

# The Citizen

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## LOCAL NEWS

### Local Family Goes Solar

■ One Niverville family recently installed enough solar panels to generate all their own electricity. Now they're encouraging others to do the same.

Details on Page 9



## LOCAL NEWS

### Hemp Oil Founder Reflects on Long Journey to Success

■ Hemp Oil Canada in Ste. Agathe is among the most successful businesses in Canada. This month, its founder takes a look back.

Details on Pages 14-15

## SPORTS & RECREATION

### Niverville Hockey Player Turns Pro Overseas

■ After a few years playing in the U.S., Jessie Stott of Niverville has taken her passion for hockey all the way to Austria.

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## ARTS & ENTERTAINMENT

### One-Man Show Commemorates War

■ Local actor and playwright Marc Moir brings his one-man show to Steinbach.

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# New Development Plan in the Making for Niverville



Niverville's town council held an open house on October 3. The purpose of the event was to glean feedback from residents, giving council members a firsthand look at how community members would like to see the town develop and thrive in the years to come.

Approximately 75 residents attended the afternoon-to-evening event and were treated to a variety of visual storyboards that helped delineate the many initiatives council has completed in the past year. The boards also asked questions that will help in deciphering the direction the community will take in the future.

The storyboards included questions regarding snow removal policies, town beautification, future policing services, and multiplex funding options. Questionnaires were located at each station, allowing attendees to participate in solutions to all of these concerns. In an effort to receive a larger level of community feedback, council provided an online survey for all residents unable to attend the event.

Ross Mitchell, project manager of Sison Blackburn Consulting (SBC) Inc., was also on site with a PowerPoint presentation, laying out the details of the background research the company was hired to perform and what these statistics reveal.

Niverville's current development plan and zoning by-law was created in 2008. Municipal development plans and zoning by-laws are a requirement of the provincial government and need to be updated on an ongoing basis. The cost to Niverville for hiring SBC's services is \$49,970, a sum partially funded through a provincial grant.

SBC's presentation opened with an introduction on the importance of ongoing community development planning and zoning improvements.

"Land use decisions affect



Residents mingle with town staff at Niverville open house.

BRENDA SAWATZKY

the way people live, work, and play," they wrote. "Niverville is a rapidly growing community and is experiencing change. Many residents living here today did not live here when the plan was last reviewed. The review is an opportunity to share your ideas and concerns about how your community should evolve over the next 25 years."

According to SBC, this analysis will enable them to develop population projections, prepare housing and related land requirement estimates, as well as assess the impact of growth on town services such as schools, recreation, and emergency services. Once all the data

is collected and analysed, their final report will include recommendations to town council for accommodating future growth and development as well as policy and zoning considerations related to such growth.

"The development plan is intended to encapsulate the community vision of where it wants to be in the coming decades," says Mitchell. "The town could decide to be just a bedroom community for upper-income commuters living in single-family dwellings with a gas bar and day-to-day retail. Or [it could be] a 'complete community' that accommodates people and families from all socioeconomic levels

and lifestyles."

Mitchell adds that a complete community considers housing varieties for all life-cycle stages and income levels, encourages local business development and job creation, and provides a full range of services and facilities to support the day-to-day needs of the town and surrounding trade area, including commercial, medical, education, spiritual, and recreational services.

*"The review is an opportunity to share your ideas and concerns about how your community should evolve over the next 25 years."*

Ross Mitchell | Sison Blackburn Consulting Inc.

In his mind, Niverville is positioned to easily become a complete community with its strong growth trend, prime location between cities, and rich history of entrepreneurial spirit and volunteerism. He says that this type of community is already well underway here, reflected in facilities such as the Heritage Centre campus, Open Health, the upcoming diagnostic centre, and the proposed multiplex recreation centre and high school.

But Mitchell adds that Niverville needs to continue to foster its inclusive, progressive, can-do spirit in order to continue on that path.

## WHAT TRENDS SAY ABOUT THE FUTURE

SBC's background study of the community indicated a number of enlightening facts that will assist council in making important decisions. In 2011, 62 percent of Niverville's residents had lived in town for five years or more while 38 percent had lived in town for less than five years. Comparatively, Steinbach's ratio of established to newcomer residents was 71 percent to 29 percent, while Winnipeg's ratio was 87 percent to 13 percent.

Based on the recent census, the town increased in population at an average rate of six percent per year for the last five years.

This is five times faster than the province as a whole. Even if the growth rate is reduced to a more modest rate of three percent over the coming years, the community's population would double by 2041. This has important implications for everything from housing to infrastructure to community services.

Niverville's current demographics indicate a young and vibrant community with a median age of 31.6 years compared to the province's median age of 38.3 years. Should this trend continue, the community will need to take a close look at the adequacy of its education, recreation, and childcare services.

Average household sizes were also compared. Niverville's average is currently 2.9 persons per household, slightly larger than the province's average of 2.5. From 2011 to 2016, the number of one- and two-person households increased by 63 percent and 38 percent respectively, making two-person households dominant in Niverville.

Out of the 1,555 total occupied dwellings, almost 75 percent are single-family homes. The remaining 25 percent are multi-family units. Should this ratio hold up in the coming years, Niverville will require an additional 360 to 900 acres of land for residential housing by 2041. Presently, the town has approximately 875 acres of undeveloped land zoned for residential. If growth holds between three and five percent per year, this should be sufficient.

However, should the town continue to grow at the highest estimate of six percent, the town will see a land shortfall of about 500 acres. Though the SBC planning team is confident that the current growth rate won't be sustained over time, strategic planning and the introduction of more multi-family dwellings may be necessary as the years unfold.


As to the growth of employment, Niverville has about 365 acres of land designated for commercial and industrial development. Adjusting for Niverville's 60 percent commuter rate and other variables, the town only has enough land to accommodate job growth for a low population growth pattern.

Along with this data, SBC will be compiling and analysing feedback from Niverville's residents to prepare a report which will assist council in creating their new development plan and zoning by-law. This plan will be shared with the public at a subsequent open house where participants will be given the opportunity to review the policies, maps, and overall vision for the community.



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# ShopGym Relocates to Spacious New Facility

By Brenda Sawatzky

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Niverville's ShopGym Inc. has moved to 1789 Main Street and the proprietor couldn't be more pleased. Crystal Stott and her colleagues have worked hard to re-create their familiar training space at the new 2,400-square-foot location in the warehouse once occupied by Southern Comfort Mechanical. They've now got an additional 600 square feet of space in which Stott intends to add a larger variety of apparatuses.

"This came up really quickly," says Stott. "We had about three weeks' notice."

Some new features will include 50 feet of indoor turf for sled pushes and adrenaline training. The "rig," a 32-foot workout area, will see additional equipment such as climbing ropes, pull-up bars, dip bars, and more weightlifting equipment.

The upgrade also means more space for the ever-popular Ninja Party. The Ninja Party, fashioned after NBC's *American Ninja Warrior*, provides a unique way for kids to celebrate birthday parties with friends. It also hosts fun and challenging competitions for children's sport teams and clubs. The extensive obstacle course includes a rock-climbing wall, ropes, monkey bars, and a warp wall. Stott says that with the added space, they can increase the size of the climbing wall and accommodate more kids for larger events.

The new ShopGym will also have a separate space parents can rent for birthday cake, food, and gift-opening. This space will double as a childcare room with toys and activities during the balance of the week, a feature young parents will appreciate when they can't leave the kids behind to go for a workout.

Along with the extra indoor space, the new location provides



Hitting the rowing machines at Niverville's ShopGym.

CRYSTAL STOTT

ample outdoor space for temperate weather workouts and plenty of parking, something the previous location at 9 Heritage Trail lacked.

ShopGym will continue to deliver daily workout classes for individuals of all ages, from three years of age to senior citizen. Fitness trainers are always onsite, providing group and one-on-one personal workout training. Classes include strength and conditioning, ladies-only boot camp, kettlebell, body sculpt, barbell, silver classes for beginners, ShopGym kids, and Mom-and-Tot gym. Team training is also available.

Stott believes in a complete mind-and-body approach to wellness, which is why ShopGym also offers nutrition counselling and remote coaching. Home workouts and nutrition counselling can be accessed through a ShopGym app.

While all of the gym's seven trainers are fully certified, Stott boasts a wide array of credentials including CrossFit Level Two Trainer, National Coaches Certification Program of Canada, Precision Nutrition Level One Coach, and Eat to Perform Certification.

ShopGym also partners with Pure Physiotherapy of Winnipeg to provide workshops and one-on-one rehab training.

"I think that what we do is unique," Stott says, "because you

get support and encouragement and a sense of community. Lots of people have joined our gym and are really connecting with others in the community because of common interests, and it's all about community-first. It's like a big family here and we support each other. It's a super fun, easy-going environment. There's no pressure. You just come as you are."

Despite the wide variety of fitness options, many people have unsubstantiated fears of fitness facilities such as ShopGym.

"They have this image in their head that what we do is so extreme, but there's a lot of things out there that are way more extreme than what we do," says Stott. "Most people that come are very average people. They're moms, dads, professionals, stay-at-home parents, and they just want to be healthier and fitter. You don't have to be fit to start. That's what we're there for."

ShopGym will be hosting an open house event towards the end of November. Details will be posted on their website. Anyone can come and take a class for free at any time to see if it fits their needs, Stott says. And it's always a judgment-free zone.

**FOR MORE INFORMATION**

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

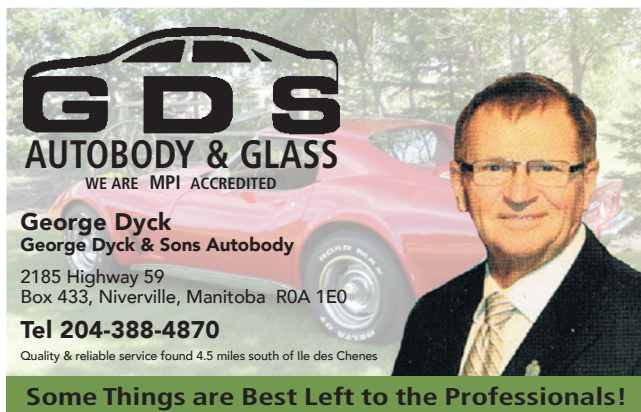
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# Health Task Force Delivers Report to Niverville Council

*Members of task force have been researching the steps taken by other communities in our region.*



**EVAN  
BRAUN**

editor@nivervillecitizen.com

In May, Niverville's town council appointed five local residents to serve on the community's new Health Task Force and also hired a sixth person as a facilitator/consultant.

After a few months of meeting as a committee, Norman Klippenstein (chairperson) and Kathy McPhail (facilitator/consultant) have made some recommendations for council to take into consideration as they chart a course forward.

The task force had been tasked with researching the matter of doctor acquisition

and retention, including other healthcare professionals, primarily looking at what other communities do to combat the problem and learn how these strategies fit into the province's recent changes to healthcare delivery.

In a report to council on October 17, Klippenstein and McPhail identified four common strategies taken by other communities.

Some communities have offered large cash incentives, provided no- or low-cost housing benefits, offered guaranteed income contracts (which isn't the present model), and reduced their clinics' overhead costs.

In a clinic run by a fee-for-service model, such as the

one in Niverville, the doctors assume the overhead costs, much like any business. The task force points out that some communities reduce the rate of overhead, lightening the burden shouldered by doctors.

According to McPhail, however, none of these strategies have proven to be particularly successful in terms of doctor retention.

Some successful Manitoba clinics, like one in Morden, take the time to find the doctor that's the best fit for the community, not just the one that will agree to specific terms. The best fit usually means someone who will live, work, and play in the community, building a long-term investment there.

While the task force's final report has not yet been released, it is this latter set of Morden-inspired strategies that they are expecting to recommend.

Among McPhail's and Klippenstein's recommendations is a call to form a permanent health advisory committee that would act as a liaison between council and healthcare-providing bodies like Open Health, Heritage Holdings, and other service providers in the community.

Such a committee would help ensure the longevity of healthcare improvement in Niverville in part by assisting council in keeping the matter at the forefront of council's mandate.

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## IN BRIEF



The Riel Place Condominium in Ste. Agathe. **BREND A SAWATZKY**

## Riel Place Developer Responds to Allegations

By Evan Braun & Brenda Sawatzky

✉ editor@niverillecitizen.com

Last month, in an article entitled “Ste. Agathe Development Plan Meets Public Criticism,” we reported on a dispute involving condo residents in Ste. Agathe, a new developer working on a development plan for an adjacent parcel of land, and the RM council. In that article, local residents made several claims about the original developer of the Riel Place Condominium, Martin Ritchot.

