Word emphasizing a meaning
- 30. Tenders
- 31. Land covered with trees
- 32. One opposed to reform
- 33. Scream

#### Down

- 1. Bunch
- 2. Amusement park attraction
- 3. Everything
- 4. Period of being a boy
- 5. First king of Israel
- 6. Tobacco seller
- 7. Covered with ashes
- 8. Split into two
- 10. Home
- 11. Act of despoliation
- 17. Enlarge
- 19. Rudderless
- 21. Pulls apart
- 22. Small hotels
- 24. Knowledge
- 25. Spooky
- 27. Lively dance
- 29. Opponent

Answers to this month's puzzle can be found in the Classified section on page 35.



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### Clipper Ice Sports Hockey Registration

Registration for the 2016-17 season is now open. Please visit [www.clippersicesports.ca](http://www.clippersicesports.ca) for more information and to register. Registration open until September 1st.

### This Month's Crossword Puzzle Answers



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The Eastman Female Selects AAA Bantam Team will be playing out of Garson for the 2016-17 season and are comprised of Bantam aged players (13-14 years old). The team will practice on Tuesdays and Thursdays evenings together with dryland on the same evenings. Game schedule will be determined in September.

There are many qualities that make up a successful AAA hockey player and as a result those players contribute to the overall success of a team. During the tryout process, players who demonstrate the athletic skill set necessary, combined with a good work ethic, a good character and attitude, will be the players most likely to succeed.

Tryouts are scheduled for the following dates/times in Steinbach:

- September 7 - 8 to 9:15 pm
- September 8 - 8 to 9:15 pm
- September 10 - 10 am to 11:15 am

The cost of the initial phase of the tryout is \$75.00 payable by August 31, 2016. Costs will be \$90 if you register after that date. If selected for the second phase of the tryout, fees will be determined at that point but are expected to be approximately \$75 to cover the costs of any exhibition games / practices planned for this phase.

Registration is to be completed on the Eastman Minor Hockey Website and selecting the "Register" tab.



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**STORE HOURS:**  
MON-FRI: 8 a.m. - 6 p.m.  
WED & THURS: 8 a.m. - 9 p.m.  
SAT: 8 a.m. - 3 p.m.

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