Ritchot was not given an opportunity by *The Citizen* to respond to a number of key allegations shared by Ste. Agathe residents pertaining to the Riel Place Condominium. Ritchot firmly contends that the information from those residents contains factual inaccuracies which need to be corrected.

Ritchot points out that the developer of the Riel Place Condominium wasn’t him personally, but rather the Riel Place Corporation. While he is the principal owner of that corporation, he says it is not correct to refer to him as the developer.

He also refutes any claims that the drainage issues on the condo property, as well as those affecting the residents to the north, are in any way the responsibility of the Riel Place Corporation. The faulty drain and the seven-foot reeds, Ritchot says, are both connected to a ditch that lies within a municipal easement and is the RM’s responsibility to maintain.

To his knowledge, the only incident where water collected on the developed property occurred this past spring. He states that it occurred as a result of a snow removal contractor, hired by the condo board, who ploughed the excess snow into drainage swales and that this could have been easily avoided. Therefore, it was an operational matter, not a drainage issue.

As to promises that were made of a mirror-image 16-unit condo building, Ritchot says nothing could be further from the truth. He states that he did not meet any of the purchasers and made no such assurances to any of the owners at the time of purchase.

Since that time, he says, the Riel Place Corporation has had numerous conversations with the condo board regarding their concerns. He adds that they entered into an agreement in February 2017 that settled all outstanding issues.

Finally, in deference to the timing of the separation of the two adjoining lots, Ritchot indicates that the property subdivision occurred prior to the commencement of the existing building, not afterward.

By Brenda Sawatzky

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Norfolk Chiropractic has introduced a new clinic in Niverville at 10 Cedar Drive, an area quickly becoming a hub for commerce. Their principal location is in Island Lakes in south Winnipeg.

Dr. Yvette Page, the primary practitioner at Niverville’s satellite location, says that she’s excited about the clinic’s prospects in the community.

“I just love how much I’ve seen this community grow,” says Page. “I knew when I graduated I wanted to do some rural practicing. I thought, what better community to give care to than one that holds my heart like Niverville?”

Page, a recent graduate of chiropractic at l’Université du Québec à Trois-Rivières, is one of three siblings practicing at Norfolk Chiropractic in Winnipeg. She believes that the family-run business, including herself, Dr. Catherine Carter, and Dr. Derek Page, provides them a unique opportunity to work together towards a common goal. That goal is to educate and assist people in living a healthy, pain-free lifestyle.

Though Page resides in Winnipeg, the communities south of the city have always held a special place for her. While attending high school in St. Norbert and sporting events around the province, she built rural friendships that helped develop her appreciation for small-town life.

Page has worked extensively with a college football team, experiencing firsthand how to treat different aspects of athletic injuries. Last summer, she and a group of 14 students and two supervisors flew to Bolivia for a two-week work mission in chiropractic care.

The trio provide a wide range of therapies for neuromusculoskeletal conditions—conditions related to the tissues that make up the bones, joints, and muscles. These therapies include manual adjustment, activator adjustment, and laser therapy. Page says that the proper diagnostic evaluation of each client ensures the use of



Dr. Yvette Page, Dr. Derek Page, and Dr. Catherine Carter of Norfolk Chiropractic.

NORFOLK CHIROPRACTIC

the mode which best fits the client and the specific injury.

“The beauty of chiropractic is that it is such a vast profession,” Page says. “There are quite a few different approaches and techniques, which is something I wish more people knew about.”

Chiropractic treatments, she says, can be for all ages from newborn to senior citizen and cover a wide variety of ailments from pain to dizziness and vertigo.

“Birth can be quite a traumatic experience,” adds Page. “It’s a beautiful process, but whether it be natural or cesarean section, there is quite a bit of force used on newborns that can play a role in their development.”

Some resulting birth issues can include jaw displacement (leading to improper latching on during breastfeeding), misaligned joints (leading to colic-like symptoms), or hip displacement (leading to

mobility problems down the road). For this reason, Page recommends a visit to a chiropractor early on. Chiropractors can also assess signs of scoliosis, which sometimes develop in children during their puberty years.

“There is no risk to being checked on a preventative basis as far as chiropractic therapy goes,” says Page, adding that a strong emphasis is placed on education through communication with her clients. “We really practice patient by patient, so if a child comes in I’m not going to assess them the way I would a 65-year-old.”

Laser therapy is one of Norfolk Chiropractic’s most recently introduced treatment options. This therapy can be used to treat acute or chronic injury because it goes down to the cellular level and stimulates cell regeneration and regrowth while lowering inflammation and improving blood

circulation to rid the area of toxins and supply nutrients that rebuild the tissue. Though laser therapy won’t be available at the Niverville clinic in its early stages, Page is trained to recognize conditions that would benefit from this treatment and make a referral to their Winnipeg clinic.

Page feels that her bilingual qualifications also provide an advantage for her French-speaking clients.

“I did all of my studies in French, so I’m completely fluent in [the language],” she says. “Also, I have a global approach. I’m not specialized with only athletes or children or geriatrics. I assess everyone and treat all ages.”

### FOR MORE INFORMATION

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

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The chamber's **annual tree lighting** will take place at a new time, **5:30 p.m.** in the **Niverville Credit Union parking lot**. Carol singing will be led by **Melanie Bergen**. After the Christmas tree lighting, **horse-drawn wagon rides** will delight the whole family. And don't forget the hot chocolate and candy canes.

**Other Winterfest events** include:

- Skating with Santa, Niverville Arena, 2:45-4:15 p.m. Free entry.
- Holiday Shoppes, one-stop shop for children, Niverville Elementary School, gym entrance, 1st St. North, 9:00 a.m. to 1:00 p.m. Free admission. Contact: [nesparentcouncil@gmail.com](mailto:nesparentcouncil@gmail.com).

**For details on all Winterfest activities visit:** [www.facebook.com/NivervilleWinterfest](http://www.facebook.com/NivervilleWinterfest).

The Niverville Chamber of Commerce encourages sustainable economic development through advocacy for and support of local business.



## IN BRIEF

## St. Adolphe Marks Remembrance Day

The public is invited to attend a ceremony in St. Adolphe to commemorate Remembrance Day. The morning event will begin at 10:40 a.m. at 344 Main Street, St. Adolphe, with a reception to follow at the Club Amical. Organizers wish to remind people that the ceremony will take place outside, so it's important to dress for the weather.

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# Remembrance Day to Observe Vimy Ridge Anniversary

*On November 11, a 20-year tradition will continue as people gather in Niverville to commemorate the brave men and women who have fought to safeguard our freedom.*

By Natalie Batkis

For 20 years now, private citizens have come together to organize Remembrance Day ceremonies in the Town of Niverville. Remembrance initiatives remind us to take time to honour those, past and present, who have dedicated their lives to serve our nation.

The service will begin at 10:00 a.m. on Saturday, November 11 at the Niverville Heritage Centre. Guests will be welcomed by members of the Sparks, Brownies, and Guides, and it is suggested that people arrive early as attendance has hovered between 700 to 800 people over the last few years. The ceremony will be followed by a light lunch open to all those in attendance.

Lorraine Kehler will be the Master of Ceremonies. Kehler's son, Samuel Kehler, is currently serving as an officer in the navy. This year's ceremony will have a particular emphasis on youth as the committee aims to involve the next generation so these important stories and traditions can continue to be shared for years to come.

It's been 100 years since one of the most iconic battles of World War I: the Battle of Vimy Ridge. One hundred thousand Canadians fought in this battle, and tragically over 3,000 lost their lives.

This year, in a special video presentation, youth from Niverville will discuss what it was like to visit the Canadian National Vimy Memorial in France. These young



The Canadian National Vimy Ridge Memorial in France.

DEPOSITPHOTOS

people were around the same age that many of the brave soldiers would have been when they served during the war. They will explain what they saw, what it meant to them, and what they took away from the experience.

As in past years, the event will include the commemorative laying of wreaths by community members and various service personnel. A full two minutes of silence will be observed at 11:00 a.m. This tradition was started in 1919 by King George V, one year after the Great War, as a way to honour those who

served and those who lost their lives.

As a sign of solemn observance, five cadets from the 170th St. James Squadron, including Vigil Commander Aiden Bruce, will hold vigil on stage. This act of respect is usually performed at a cenotaph or memorial site when ceremonies are held outdoors.

There will be musical performances by children from Niverville Elementary School, bugler Abigail Olfert, and bagpiper Rod Christie.

Poppies will be available at the venue, with all donations being

collected to support veterans and their families.

Out of respect, poppies should be removed after the ceremony. There will be a designated area where people are encouraged to lay their poppies once the ceremony has ended.

The Niverville Remembrance Day ceremonies are made possible by the generous donations of community members. Donations will also be accepted at the venue to help cover the cost of the event and future ceremonies.

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# Local Students Support Global Fair Trade

By Brenda Sawatzky

bsawatzky@nivervillecitizen.com

The fair trade of goods or services for profit is something most Canadians take for granted. Our government sets minimum wage standards for employees, and industry standards allow business owners to make an honest gain on their investment.

In many countries, though, this is not the case. Currently, 1.4 billion people live below the international poverty line around the globe. Many of these are women and children who subsist on the meagre profits earned from their hand-crafted wares.

"For the past ten years we have been facilitating Fair Trade Festival Sales for Ten Thousand Villages (TTV) at Niverville Collegiate Institute (NCI), and for the past two years at Green Valley School in Grunthal," say Hank and Marie Dueck of Niverville. "We are hoping to visit at least one additional school this year."

The Duecks, longtime supporters of the work of Mennonite Central Committee (MCC) and their TTV stores, were drawn to TTV's Festival Sales idea as a way to make a difference in the lives of those living in poverty around the world. The other half of their twofold mission is to create awareness among local youth of the disparity in world wealth distribution and demonstrate to them that there is something they can do, now and throughout their lives, to help manifest positive change in the world.

"TTV has been our mission of choice because Festival Sales like ours are an extension of the TTV stores in Winnipeg



A Fair Trade Festival Sale.

HANK AND MARIE DUECK

and Steinbach," the Duecks say. "We support the principles of fair trade with our personal purchases and hope to share this vision with our community."

Fair trade is the practice of benefiting producers in the developing world by buying directly from them at a guaranteed and fair price, a price that allows them to support their families and hopefully pull them out of poverty. The process also helps instill pride in workmanship and in self-sustainability.

Edna Ruth Byler was one of the early proponents of fair trade. In 1946, while in Puerto Rico, Byler saw the many village women producing beautiful handcrafted wares without a greater market in which to sell them. She purchased their wares at a fair price and brought them to North America, selling them from the trunk of her car.

MCC saw the potential for her idea and began opening new markets for artisans through direct trading relationships. In 1972, TTV opened its first store. Today, they are one of the largest and most experienced fair trade dealers in the world and have built long-term relationships with over 120 artisan groups (20,000 individual artisans) in 38 countries. Unlike many North American chain stores, which negotiate with foreign manufacturers for the lowest price, MCC allows the artisans to name their own price, thus ensuring their livelihood into the future.

As a non-profit organization, MCC reinvests their profits back into the organization, resulting in continuing benefits for developing countries by way of education for children, empowerment for the marginalized, community development, and expanding

leadership and employment opportunities, especially for women. Women make up 70 percent of MCC's select artisans.

"The purpose of [bringing] these festivals [to schools] has been to educate students, staff, and parents regarding principles of fair trade as well as to provide an opportunity to 'give twice' at Christmas," the Duecks say. "Every purchase made at a Fair Trade Festival Sale, like the one at NCI, provides students with an opportunity to participate in this mission."

The Festival Sale at NCI will take place from December 6-8 in the school library. Marie Dueck will be making classroom visits, presenting a short MCC video, and opening the floor to discussion. Fair trade samples will be handed out and the students will have an opportunity to visit the store and create gift-giving lists, returning later to purchase their gifts.

"The response from the NCI community has been overwhelming," the Duecks say. "Students really get the notion of fair trade. The [Festival Sale] has become a real favourite at NCI as students eagerly anticipate doing their Christmas shopping here every year."

Festival Sales across Canada result in about \$1 million in sales every year. As the TTV website states, "Ten Thousand Villages is more than a store. It's a place where you can explore and connect with your global village. We offer a way for you to become part of the story, to shop your values, and give gifts with meaning. Because this is bigger than us."

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## IN BRIEF



MP Ted Falk, MP Robert Sopuck, the Hon. Candice Bergen, Senator Donald Plett, and MP James Bezan.

TED FALK

## Falk Participates in Tax Town Hall

Last month, Provencher MP Ted Falk participated in a town hall meeting in Winnipeg dedicated to exploring citizen questions about the Liberal government's proposed changes to the tax code, which many Manitobans have expressed concerns about in recent weeks. About 200 people attended the event, hosted by the Canadian Taxpayers Federation.

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# Glue: A Sticky Approach to Business

By Brenda Sawatzky

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While Glue may sound like an unusual name for a training and marketing business, one local pair believes it perfectly describes their business model and services. Fiona Robinson and Abdi Mohamed recently relocated to Niverville from Nanaimo, British Columbia to grow their business in a whole new sector of the country.

"Glue is a long-standing metaphor for bringing people and ideas together," says Robinson. "I have a history of doing entrepreneurial training and marketing training with small and big business. I have a specialty niche with creative entrepreneurs, those being freelancers in general. Some are emergent entrepreneurs, but my area of focus is really more at the commercialization stage—they have a viable product and are ready to go fuller scale with it."

Robinson and Mohamed describe their business as one that assists both budding and established entrepreneurs in networking with other entrepreneurs to help grow their business. The pair also provides resources for improving a business's marketing strategies by connecting owners with creative types such as writers, graphic designers, website designers, photographers, programmers, and others.

While some entrepreneurs are looking for the meetups and creative connections, others can just turn to Glue for the answers. It's Glue's job to read the client and determine what's best for them.

Glue can take the burden off entrepreneurs when it comes to dealing with all the different marketing aspects they face. As Glue builds on its creative business resources, they'll help people grow by making referrals and bringing



Fiona Robinson and Abdi Mohamed.

BRENDA SAWATZKY

in new clients. Robinson and Mohamed say it's a process where everyone wins.

"As I grew up and as I went to university, I was always the person that pulled in all the loose ends and made something come together at the end of the day," Robinson says. "So, running an agency like Glue, you're always pulling in new talent and you're always doing it toward the end goal of a campaign or brand."

Robinson began the business back in 2004 in Calgary and soon broadened it to include Vancouver Island communities. She has a degree in Community Planning and is working towards a doctorate in Creative Entrepreneurship specific to rural regions. Mohamed comes to the table with a master's degree in Business Administration. Together, they are a formidable team.

"He's the analytical, I'm the creative," jokes Robinson.

Because Glue's business model is mobile and adaptive, the pair decided to move their venture to a more centralized location.

"We looked across Canada," says Robinson. "We chose Manitoba because of the central location, west to east as well as down south into the U.S. market. Also, we looked at corporate taxes, cost of business entry, availability of commercial leasing and purchase space, which is not available everywhere. As well, [we considered the] cost of labour and rural manufacturing incentives that were available in several Manitoba towns."

What attracted them to Niverville specifically? They were given a personalized tour by a local entrepreneur and business developer when they inquired about the area. What was instantly evident and

appealing to them was the large residential population within a commercial region that has so much potential for growth.

"One thing that I'd like to bring to Niverville that I love doing is group training, running entrepreneurial workshops and training sessions, because then you get that real face-to-face," Robinson says. "That's something that we can offer the small business community. We've done group training in the past and the connections that people make are just so trustworthy that they can last a lifetime when they go through that kind of stuff together."

The duo previously created a research project for creative entrepreneurs called "Make it to Market." The pilot project was run with groups of eight entrepreneurs in both Tofino and Nanaimo after they put the call out to a variety of different cities. The project's focus was on how to make the best commercialization decisions possible. The results of this research led the duo to further adapt their business for the current market.

"I think what makes it unique is that there is so many different aspects to entrepreneurship and marketing, so you get into conversations really easily," adds Robinson. "We have experience with a lot of different sectors now. It's really about forming that creative collective and supporting the local entrepreneurs. One thing that I've learned without exception is that there is no cookie-cutter approach to any business."

While their business structure sounds vast, varied, and complex, Mohamed boils it down in one simple statement: "Let's say somebody has a business and they are a bit shy to get it out to the market. We help give them the confidence and tell them this is doable."

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# Ritchot Council Consults Public on Key Issues

By Brenda Sawatzky

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The RM of Ritchot has some big topics on their agenda and from late October to early November they took these topics on the road, stopping at five locations within the municipality. Residents were encouraged to come out and provide essential feedback to council as they move toward some timely decisions in 2018.

From October 24 to November 2, residents attended meetings at the Ste. Agathe Cultural Centre, the St. Adolphe Pioneer Hall, the TransCanada Centre in Île-des-Chênes, the Howden Community Hall, and Grande Pointe's warmup shed. Topics on the docket included an update on the Main Street Revitalization plans for three of Ritchot's communities, the proposal to change the ward boundaries in time for next year's municipal election, and a conversation about policing services.

Community Economic Development Officer Lesley Gaudry opened the evenings with a review of the conceptual drawings, recommendations, and estimated budget costs for the revitalization projects. In 2016, the RM hired Winnipeg-based consulting company HTFC to perform an extensive analysis of each main street in order to provide detailed feedback based on their 50 years of experience in community revitalization.

The outcome was a series of tailor-made solutions,



Lesley Gaudry speaks at Ritchot public consultations. **BRENDA SAWATZKY**

unique for each main street yet revolving around the same core values: to create a hub that supports local business and economic development, to provide community connectivity through access routes to the town's destination points, to provide safer transportation and pedestrian accesses, to instill a sense of community pride through beautification, and to create opportunities for stronger tourism.

Each main street concept included options from bike racks to boulevards to roundabouts. Each item, Gaudry says, is up for discussion. Results from the HTFC study are merely a planning tool and funding will be a primary factor. She says that smaller changes may begin happening soon while others may take upwards of ten years to complete.

Gaudry reminded residents in attendance at the Ste. Agathe meeting to begin to visualize their main street through the eyes of an outsider, suggesting that residents tend to become indifferent to their surroundings.

"If we don't visualize

ourselves as being different, we won't be," says Gaudry.

She is excited, though, for the potential for each town to grow their business sector, stating that she receives phone calls on a weekly basis from entrepreneurs interested in relocating to the Ritchot municipality. Unfortunately, at this stage there are few good locations to put them.

HTFC's entire report, along with budget estimates, is available on the RM website.

Mitch Duval, the municipality's Chief Administrative Officer, moved the meeting forward into discussions on potential ward boundary changes, a decision council will have to make well before the election next October. As some communities in the RM have grown significantly faster than others, there is a population disparity between wards at present that creates an imbalance at election time. Duval proposed a variety of options to rectify the situation. More details will be brought forward in the coming months.

Mayor Chris Ewen completed each evening's agenda

with an open discussion on policing services, asking residents for feedback on three questions: How do you feel about current services? What are the major issues that the municipality is faced with? What are our future requirements?

Many residents attending the Ste. Agathe meeting were unaware of the RM's current contract with Prairie Bylaw Enforcement Services (PBES). Others remarked at the infrequency of seeing the PBES patrol cars in and around the community. Council will be looking at a number of options going forward and seek resident feedback for direction.

Those options include increasing PBES's presence in Ritchot to create more of a presence during daylight hours, as well as include hours when criminal activity typically takes place. A second option is to consider the possibility of private policing, either by means of establishing a Ritchot police force or a regional police force in partnership with a surrounding town or municipality.

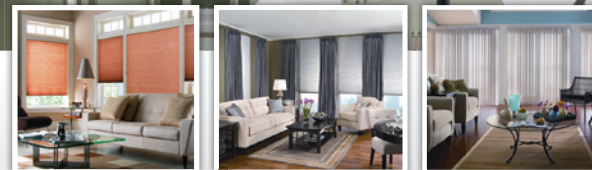
Regardless of the policing decision council will eventually make, Mayor Ewen strongly encourages residents to become involved in their local Citizens on Patrol program.

As resident feedback is essential to council on every one of the matters brought to the Ritchot constituents during these meetings, Ewen urged those in attendance to reach out to council in the coming weeks via email or phone calls.

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## IN BRIEF



DUSTIN KRAHN

## "Speed Bump" Removed at Niverville Intersection

Earlier this year, the Province of Manitoba entered into a cost-sharing agreement with Sunset Estates, the developer of The Highlands and owner of Old Drovers Run, to make much-needed improvements to the intersection of Highway 311 and Krahn Road. Notably, a pair of turning lanes were installed to ease traffic at the busy corner. The costs were shared roughly 50/50.

"This kind of public-private funding model offers important investments in local infrastructure," says Shannon Martin, MLA for Morris. "Our Progressive Conservative government is proud to partner with Sunset Estates in the improvement of this important intersection."

The total cost for the initial work equalled approximately \$700,000, although in the following months many residents were critical of the finished product. The new turning lanes certainly did improve the flow of traffic, but a significant "speed bump" was inadvertently created for drivers travelling east into Niverville along the 311. The bump had a steep enough grade that some drivers reported nearly going airborne despite driving at the posted speed limit.

Since that time, the speed limit on that section of road has been lowered.

In October, traffic cones once again went up at the corner and crews arrived to level the troubled section of road. After a couple of days of construction, the proverbial speed bump was removed.

Len Peters of Sunset Estates says that his company took on the full cost of the second repair job. They had the option of once again applying for a cost-sharing agreement with the province, although he says that would have delayed the repairs and he wanted to ensure the road was fixed as soon as possible.

# Healthy Baby About Bringing Parents Together

By Evan Braun

✉ editor@nivervillecitizen.com

If you've ever been a new parent, you can probably identify with the stress of those first few months—or years—when everyone is giving you advice and it's hard to know what to trust. For first-time parents facing profound life transitions, the introduction of a new baby can cause a lot of stress and anxiety.

That's where the Southern Regional Health Authority's Healthy Baby program comes in.

"One of our biggest objectives is basically to get pregnant moms and new parents connecting with other parents," says Terry Schmidt, the program's coordinator. "They can meet with other families and health professionals. In the big picture, we want to have healthy outcomes for babies and parents."

Every regional health authority in Manitoba has a Healthy Baby program, although the program coordinators have some latitude in how they administer it. In the rural southeast, Schmidt says that they hold monthly meetings in eight separate communities, although in a perfect world she would like to host meetings even more frequently.

Southern Health currently holds group meetings in Niverville, Île-des-Chênes, Lorette, St. Pierre, Blumenort, Ste. Anne, Grunthal, and La Broquerie. They recently discontinued meetings in Ste. Agathe. Why? Because there haven't been many babies born there for a while.

"How do we determine which community to go to? First of all,



DEPOSITPHOTOS

there have to be babies there," Schmidt says. "And we also look at different health indicators. Is this a group that doesn't have access to programming? Do they have a little bit more financial needs in that community? That's not necessarily the only thing that we're looking at, but we look at if it's a disadvantaged area."

She also says that Southern Health tracks which communities are experiencing birth spikes. "Then we show up, we do our thing, the babies grow up, and then we go to a different community. So we have a little bit of leeway, the flexibility to go where the births are."

Historically, Niverville has been a hotspot for births, which is why it's always been the biggest group in the region. However, Schmidt says that the size of Niverville's group is about more than numbers.

"The public health nurses there do an awesome job of promoting [Healthy Baby]," she says. "And they come to the group as well. So after a mom's had a baby and things are emotional and they're nervous about how things are going, she knows that if she goes to group

she can actually talk to the public health nurse and get reassurances. I think that is part of the success of that group."

Although there's a perception that Healthy Baby is a forum specifically for moms, Schmidt is quick to point out that the program has a wider target.

"To be in the group, you have to either be pregnant, or be a parent of a baby up to the age of one," she says. "We want to include the partners, too. Dads are more than welcome to come. I mean, they're a parent, too! Or a support person can come in along with the mom or the dad, so it's not just specifically for women."

Parents who attend meetings are given the opportunity to discuss a variety of topic areas. Early on, Healthy Baby was based very much on good nutrition, which remains a cornerstone of the program to this day, although many other subjects are now addressed.

"We do a lot of [talk] about successful breastfeeding and we find that mothers who attend, the research shows, more of them nurse and they nurse longer. So

that's a good outcome from the program," Schmidt says. "We also talk a lot about attachment, which is the healthy connection between the parents and the child... After that, we talk about reproductive health, addictions, all that."

Another key subject is understanding the role that a child can have on a parent's mental health. Some parents struggle with postpartum depression and the baby blues. Others struggle to cope with the many adjustments they have to make in their lives and relationships.

"I always say that having a baby is like throwing a bomb into a relationship!" Schmidt says. "We try to make our groups really fun and casual, and personally I like to run a group with lots of interaction. What are their opinions? What are their thoughts? What are their experiences? I learn a lot from them, too."

But the meetings are fundamentally about a lot more than educating parents. More importantly, Schmidt says that Healthy Baby connects parents with each other and helps them build support systems.

"The number one reason that moms report coming to group, the number one reason isn't for information, it's for connecting with other moms," she concludes. "I'm just so happy to accommodate that and have moms come and connect and feel connected with each other and with the community."

### FOR MORE INFORMATION

■ [www.southernhealth.ca/finding-care/care-by-topic/parents-parents-to-be/healthy-baby](http://www.southernhealth.ca/finding-care/care-by-topic/parents-parents-to-be/healthy-baby)

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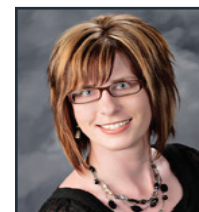
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# Hemp Oil Canada: E



**BRENDA SAWATZKY**

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Few entrepreneurial success stories boast as big a wow factor as Manitoba's Hemp Oil Canada (HOC). From its inception less than 20 years ago to today, HOC's current position on the global market stands as testament to the fortitude and creativity of one man: Shaun Crew.

Though its beginnings were meagre, the company now stands proudly in Ste. Agathe's Riel Industrial Park, a towering beacon to travellers along Highway 75. Crew has since sold the multimillion-dollar venture, but as its early founder he has a rich story to tell.

"I founded Hemp Oil Canada in February 1998, just one month before Health Canada legalized the cultivation of industrial hemp after 60 years of prohibition," says Crew. "I had heard that industrial hemp was going to be relegalized in Canada. I knew the big grain companies wouldn't touch such a controversial crop, yet at the same time I saw a great opportunity to develop healthy food products and ingredients from the nutritious hemp seed."

To suggest that the risk of the investment was high would be an understatement. For six decades, the production and use of this versatile plant was under an international ban due to its association with marijuana. Both are varieties of the same species: cannabis.

Though the plants are indeed similar, hemp refers to strains of cannabis that have been bred specifically for their fibre, which has a multitude of useful aspects, and seeds and flowers

which are proven to have valuable health benefits beyond many other natural herbs. Through the breeding process, the psychoactive components known to produce a high have been reduced to very low levels without compromising the benefits of the plant.

## THE HISTORY OF HEMP

Hemp enjoyed a rich history before its prohibition in 1937. According to the Canadian Hemp Trade Alliance's website, "Hemp has been cultivated on planet earth for over 10,000 years. It has been an important source of food and fibre with references dating back to ancient China and Mesopotamia. Applications of hemp plants evolved from simple rope and coarse woven fabric to paper and sail cloth. Hemp seed and flower tops were known to provide medical comfort from a variety of ailments during the period of 2700 BC through to Roman times."<sup>1</sup>

Hemp continued in its notoriety over the centuries. It was a vital crop for North America from the seventeenth to early twentieth century and was utilized by manufacturers for various applications such as oil, clothing, and rope. Hemp fibre was and still is known to be one of the strongest and most durable of all natural fibres.

Belief in the product was so strong that the 1938 edition of *Popular Mechanics* wrote an article describing hemp as the "new billion-dollar crop." Early car manufacturer Henry Ford was equally optimistic about the plant's potential when, in 1930,

he produced a Model T prototype manufactured with hemp fibre and fuelled completely by hemp oil. The body of the vehicle was said to be "invincible."<sup>2</sup>

Biofuel made from hemp is considered much safer and less toxic to the environment than traditional fossil fuels. As a crop, it grows fast and leaves the ground in a better state after it's harvested. As a fibre option, one acre of hemp will produce as much fibre as two to three acres of cotton, as much paper as two to four acres of trees, and has been seen as a viable alternative to oil in the making of plastic.

*"My philosophy was to walk before we run and intentionally grow the business as the market developed."*

**Shaun Crew** | Founder, Hemp Oil Canada

But the billion-dollar hemp market was not to be. In 1937, American president Franklin D. Roosevelt passed The Marijuana Tax Act, making it illegal to produce cannabis in any form, resolving that the plant was a narcotic which needed to be aggressively controlled. The moratorium began in spite of opposition from the American Medical Association.

In 1961, the United Nations drafted the Single Convention on Narcotic Drugs, creating a universal

standard for drug control which included cannabis in all its forms. From that time until today, industrial hemp has been considered a controlled substance along with heroin, cocaine, and a host of barbiturates, regardless of its psychoactive levels.

Finally, the Canadian government created new legislation in 1998 which would allow for the planting and processing of industrial hemp. Even so, it remains under Health Canada's close scrutiny. But for the first time in 60 years, farmers were able to grow it for food and fibre and manufacturers were able to process, export, and ship hemp products over Canada's

borders. The U.S. did not follow suit, and as of today the moratorium on producing industrial hemp for commercial purposes continues.

Initially, this "new" Canadian crop faced many hurdles due to the effectiveness of the American and U.N. campaigns against it. In its early stages, supply exceeded demand and many forward-thinking farmers and entrepreneurs didn't survive in the market. They needed to re-educate consumers in order to build demand, and at the turn of the twenty-first century

consumers began to once again recognize hemp for its superior nutritional value. The market for hemp fibre is also growing.

Today, processed Canadian hemp products are being shipped to more than 30 different countries worldwide. And although hemp products are illegal to produce south of the border for commercial purposes, the U.S. remains our largest single food market for industrial hemp products.

## HEMP OIL CANADA'S EMERGENCE

While Crew was likely considered crazy by many for his early investment in a product not yet legislated by the government, or recognized by the world, there is no question that he was a visionary.

"My philosophy was to walk before we run and intentionally grow the business as the market developed," says Crew. "We had to develop new products from non-existent processes and sell them into markets that didn't exist in early 1998. Developing the market from nothing has taken a lot of education, one customer at a time."

HOC began as a small venture, renting space in a



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warehouse in St. Norbert. The company's first oil press was acquired through a trade of company shares. Eight years later, the market was seeing some growth and the company relocated to Ste. Agathe, Crew's hometown. He purchased the former Case IH building on Main Street and effectively tripled the size of his production space.

During this time, the company experienced double-digit growth, quickly adding pressure to his space and production capacity. Two separate expansions and the addition of more employees alleviated the demand for a period of time.

"Hemp Oil Canada has experienced growth of 20 to 25 percent every year since its inception," Crew says.

After 2010, the business doubled in size every couple of years.

"We were ideally positioned to capitalize on the consumer demand for healthier, more nutritious food



Shaun Crew.

SHAUN CREW

ingredients," adds Crew. "Driven by this consumer demand, food manufacturers were actively seeking new food ingredients to bolster the nutritious content of their product offering. Hemp foods provided a powerhouse of nutrition with a highly digestible, plant-based protein, Omega 3 and 6 fatty acids, and a very interesting array of vitamins and minerals. And most importantly,



Crew receives a Lifetime Achievement award from the Hemp Industries Association.

SHAUN CREW

hemp foods taste great, making these ingredients easy to incorporate into one's diet."

Unfortunately, HOC's production area experienced a catastrophic fire in 2013. Crew recognized this as an opportunity, not an inhibitor, and the design of a new, state-of-the-art facility began. Construction commenced in the fall of 2015 in the community's industrial park and production once again followed with 40 employees on the payroll.

"As a volunteer on the local Community Development Corporation, I am the chairman of the Riel Industrial Park," says Crew. "I always knew that one day the company would relocate to the industrial park as the business grew."

Today, HOC is the world's largest producer and processor of bulk hemp food products and ingredients. These products include bulk seed oil, oil gel caps, hulled hemp seeds, toasted hemp seeds, flour, protein powder, and high-fibre powder. All of the products are produced under the high standards set by the Global

Foods Safety Initiative.

"Hemp Oil Canada's primary customer is value-added food manufacturers looking

for healthier, nutrition-packed food ingredients," adds Crew. "However, we also supply the beauty and body-care industry, as well as the companion pet food industry."

Crew has been the recipient of a number of business achievement awards over the years, but none was more meaningful than his most recent, Hemp Industries Association's Lifetime Achievement award for his nearly 20 years of hard work in an industry once considered volatile and uncharted.

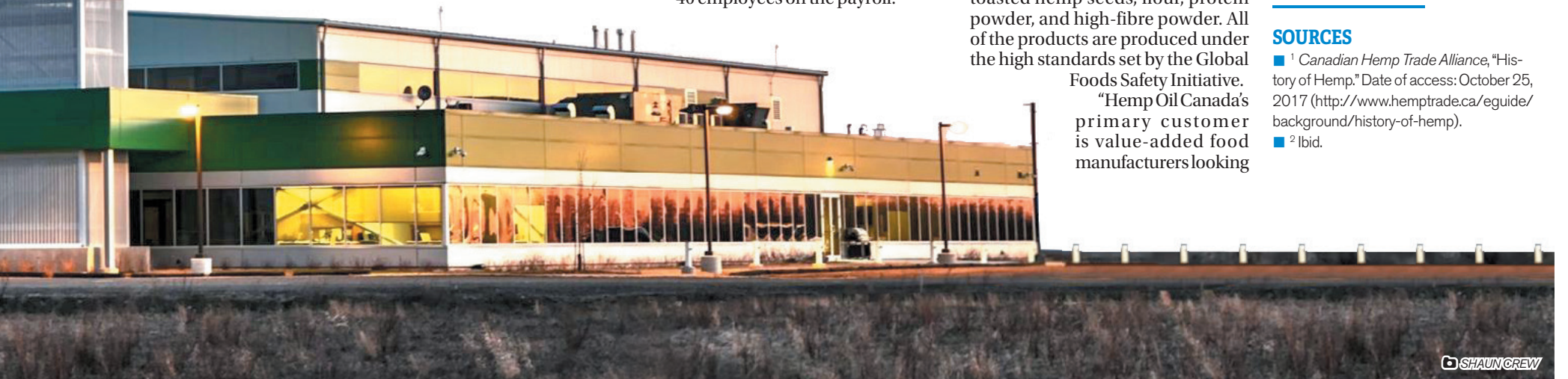
Crew sold the business in late 2015 to a merger of the two largest hemp food companies in the world: Fresh Hemp Foods and Compass Diversified Holdings (CDH). CDH is an American private equity firm trading on the New York stock exchange. He remained on in a transitional management role for the next 18 months, after which he effectively retired in May 2017. He is still the second largest shareholder in the business.

"Although I retired from Hemp Oil Canada, I can't honestly say that I am fully retired," says Crew. "I continue to volunteer on a number of other boards. I will [also] continue to operate, manage, and develop the industrial park in Ste. Agathe, in addition to looking after a number of other properties that I own."

## SOURCES

■ <sup>1</sup> Canadian Hemp Trade Alliance, "History of Hemp." Date of access: October 25, 2017 (<http://www.hemptrade.ca/eguide/background/history-of-hemp>).

■ <sup>2</sup> Ibid.



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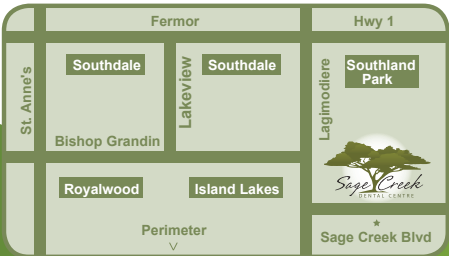
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I want to take this opportunity to thank all of you for your input into our second annual Open House. Your comments and suggestions on the various topics presented have been compiled and will be a large part of Council's two-day annual planning session to be held a little later this fall. To those of you who came out it was great seeing so many of you and listening to your thoughts and ideas on Town issues that are important to all of us. To those who were not able to come out, thank you for visiting our website and weighing in online! I have to say I was quite happy to hear from staff that the online story boards, the same ones used at the Open House itself, had seen close to 2000 hits between our Facebook page and our website. It was only a few short years ago that our website and social media presence went through an overhaul to make it more relevant and current, so to see people are using it is encouraging!

As fall is now upon us and all activities are in full swing, I want to say a very large thank you to all the volunteers who help to make our community what it is. We are all busy and do not necessarily have the time or the money to invest into our community. To all of you who sacrifice your time and money, and go above and beyond what you would have to do, I say Thank you! By choosing to invest into the lives of others around you, it is you that makes a town like Niverville go from being good to being great!

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# Going Solar

*Tired of dealing with skyrocketing electricity rates? One Niverville family shows how you can turn the table on utility companies.*

By Eric Peterson

It's just past the kids' bedtime at Lisa and Todd Wiebe's house in Niverville. A guest has come to visit and six-year-old Liam is having trouble falling asleep. He peers out his bedroom door once too often for his mother's liking. No wonder he can't settle. Every light is on in the living room, dining room, and kitchen. So are the lights in the garage.

It might be enough to make the average homeowner a little twitchy about their Hydro bill.

But Todd and Lisa aren't average homeowners. Not anymore. In August, the Wiebes became the proud owners of Niverville's first fully solar-powered home and so far they couldn't be happier.

"It's exceeded our expectations and performed better than we even hoped it would," says Todd.

In 2016, Manitoba Hydro launched its Power Smart Solar Energy Program, offering rebates to home and business owners who use solar power to generate their own electricity and sell excess power back to Hydro—and that's exactly what the Wiebes have done.

"We are an on the grid system," Todd explains. "We don't have battery backup. Manitoba Hydro is our battery. That means we are still connected to Hydro. During the day our panels produce power. It feeds our needs first and then any extra goes into the grid. If you go off the grid, you don't get the rebate."

The Wiebes say that right now they're at 120 percent usage, meaning that they're meeting their own energy needs plus 20 percent. That's no small feat for a family of five. In addition to Liam, the Wiebes have two other boys: two-year-old Noah and nine-month-old Michael. Add a menagerie of pets and you have a busy household that can really soak up the juice.

"We use a lot of power," says Lisa. "We have three kids, two dogs, a cat. We do tons of laundry. The air conditioner is going all summer." She adds that Liam is all-in on the project. "He tells everybody at school we have solar power now."



Solar panels on the roof of the Wiebe home in Niverville.

LISA AND TODD WIEBE

For the Wiebes, there were a number of factors in their decision to go solar, environmental concerns and financial advantages being the foremost. Lisa has always been environmentally conscious. And while Todd was less committed to the cause, being married to Lisa has certainly raised his consciousness level.

"It's something we try to teach our kids. Not being wasteful," says Lisa. "Sometimes we don't buy something because of how much plastic is in it."

Both Wiebes are in agreement that the move to solar made a lot of long-term financial sense as well.

"We did it for the long run. We did it as a green initiative," explains Todd. "But there's also much uncertainty about future Hydro rates. They want a 7.9 percent per year increase over seven years. That's not going to affect us. The loan payments are what our Hydro bill would be."

The Wiebes have what's referred to as a one-for-one contract with Manitoba Hydro. For every kilowatt hour over usage their solar panels produce, they are credited back that amount. They say that even at night they end up with credit.

Even though they've only had their system installed since August, the power and credits generated so far will sustain them through the relatively darker months just

around the corner.

"We can't wait for next year May, June, and July when we get the most sunlight. We just missed out on that this year," says Todd. "We're excited to see how much power we'll generate."

He adds that Manitoba and Saskatchewan are known to be prime locations for solar power projects because of the ample hours of sunlight the prairies get each year.

Solar Manitoba is a Winnipeg company that has installed over half the solar power projects in Manitoba, including the Wiebe home. Todd and Lisa say that the company did a great job for them.

Lisa adds that Solar Manitoba provided everything from structural engineers and electricians to taking care of the permits and dealing with the town. They even applied for the Manitoba Hydro rebate and it just came off their invoice.

Installation took only a day and a half and the Wiebes' roof has 28 solar panels on it that click together like Lego. The panels are resistant to wind, rain, and hail and even provide protection for the shingles. They're also warrantied against deterioration beyond a certain threshold. The Wiebes say that they'd like to expand and add more panels someday.

After the installation was complete, the Wiebes learned

from neighbours that there had been some consternation on their street about how the panels would look—concerns that disappeared once they were installed.

"People have told us that they look like skylights," says Lisa.

The number one question Lisa and Todd get from curious onlookers is how long it will take before the system pays for itself. They say there's no simple answer. It depends on Hydro rates, and it also depends on how much power they use and how many panels somebody might install. Todd's best guess is 15 years, and the panels have a life expectancy of twice that. So as they move toward retirement, Hydro bills will be one thing they don't have to worry about.

In addition to going fully solar, the Wiebes have installed LED lights throughout their home and have a new seven-day programmable thermostat that keeps the house cooler at night. They would someday like to own an electric car.

"And with our solar panels we can fuel it for free," she says.

When the panels were installed, the Wiebes were given access to a phone app that tracks just how much power they generate. The app translates these figures into practical terms. In their first two and a half months, they've supposedly saved 187 trees and 1,748 kilograms of CO<sup>2</sup>.

Lisa likes that her family is making a difference. "With climate change and everything, we have to look at ways to do things differently. There are places in Europe where no solar panels are the exception. You can be more green. You can lower your carbon footprint."

Todd likes making a difference too, but he adds, with a grin, "I don't like utility companies. I like that they're paying us."

If you're curious about the Wiebes' home and whether solar power might be right for you, they're happy to show you around and answer any questions. Liam might even pop his head out of his bedroom and say hi.

## CITIZEN POLL

### THIS MONTH'S QUESTION:

**Based on the experience of the Wiebes, do you feel going solar would be a worthwhile prospect for your family?**

- ☐ Yes. The benefits of generating your own electricity offset the negatives.
- ☐ No. The costs sound prohibitive.
- ☐ Uncertain. There are too many variables to consider.

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### LAST MONTH'S RESULTS:

**How does your local council do in terms of communication and public awareness to the residents of your community?**

Very good. They use a variety of different modes to get messages out and I feel very informed.

**24%**

Good, but they could improve.

**39%**

Communication is poor.

**37%**



RITCHOT REGIONAL CHAMBER of COMMERCE

## Chamber News

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## Message from the Chamber



- Larry Niebel, President

Welcome to the first edition of the Ritchot Regional Chamber of Commerce newsletter page here in The Citizen. We are proud to support and promote our members in this new format. Members wishing to promote their business on this page can contact The Citizen directly.

There are many upcoming events you might be interested in participating in, including training, networking, meet and greets, member-to-member incentive programs, seminars, and workshops. We are also focusing on lobbying government to help create a more favourable environment for businesses to operate in our region.

Going forward, there will be changes at our Chamber, with a stronger focus on bringing more value and assistance to our members. As the first step in our restructuring, our Vice-President, Marc Palud, has stepped down and taken the role of Interim Executive Director. He will be focusing on strengthening business interests in our region, bringing valuable resources to our members and helping to solve business challenges and problems for our members.

Please take some time to see if any of our businesses could provide you with products, services, or solutions that you may need, and give local businesses an opportunity to serve you.

We also encourage you to take 30 seconds and nominate your favourite local area businesses for our 2017 Business Awards before nominations close. Please post your nominations at [www.nominate.ritchotchamber.com](http://www.nominate.ritchotchamber.com).

If you own a business in the RM of Ritchot, please connect with us to see if we can assist you. Our office is located on the second floor of the TransCanada Centre in Île-des-Chênes. Please call Marc Palud at 204-881-2351 or email [info@ritchotchamber.com](mailto:info@ritchotchamber.com).

## UPCOMING EVENTS

## CPR First Aid, Level 1 Accredited Courses

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8:30AM-4:30PMMember Rate: \$35, Non-Member Rate: \$65  
Register at [www.firstaid.ritchotchamber.com](http://www.firstaid.ritchotchamber.com)

## Second Annual Chamber Business Awards &amp; Gala

SATURDAY, DECEMBER 2 AT THE TRANSCANADA CENTRE IN ÎLE DES CHÊNES  
5PM - 1AMJoin other business members from the area for an evening of virtual casino fun and recognition of our 2017 Business Award winners.  
Member Rate: \$50, Non-Member Rate: \$60

## Chamber AGM &amp; Elections

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# Commentary

# Carbon Battles

By Greg Fehr

I am an environmentalist. That is, I'm someone who believes in sustainable sustainability—prudent environmentalism that makes sense and is in harmony with a person's lifestyle and economics. I suspect that most of us fit this description with only a few outliers on the ends of the spectrum.

Most of us want to enjoy a lifestyle of relative convenience and ease, but not at the expense of destroying Mother Earth. We want to buy goods that have been responsibly produced, shipped, and marketed to us. We are prepared to make compromises and even reasonable sacrifices.

From this perspective, I'm trying to make sense of the various carbon tax proposals being debated right now.

Carbon taxes have had small to moderate success around the globe in convincing industries to rethink their production plans for the environmental good. This is not difficult to comprehend, as any business faced with rising costs looks for a more cost-effective model. That's just good business sense.

When a business producing large carbon outputs is taxed, it passes this extra cost on to the customer. Ultimately, the tax is always paid by Joe Public, the end user, who must then decide if the higher price is palatable or whether they should make different buying decisions.

This is the first reason that carbon taxing hasn't achieved wide success: the end result is that the cost of a product increases in a non-competitive marketplace. When an oil refinery is taxed and passes this on to the consumer, the consumer has



DEPOSITPHOTOS

limited opportunities to make a more environmentally friendly choice. Sure, we may make slight adjustments to our driving habits. If we're in the process of shopping for a car, we may prioritize fuel economy a little higher. But the long-term impact is negligible, as we have seen that fuel usage fluctuates very little based on the price. When prices go up, usage doesn't go down much.

Largely this is due to the second reason: what happens to the taxes collected on carbon? The government's media releases don't give us much detail. But if history is any indicator, we'll see the creation of a new agency or government

program, or the beefing up of an existing one, with administration carving off a share in the name of environmentalism. Will these programs and this new pool of money be directed towards changing our long-term consumer habits? If we believe the intent professed by our government, this is the bar by which we must measure their success. If the new money is simply directed towards wider "green" initiatives—which may be good but not produce long-term change—then we should hold the government to account.

Manitobans now get to ponder Premier Pallister's refusal to sign on to the federal carbon pricing

plan, opting instead for a made in Manitoba solution. If we view his proposal with the same critical lens, additional questions arise.

Most notably, why not go with the federal plan? If Manitoba really produces very little of the carbon load (less than five percent), what negative impact is produced by adopting the federal plan? And what advantage is there to picking a fight with the federal government that may ultimately end up in a legal battle?

Our provincial government touts "fairness" as their reason. And yet we still don't know where the money will go, and right now it appears to be nothing more than a way to inject more revenue into a strained provincial budget. Maybe this is just a good opportunity for them to blame a problem on the feds when they are later "forced" to meet the additional tonnage charge in 2022.

Ultimately, as a taxpayer, I find myself annoyed by this shell game, and as an environmentalist I am discouraged. I don't think it's reasonable to expect a full and detailed disclosure of the plans for these taxes, but a basic overview of the government's intentions would be in order. A good many taxes have been levied with good intentions, and ultimately they end up filtered into general government revenues to prop up the budget.

We are not averse to paying for value when we make consumer choices, be it a service or a product. We should expect the same for our tax "choices."

It's time to ask the right questions about the government's end goals rather than just accept the rhetoric presented and be fooled by the red herring of intergovernmental conflict.

## Look on the Bright Side: A Perfect Circle

By Jan Kendall St. Cyr

The early 1970s found me entering Junior High and a new pilot program whereby all the classroom's desks had been removed and replaced by a large circular table and chairs. Even the teacher's desk was non-existent. He, too, was required to sit at the table with us.

I was a social person but also a poor and withdrawn student, so I preferred to inconspicuously slump down in a back-row desk. Now unable to hide, I was expected to interact with my teacher and fellow students face to face. Although at first this felt strange and uncomfortable, I quickly adapted to this new way of learning and soon looked forward to each school day.

This circular setup conveyed to me a strong sense of belonging. It evened the academic playing field by placing equal value upon each person in the circle. While sitting at desks in rows had left me feeling disconnected and insignificant, the new method encouraged me to engage in meaningful and constructive conversation with others, thus allowing me to thrive.

When seated around a circle, the teacher spoke with us from a less threatening place. We sensitive students actually learned more when taught from this perspective.

Rows can, at times, represent a one-way communication style whereby the person at the head of the class, or at the podium or pulpit, is perceived to be talking at us, but not with us. This linear approach is known to lose its effectiveness the further back a person sits.

It is the eye contact within a circle that encourages participation and holds one's attention. This connection leaves little room for a person's ego to take over and dominate, thus making it a safe and desirable place for everyone to interact.

The circular setup has served me well over the years. When I keep my proverbial chairs in a circle, encouraging others to share differing perspectives and opinions with me free of the threat of criticism and judgment, they feel accepted and validated.

It's a fascinating way to learn while garnering a deeper understanding of the people in our lives. And our circles cannot help but grow as we lovingly invite others to pull up a chair.

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# Sports & Recreation

## Stott Pursues Love of Hockey Abroad

By Brenda Sawatzky

✉ bsawatzky@nivervillecitizen.com

Dreams, for some, are just casual and momentary wishes tucked away in our mental hope chest. For others, dreams become the inspiration to accomplish great things. Jessie Stott is the latter, and she's accomplished a lot for a 22-year-old woman from small-town Manitoba.

Stott has spent the last four years playing women's hockey for the University of Connecticut, where she graduated in June with a degree in Human Development and Family Studies. Since that time, she has joined the Neuberg Highlanders, a professional all-women's hockey team based in Austria.

During her 2017-18 contract with the Highlanders, Stott will be playing against teams from Italy, Denmark, and a number of eastern European countries as well as other Austrian squads.

"There's a lot of different leagues in Europe," says her mom, Crystal Stott. "Most Division 1 athletes have to find their own way whereas Team Canada players get scouted."

With the Connecticut Huskies, Jessie Stott played at a Division 1 level. For these young women, there is no easy path to the next opportunity. With the help of the Huskies' assistant coach, also a hockey scout, Stott completed paperwork and sent performance tapes to the Austrian team coaches, hoping to continue her passion for another year in an exciting European locale. Typically, only a few U of C graduates apply and get accepted each year.

"Throughout my years of playing



Jessie Stott on the ice.

✉ DANIELLE BAZELY

in college there have always been players that have gone on to play hockey across Europe," says Stott. "I initially thought I was ready to hang up the skates once I graduated and, since I had a small senior class, no one else was interested in playing anywhere. After talking to one of my former teammates who continued on to play in Munich, I realized that passing up on this opportunity would be one of my biggest regrets."

Once she was accepted, the Austrian team made her transition relatively simple. Stott has been supplied with a fully furnished apartment that she shares with two other Highlander teammates in the Austrian town of Spital Am Semmering. They also receive the use of a vehicle, as well as subsidized gas and groceries for the season.

"She loves it," says Crystal. "She never got to travel a lot in the last few

years because everything was about school and hockey. She didn't have a social life. Everything was about training, studying, and playing, so this is kind of her reward."

Stott says her daughter has a lot of free time in Austria and she hopes to spend much of it seeing places she's always wanted to visit like Italy, Croatia, and Hungary. Her teammates provide great travelling companions while navigating Europe's rail

systems.

"Although I was nervous about doing this on my own, I have some pretty awesome teammates who made this little town feel like home instantly," says Stott. "So far, it's been an amazing experience living in such a beautiful country. But being able to travel across Europe while playing the sport I love at a professional level has been so surreal. It's a dream that I never thought would come true."

While the majority of the team's players are Austrian, two other Canadian girls round off the roster. The Highlanders' coach is fluent only in Finnish, creating an obvious language barrier. Thankfully, many of the team's Austrian players are multilingual and have been able to successfully bridge the language gap for the Canadian players. A translation app on Stott's cell phone is also there to aid her.

As for her future aspirations at the end of this one-year contract, Crystal can only speculate.

"I think the whole point of this year was to take some time off," says Crystal. "The level of pressure in what she's doing right now is quite reduced from being a student athlete, [which] was quite an intense workload. So, this is really nice. She still gets to play, which she wasn't ready to give up yet because she loves the game. She can actually have time now to experience different things."

At some point, Crystal says, she expects her daughter will return to Canada and pursue the career she was trained in. Until then, this mother will continue to encourage her daughter to chase her dream while she can.

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# Clipper Teams Off to Promising Starts

By Evan Braun

✉ editor@nivervillecitizen.com

The Niverville Arena is heating up as Clipper Ice Sports (CIS) turns the page on a new season.

"We're excited with the growth in numbers for Initiation and Novice," says CIS President Jason Hudson. "There's also been growth with adding a third Pee Wee team, and the numbers are up [in total] to 213 for 2017-2018 season."

Both the Atom A and Pee Wee A teams advanced in the annual Rob/West Fall Classic Tournament, held this year at the Roblin Park Community Centre in Winnipeg. The two teams each played in the finals the weekend of October 27-29.

The Atom A Clippers defeated the Maples Monarchs in the final by a score of 7-2, taking first place



The Atom A Clippers celebrate their victory.

RAY DOWSE

in the tournament. The Pee Wee A Clippers also won first place at the tournament by blanking the SW Kings 5-0 in their final.

The Novice teams are off to a good start after their first regular season games. Novice A beat

Île-des-Chênes by 11-0, whereas the Novice B played Sagkeeng and came out on top in a 14-6 victory. Maddex Mason started his first game in net, making key saves. Kayden Phelan was player of the game. Novice C Blue played a

nail-biter against Rat River, coming to a 10-10 draw. Meanwhile, Novice C White dominated in their 21-1 win over Grunthal.

Atom B lost a close one in their first game of the year, and Atom C is off to a slow start of 0-2.

The two Pee Wee teams who have played so far split their season openers, with Pee Wee A cracking the win column with an 8-6 victory versus Sagkeeng. Pee Wee C lost a close match to La Broquerie Grey.

The Bantam Clippers have started the season 0-1 while the Midgets have had a rough start, going 0-2 so far.

"CIS has a bright future with the continued growth of Niverville," says Hudson. "We look forward to a successful season with a goal of adding a few more banners than last year."

## IN BRIEF

### Niverville to Construct Outdoor Rink with Boards

Niverville council has awarded a contract to Armada Construction to build an outdoor rink with boards at the Niverville Arena at a cost of \$79,000. The structure is intended to be fairly permanent but also movable. The cost will primarily cover the footing and board installation.

The outdoor rink will be located at the northeast corner of the arena and will be accessible through the arena. That way, outdoor rink users will be able to use the arena's dressing rooms and other facilities.

To accommodate construction, two existing light standards will need to be moved, and two more added, at an additional cost of \$25,000. This contract was awarded to Trotco Electric.

### Eastman Bantam Boys Off to Hot Start

The Eastman AAA Bantam boys started the year off on September 30 with a two-day trip up north to play in Thompson. They won their first game of the tournament by a whopping 15-1, and the second game by a much tighter score of 8-5.

In addition to playing well and checking out some amazing scenery, the tournament turned out to be an excellent team-bonding opportunity for the boys.

So far the team has played six games and holds a record of 5-1-0.

"Aside from a few injuries, the season has gone well," says Head Coach Chuck Edwards. "The boys have been working hard in practice the last several weeks. They are eager to play a game, as we just had a two week layoff."

The team's next away game takes place against the Winnipeg Monarchs on November 5, followed by a string of home games in Landmark.

# First-Ever Slingshot Racing Champions Crowned

By Keiron Berndt

The first-ever Slingshot Racing Cup season came to a close in September with high spirits and smiles all around.

Local driver David Richert won the two final races, giving him the overall championship title. Myles Kraut dominated in the Participant class and came out on top, followed by Kurt Enns and Paul Thiessen.

The Cup, sponsored by S.A.R. in

Steinbach, was the first of its kind in the world. A large spectator crowd was present for the final races, including drivers' family members, friends, and representatives of Polaris, which partnered with the event.

"Racing wheel to wheel with everyone has been a great experience this year, and winning is the icing on the cake," says an enthusiastic Kraut. "A huge thank you to all of my sponsors and the organizers

for putting on an amazing championship. I'm looking forward to defending my title next season."

Richert, too, was overjoyed by the results of this inaugural season.

"I'm unbelievably excited with the extremely close racing produced by the Slingshot and a field of very talented drivers throughout this year," Richert says. "It's been a privilege to work with, and compete against, all of our participants this season."

Slingshot Marketing Specialist Becca Czerniak rode shotgun with Richert in the final races and couldn't stop grinning.

"Riding along with David during the race was so much fun!" says Czerniak. "It was great to see everyone enjoying the Slingshot, and a big congratulations to all drivers who made the Slingshot Racing Cup such a success this year."

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# Meet the Southeast Strikers

By Eric Peterson

The Southeast Strikers, our region's newest soccer team, has just begun their first season playing in the Winnipeg Youth Soccer Association Indoor League. They are the first Niverville-based indoor soccer team to play in the league. While most of the players hail from Niverville, a few also come from Ste. Agathe, St. Malo, and Île-des-Chênes.

The team is the brainchild of locals Brian Harder and Ernie Christ. Brian's son Marcus and Ernie's son Ethan, along with another Niverville player Ryan Anderson, played in the league last year for Winnipeg Southeast United. This year, they decided to kickstart their own team.

"We started planning and making calls and sending emails and eventually came up with 12 kids," explains Harder. "We had about eight or nine kids from our outdoor team. It was just a matter of adding three or four more. We have two 12-year-olds and the rest are 13 and 14."

Christ is the team's head

coach while Harder has taken on the role of manager and assistant coach. Stephen Cornish also serves as an assistant.

As always when the right kind of parents are involved, the kids come first. For Christ, Harder, and Cornish, this first season is about building something the kids can get excited about. It's not necessarily about wins and losses.

"Only five of our 12 players have played indoor before," Harder says. "This year we want to get the experience so it can keep going year after year."

Harder and Christ chose to start by placing the team in the league's Recreational division, to create a fun experience for the kids. Although the games are still competitive, it's not quite as intense as the Winnipeg Soccer Association's Premiere and Developmental divisions.

Thus far, although it's early in the season, the team has been competitive in every game they've played.

The team practices once a week at the Niverville Elementary School and plays its game

on Sundays at Winnipeg's indoor soccer complex. The season started in early October and runs through March. The indoor game is played on a field one quarter the size of a regular soccer pitch and is five-on-five, plus goalies.

"It's a fast game," says Harder. "Kids get tired quick. You need conditioned guys."

Harder has learned that it's not easy starting a soccer side from scratch. Since they're a rural team, they had to get permission from the Manitoba Soccer Association to play in Winnipeg. Then they had to book practice times with the school division, order jerseys, collect fees, and put in a lot of work before the team could even hold its first practice.

Still, Harder would love to see the Strikers grow into a multi-team organization.

"That's kind of the goal," he says. "If somebody next year wanted to start up a 12-year-old team, I could get them the info and help them with that, because we've already done it. It would be nice to see."

# Sharpen Those Skates!

By Chantel Todd

ctodd@nivervillecitizen.com

With many arenas in Manitoba well underway with full ice schedules, it's time to get those skates sharpened—and many local companies and groups are available to help you out.

Île-des-Chênes has a new skate shop in their arena, the Dakota Skate Care Centre, which recently moved from

the Dakota Community Club in Winnipeg. They have everything skaters might need from skate-sharpening services to mouth guards, tape, laces, blades and rivet replacements, and bar names. They also handle stick repairs. They are open from Monday through Friday, 4:00–10:00 p.m. and on Saturday and Sundays from 9:00 a.m. until 6:00 p.m.

Niverville also has many

individuals who sharpen skates, and they're just a quick text or phone call away. Heinz Neufeld can be contacted at 204-782-4089 and you can reach Pat Davies at 204-326-0772. The Niverville Arena also offers skate-sharpening on Mondays from 7:30–9:00 p.m. and at all tournaments.

The Ste. Agathe Arena is currently fixing its skate sharpening machine.

## NIVERVILLE RECREATION

### ▼ NIVERVILLE ARENA - SOUTH END

#### Tuff-N-Up Bootcamp

Mondays/Wednesdays until December 20, 6:30 p.m., \$150.

#### Strength & Conditioning

Thursdays, Nov. 9–30, 7:00 p.m., \$52.50.

#### Public Skating

Fridays, 3:30–4:30 p.m., Saturdays & Sundays 11:00 a.m.–12:00 p.m.

#### Sticks & Pucks

Fridays, 4:30–5:15 p.m., Saturdays & Sundays 12:15–1:00 p.m.

#### Adult Rec Hockey

Saturdays, 9:15–10:15 p.m., \$10.

#### Bench League Hockey

Wednesdays, 9:30–10:30 p.m., \$8.

### ▼ NIVERVILLE CURLING RINK

#### Yoga

Wednesdays, Nov. 6–Dec. 20. Flow at 7:00, Yin at 8:15, \$15.

### ▼ GOLDEN FRIENDSHIP CENTRE

#### Taekwondo

Mondays and Thursdays, 6:30–8:30 p.m.

## ST. ADOLPHE RECREATION

### ▼ ÉCOLE ST. ADOLPHE SCHOOL

#### Badminton

Mondays, 6:00–8:00 p.m., \$2. Bring shoes and racket.

#### Tabata Fitness Classes

Wednesdays, 7:00–8:00 p.m., \$10.

#### Kickboxing

Wednesdays, 8:00–9:00 p.m., \$75.

#### Pickleball (50+)

Thursdays, 6:00–7:30 p.m., Free.

#### Karate

Tuesdays/Fridays, 6:00–7:30 p.m.

#### Shake, Rattle, and Roll (ages 2–4)

Wednesdays, 5:45–6:45 p.m., Free.

#### Puppet Play Storytime (ages 2–4)

Thursdays until Nov. 23, 6:30 p.m., Free.

### ▼ ST. ADOLPHE COMMUNITY CLUB

#### Gymnastics & Stunting

Mondays 6:00–8:30 ages 2–8+ costs vary

#### St. Adolphe Old Tyme Dance

Saturday November 11 at 7:00–11:00 p.m. \$15

#### Christmas Craft & Vendor Sale

Saturday November 4 from 9:00–4:00

#### Breakfast & Skate with Santa

Sunday December 3

### ▼ ST. ADOLPHE ARENA

#### Public Skating

Fridays 5:00–6:00 p.m., Sundays 5:30–6:15 p.m.

### ▼ RITCHOT SENIOR SERVICES (457 MAIN ST.)

#### Yoga

Wednesdays, 1:30 p.m., \$40/10 classes.

#### Cardio Fit

Mondays, 9:30 a.m., \$40/10 classes.

#### Chair Fit

Mondays, 11:00 a.m., Free.

#### Muscle Fit

Thursdays, 9:30 a.m., \$40/10 classes

#### Winter Hobbies

Wednesdays 9:30–11:30 a.m.

## ÎLE-DES-CHÊNES RECREATION

### ▼ TRANSCANADA CENTRE

#### Seniors Christmas Dinner

Sunday, November 26, 5:00 p.m., \$15 ticket.

#### Indoor Walking

Mondays/Wednesdays/Fridays, 9:00 a.m.

#### Seniors Yoga

Mondays, 10:00 a.m., Free.

#### Yoga

Tuesdays, 6:30 p.m., \$125/10 classes.

#### Seniors Zumba

Tuesdays, 10:00 a.m., Free.

#### Zumba

Mondays, 7:00 p.m., \$75/10 classes.

#### Pickleball

Tuesdays/Thursdays. 1:00–3:00 p.m., Free.

#### Shake, Rattle, and Role (ages 2–4 years)

Mondays, 5:45–6:45 p.m., Free.

### ▼ ÉCOLE ÎLE-DES-CHÊNES SCHOOL

#### Taekwondo

Tuesdays/Thursdays, 6:00–7:30 p.m., \$40/month.

#### Spirals Rhythmic Gymnastics

Mondays, 6:00–8:00 p.m., \$105.

### ▼ COLLEGE GABRIELLE ROY LIBRARY

#### Puppet Play Storytime (ages 2–4)

Wednesdays until Nov. 22, 6:30 p.m., Free.

### ▼ ÎLE-DES-CHÊNES ARENA

#### Public Skating

Thursdays 3:30–5:00 p.m., Sundays 12:45–1:45 p.m.

#### Shinny

Tuesdays, 3:30–5:00 p.m.

## STE. AGATHE RECREATION

### ▼ ÉCOLE SAINTE AGATHE SCHOOL

#### Taeknowdo

Tuesdays/Thursdays, 6:15–7:30 p.m., \$40/month.

#### Tabata Fitness Classes

Mondays, 7:00–8:00 p.m., \$10 (drop-in).

#### Kickboxing

Mondays, 8:00–9:00 p.m., \$75.

#### Vinyasa Yoga

Mondays, 8:00–9:00 p.m., \$10.

#### Pickleball

Fridays, 7:00–8:30 p.m., Free.

#### Zumba

Wednesdays, 7:00–8:00 p.m., \$10 (drop-in).

#### Puppet Play Storytime (ages 2–4)

Tuesdays until Nov. 21, 6:30 p.m., Free.

### ▼ STE. AGATHE ARENA

#### Public Skating

Tuesdays, 4:15–5:15 p.m., Fridays 6:45–7:45 p.m., Sunday 12:15–1:15 p.m.

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# Jets Scrape Out Five Victories in First Ten Games

By Nicholas Anderson

The first ten games of the Jets season were a roller-coaster, from an opening night blowout loss to the Toronto Maple Leafs, to a 7-1 victory over the back-to-back Stanley Cup champion Penguins. That last victory improved their record to 5-3-2, good for second in the Central Division prior to the Jets' one-game road trip to Minnesota.

Halloween may be over, but is it too late to ask if this record is a trick or a treat? Well, it's a bit of both, and here's why: (1) since the team lost its first two games of the season, they went 5-1-2 in their next eight games, with terrible analytical stats, and (2) Connor Hellebuyck is 5-0-1.

First, let's take a look at the eight games following the team's first two losses. This wasn't an easy stretch, as six of the eight games were against teams that were in the playoffs last season. In these games, the team went 3-1-2, with the lone regulation loss coming on home ice against the Columbus Blue Jackets.

From a stats perspective, what intrigues me most is the team's shot-attempt (SAT) percentage. It's a useful stat that indicates which team controlled the majority of the play at even strength. Sometimes numbers are just numbers and don't tell the full story. For the Jets, however, the numbers are extremely concerning.

In their first five victories, the Jets led in SAT percentage only once, and in three of the five the Jets trailed their opponents by five percent. If you dive deeper into the numbers, things get even more concerning. When leading games, the Jets have a SAT percentage of 40.9 percent. This tells us that when the Jets are ahead in a game, they spend nearly 60 percent of their



The Jets take on the Minnesota Wild in October.

DUSTIN KRAHN

time in their own zone. This is a terrible metric, especially in close games.

In three of the Jets' victories, they were only ahead by one goal heading into the final minute of play. This tells us that the Jets were lucky to scrape out two points in each of these games. While Jets fans will certainly take the treat of winning, they may be tricked into

thinking the team is better than it really is.

Special teams are another area where the Jets could really look to improve heading into November. Through the first ten games of the season, the Jets rank twenty-first in power play percentage, converting on nearly 15 percent of their opportunities. On the penalty kill, the Jets ranked twenty-fifth, with

a kill percentage of just under 78 percent.

You might be asking, "If these numbers are so bad, how are the Jets winning games?" Well, put simply, the Jets may have finally solved one of their biggest problems: they finally have an answer in net. And it's not Steve Mason.

Connor Hellebuyck is off to one helle-of-a start. In his first six games, the 24-year-old has gone 5-0-1, while posting an absurd save percentage of 93.7 percent. Often the lightning rod of criticism in 2016-17, the young goaltender spent his offseason training with the goal of coming back better than ever. And better he has been.

What are the biggest differences in his game? Last season, Hellebuyck looked small, and whenever he let in a goal it really affected his play. This year, he looks like a whole new goalie. He's calm, poised, and is using his 6'4 frame to his advantage.

In his sole overtime loss, Hellebuyck was quick to place all the blame on himself.

"I knew he [Phil Kessel] was going to go five-hole, I just didn't get down in time," he said in a post-game interview.

The loss shouldn't be attributed to him at all, however, as he was the sole reason the Jets even made it into overtime. He stopped 34 of the 35 shots he had faced up to that point.

Now, will Hellebuyck be able to maintain his solid numbers? He will surely lose in regulation at some point, and it's practically impossible to sustain a 93.7 percent save percentage. But from what he's shown so far, there's no reason he can't carry this play forward, and bring the Jets with him.

And if Steve Mason can pick up his play, the Jets will have a great one-two punch on their hands.

## "AAAA" High School Volleyball Rankings

### VARSITY BOYS

1. Lord Selkirk Royals (1)
2. River East Kodiaks (2)
3. St. Paul's Crusaders (3)
4. Steinbach Regional Sabres (10)
5. Miles Macdonell Buckeyes (NR)
6. Niverville Panthers (6)
7. Dakota Lancers (4)
8. Garden City Fighting Gophers (5)
9. Vincent Massey Trojans (Wpg) (7)
10. Jeanne Sauve Olympiens (8)

## "AAA" High School Volleyball Rankings

### VARSITY BOYS

1. Calvin Christian Eagles (1)
2. Neelin Spartans (2)
3. W.C. Miller Aces (Altona) (3)
4. Gabrielle Roy Les Roys (Ile Des Chenes) (7)
5. Westgate Wings (4)
6. Louis Riel Voyageurs (5)
7. Landmark 96ers (6)
8. Dauphin Clippers (8)
9. Leo Remillard Renards (9)
10. John Taylor Pipers (10)

## "AA" High School Volleyball Rankings

### VARSITY GIRLS

1. Green Valley Pirates (Grunthal) (1)
2. Warren Wildcats (2)
3. Niverville Panthers (4)
4. Killarney Raiders (10)
5. MacGregor Mustangs (3)
6. Goose Lake Angels (Roblin) (5)
7. Major Pratt Trojans (Russell) (6)
8. Ashern Cobras (7)
9. Lac Du Bonnet Lakers (8)
10. Gabrielle Roy (Ile Des Chenes) (9)

## "A/AA" High School Volleyball Rankings

### JR. VARSITY GIRLS

1. Major Pratt Trojans (2)
2. Warren Wildcats (5)
3. Steinbach Christian Flames (4)
4. Gabrielle Roy Les Roy (Ile Des Chenes) (1)
5. Killarney Raiders (3)
6. Prairie Mountain Predators (Somerset) (6)
7. Boissevain Broncos (8)
8. St. Paul's Barons (Elie) (7)

### JR. VARSITY BOYS

1. Goose Lake Raiders (Roblin) (NR)
2. Rossburn Raiders (NR)
3. Hamiota Huskies (1)
4. Major Pratt Trojans (Russell) (2)
5. Rivers Rams (3)
6. Gabrielle Roy Les Roy (Ile Des Chenes) (5)
7. Green Valley Pirates (Grunthal) (6)
8. Steinbach Christian Flames (4)

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## Kaitlyn and Hailey Baldwin

Kaitlyn and Hailey Baldwin are both Squirt hockey players for the Niverville Clippers' minor hockey program. Hailey is playing her second year and Kaitlyn is a rookie. They both also love swimming, dancing, rollerblading, biking, soccer, and running. Hailey is in Grade One and Kaitlyn is in Kindergarten at Niverville Elementary.

The Baldwin girls have many positive role models in the sports world. In fact, both were named after female Olympians—Hayley Wickenheiser of the Canadian women's hockey team and Kaitlyn Lawes of the Canadian curling team.

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# Winterfest Kicks Off Third Year

By Brenda Sawatzky

✉ bsawatzky@nivervillecitizen.com

Niverville's Winterfest is about to kick off its third year with a pre-holiday event that is bigger and better than ever. On Saturday, November 18, the town will come alive with a variety of markets and family events geared to ring in the Christmas season. The event is the result of a collaboration between the Niverville Chamber of Commerce (NCC), the Niverville Elementary School Parent Advisory Council, Niverville Recreation, and the Town of Niverville.

One of the special Winterfest events is the Holiday Shoppes, a one-stop shop for children at the Niverville Elementary School. Here, families will be able to pose for the traditional photo with Santa, buy holiday baking at the Sweet Shoppe, and enter a basket raffle at the Mystery Shoppe. The Elves Work Shoppe will feature face-painting and letter-writing to Santa himself. Finally, the Holiday Gift Shoppe provides an opportunity for little ones to purchase inexpensive items for their own shopping list at this kids-only store. The event, which is growing in popularity every year, is a fundraising effort for student enrichment needs at the school and requires the help of 30 volunteers.

After the Holiday Shoppes, families can enjoy skating with Santa at the Niverville Arena and then take part in the community tree-lighting ceremony in the Niverville Credit Union parking lot. Carolling, hot chocolate, candy canes, and horse-drawn wagon rides will round the day off and send everyone home in



Local vendors show off their wares at the Winterfest market.

CHANEL TODD

the spirit of the holidays.

But another exciting highlight back for the third-year running is the Winterfest Market and Craft Sale held at the Niverville Heritage Centre. Seventy vendors have already registered to sell their wares throughout the venue's vast atrium and ballroom space.

Dawn Harris, NCC's executive director, is amped up by the response to this year's market and craft sale at the Heritage Centre.

"At this time, we have 70 participants with space for more," says Harris. "Last year we had only the [upper and lower] atrium at the Heritage Centre. This year, we've expanded to the ballrooms and the lower atrium, but interest has been so strong that we most likely will include the upper atrium again."

The Heritage Centre staff go out of their way to provide a beautiful backdrop for the event, Harris says, which is part of the appeal for attendees looking for an authentic, uncrowded holiday shopping experience. The nearby Hespeler's Cookhouse and Tavern offers a great spot to get lunch and a drink while the family shops.

Though many of the previous year's vendors will be returning, Harris is excited to add some unique new vendors to this year's sale.

"We have a woodcarver who will be doing some demonstrations," Harris says. "We also have a number of vendors selling a variety of wood-crafted items, many using salvaged wood. One vendor is selling Christmas ornaments made by the Khutsala Artisans in Swaziland, Africa, with all proceeds going to provide for abandoned babies and children."

Every vendor, she says, brings something unique to the sale, providing something for every shopper in a variety of price ranges.

"I am absolutely amazed at the talent and creativity of products produced locally," adds Harris. "By shopping at Winterfest, or other craft fairs, you are keeping your dollars at home."

The market and craft sale is where Harris has seen incredible growth. Year one brought in 42 vendors and year two 57. With the potential for over 70 vendors this year, she attributes the positive

growth to word of mouth.

"Word is getting around among both buyers and sellers that the Niverville Winterfest Market and Craft Sale is the place to be, whether it's to buy gifts or items for everyday use," says Harris. "I've had several people booking space tell me that a friend or relative told them about the event."

Right now, she says, there is about a 50/50 split between returning and new vendors. Both are important, as shoppers will be looking forward to stocking up on last year's favourite items but also hoping to see something new.

Harris says that the Winterfest market idea was created by NCC as a way for local businesses without a storefront to gain visibility in the marketplace on an annual basis. Originally, it was intended for local products and services only, but crafters, artisans, and homemade food sellers have since been invited to show their wares, providing a broader opportunity for everyone.

In order to cover costs associated with renting the event centre and advertising the event, a \$2 per person cover fee will be charged at the door for all shoppers over 16 years of age. Harris says there is still room left for vendors interested in setting up a table. The vendor fee is \$40 for the space or \$45 if a table is required.

As you and your loved ones enjoy this year's Winterfest event, be sure to thank some of the many local volunteers who work so hard to make such a fun day possible.

**FOR MORE INFORMATION**

■ [www.niverville.com/wf](http://www.niverville.com/wf)

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# Arts & Entertainment

## Colour, Fibre, and Fun Preserve Mother-Daughter Legacy

By Fiona Robinson

A long-term vision turned into an overnight business success for local fibre artist and dyer Selma Brown, owner of Noble Ruby Designs. From her kitchen in Niverville, Brown mixes up 20 to 30 skeins of yarn every Saturday.

"I love colour," Brown says. "A lot of people comment that the colours are so vibrant, and that's just my palette."

Indeed, her kitchen table is piled high with soft blends of merino wool ranging from "camp-fire rose" to "sea foam."

Every knitter has a story that begins something like Selma Brown's: "I learned to crochet when I was eight years old from my friend's mom, and then I learned to knit when I was 15. Since then, I've always knitted or crocheted in some form or another, but I really didn't challenge my knitting skills until about seven years ago."

It was at that time that Brown and her daughter joined a group called Norwood Naughty Knitters in Winnipeg. Although Brown initially had to be dragged to the group, it helped relight her passion for challenging knitting.

As a mother-daughter knitting duo, they fantasized about one day opening a yarn store or doing something with a fibre business.

Tragically, this dream was cut short when Brown's daughter Cassidy passed away unexpectedly five years ago. It has only been in the last year that Brown has been able to pursue the idea again and take it forward.

"One of the primary reasons I'm doing it is in memory of my daughter, Cassidy, as it's something that we always wanted to do," Brown explains. "She really is the driving force behind Noble Ruby Designs



Selma Brown of Noble Ruby Designs.

SELMA BROWN

and so I get a lot of joy from it."

At one point, Brown wasn't sure if she would ever be able to knit again. Many knitters report that knitting is therapeutic, and that's the way Brown describes it, too.

"[Cassidy] had some projects started that she wanted to gift people and I was able to finish those projects for her and still gift them to people on her behalf after she passed away," Brown says. "As difficult and painful as that is, I wanted to do that to honour her."

Brown chose the name Noble Ruby after the story of a godly woman in Proverbs 31 who works with her hands, makes things, and provides things for her family while

being "far more precious than rubies." As a woman of faith, Brown found the story and name fitting for her endeavour.

Noble Ruby Designs got an extra burst of energy when Brown applied as a first-time vendor at the Manitoba Fibre Festival last September.

"I had no idea there were so many fibre-crazy people in the world," Brown says, adding that she was delighted to sell out her inaugural stash of rich and colourful blends. "I was really, really surprised that I virtually sold out at the Fibre Festival because I had no idea what to expect."

Today, you can find Noble Ruby

Designs yarn at Gorgeous Yarns in Brandon or the Needles and Craft Studio in Beausejour. Online shoppers can browse Brown's Etsy shop of the same name. She provides various weights and colours to please her creative customers.

Taking the business back to where the idea originated with her daughter, Noble Ruby Designs will also participate in the Norwood Naughty Knitters' Fibre Fest in January 2018.

### FOR MORE INFORMATION

- [www.etsy.com/shop/NobleRubyDesigns](http://www.etsy.com/shop/NobleRubyDesigns)
- [www.facebook.com/noblerubydesigns](http://www.facebook.com/noblerubydesigns)

### EVENT GUIDE

**Operation Christmas Child: Shoebox Store**  
October 17–November 18  
Landmark Christian Fellowship, Landmark.

**Southeast Lifestyles Expo**  
November 3–5, Friday: 4:00–8:00 p.m.,  
Saturday/Sunday: 10:00 a.m. – 3:00 p.m.  
Trans-Canada Centre, Île-des-Chênes, \$5 (adults).

**Niverville Firefighters Perogy Fundraiser**  
November 11, 4:30–7:00 p.m.  
Golden Friendship Centre, Niverville, Donation.

**Old Tyme Dance**  
Saturday November 11 at 7:00–11:00 p.m. \$15  
St. Adolphe Community Club

**Stained-Glass Parti**  
Friday, November 17, 7:00–9:00 p.m.  
South End of Arena, Niverville, \$36.75 (pre-register).

**Niverville Winterfest**  
Saturday, November 19

- Holiday Shoppes: 9:00 a.m.–3:00 p.m.  
Niverville Elementary School, Free.
- Market & Craft Sale: 10:00 a.m.–3:00 p.m.  
Heritage Centre, Niverville, \$2.
- Skating with Santa: 2:45–4:15 p.m.  
Niverville Arena.
- Community Tree Lighting: 5:30 p.m.  
Niverville Credit Union parking lot.

**Christmas Craft Show**  
Saturday, November 25, 10:00 a.m.–4:00 p.m.  
TransCanada Centre, Île-des-Chênes

**Seniors Christmas Dinner**  
Sunday November 26 at 5 p.m., \$15  
TransCanada Centre

Send your event listing to  
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STEINBACH CREDIT UNION



# Impossible to Resist the Resin

By Liz Byron

When Heidi Werschler talks about epoxy compounds, resins, and tints, it sounds like complex chemistry. But the entrepreneur and owner of All About Resin, a Winnipeg-based company, explains that these products are easy to use and allow for a lot of creativity as an artistic medium.

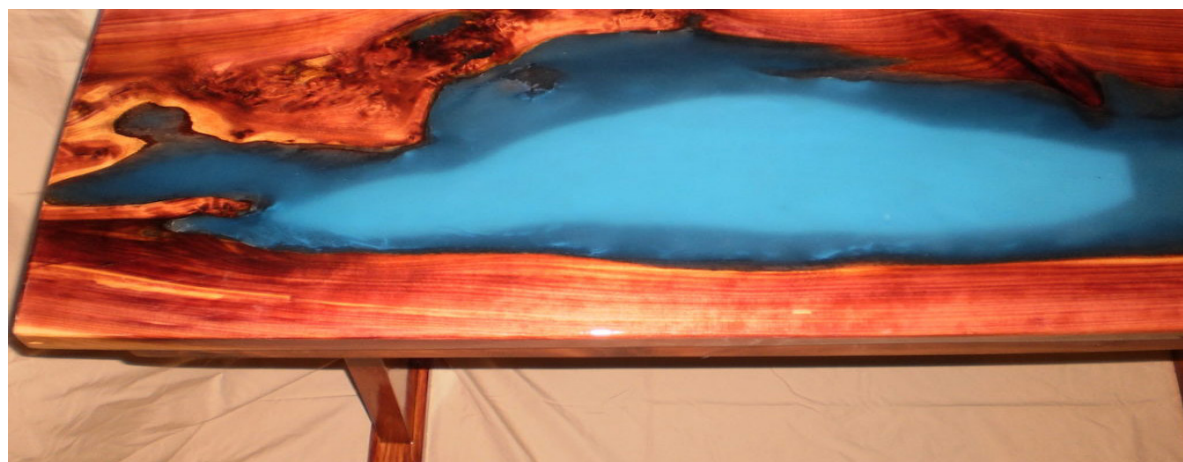
"You can paint with it, you can use it to cover surfaces, or you can create surfaces with it," Werschler says. "For example, you can pour it into moulds and can even make a coffee table with it!"

Epoxy art isn't new, but it is rapidly gaining popularity in Canada.

"When I first came across it, I was absolutely blown away at how huge this industry is in Europe, Australia, and New Zealand," Werschler explains. "It's been [in Canada] about a year, but we're just now getting into all the opportunities and possibilities."

Indeed, All About Resin is a very new company. Werschler and her business partner founded it in July of this year, but it's growing quickly as people discover the variety of ways the product can be used.

"Our company calls on art supply companies, woodworking companies, we work with artists who use it, and we do workshops," says the entrepreneur. The workshops are similar to popular paint nights where people



One of the many products offered by All About Resin.

HEIDI WERSCHLER

are guided through the steps of painting a canvas.

Unlike painting nights, however, All About Resin's workshops don't focus on a specific design. Participants are given guidance on how to use the medium and then are allowed the freedom to explore and bring their own vision to fruition.

"What's really unique about this is that even if you're a novice, it's all about your own creativity," Werschler says. "Every single person that has been in a workshop has loved it, because they come up with their own unique design."

In addition, she points out that participants aren't restricted to any specific surface, like a canvas. "When

you do this, there are so many objects you could use; you can do coasters, tiles for the backyard, and I even just finished doing a bar top."

Werschler, a born-and-raised Manitoban, admits that she is not an artist.

"But even I feel that creative spark," she says. "I see people create such beautiful art and it's their first time trying it."

The epoxy system is a "pour medium" because it is typically poured onto either the surface to be coated or into a mould. Werschler compares the consistency to honey. Just like honey, the epoxy is more easily manipulated at higher temperatures. So in addition to using

tools like brushes to create patterns in the epoxy, temperature can also be employed. For example, Werschler says that artists can do everything from gently blowing warm air over their projects to using a heat torch.

The epoxy uses a two-part system—the resin, which gives the product its texture, and a hardener. Both ingredients are clear, and when mixed together they can be used to seal or protect a surface without altering its appearance.

It is when tints are added to the mixture that the epoxy becomes an artistic medium.

Werschler was drawn to work with this particular product because of its high quality and versatility.

"Resin is resin," she explains, "but it's all about the additives that people use. Ours is a more pure resin with minimal additives, and it's certified non-toxic."

When she set out to find the perfect supplier, she did a lot of research. Her search took her all the way to England, where she struck gold.

"This supplier has six different lab technicians on site, and therefore we have the ability to develop new products together. Also, they are reliable and established and have a great variety of the tints, all the colours, metallics, and even glow-in-the-dark tints."

Werschler didn't even know about epoxy products and art until she was asked to research them as part of her work in business development. When she came across epoxy systems, she was struck by how popular they were elsewhere and how many possibilities they offer as a creative outlet for both new and experienced artists.

"Once you learn how to manipulate and use this product, even on your first try, you're totally hooked," she laughs. "Resin art is really about the exploration of a medium and colour that brings out every artist's heart."

## FOR MORE INFORMATION

■ All About Resin will be at the Southeast Lifestyles Expo from November 3–5 at the TransCanada Centre in Île-des-Chênes.

# One-Man Play Captures Untold Story of War Hero

By Fiona Robinson

With Remembrance Day around the corner, Canadians will reflect on the stories and sacrifices of Canadian heroes who served in the military. One of the many stories is that of Honorary Captain John Weir Foote, a Canadian minister who served as a chaplain during the Dieppe raid on the shores of France in 1942 during World War II. Discreetly known as "Padre X," Captain Foote received the Victoria Cross for his humanitarian efforts at Dieppe, the first ever awarded to a Canadian chaplain.

Local playwright Marc Moir has written and performed a legacy one-man play to capture the story in a production of the same name, *Padre X*.

The story begins with an intriguing premise. "He snuck along on the Dieppe raid," says Moir. "He wasn't supposed to go. Chaplains weren't going into combat at that time yet, but he wasn't about to leave his men."

During the raid, Captain Foote is credited with traversing blood- and fire-soaked beaches to administer first aid, inject morphine to the wounded, and carry men back to first aid posts.

It doesn't end there. Moir continues to elaborate on the remarkable commitment of this hero after the raid.

"He refused evacuation," he says of Foote's remarkable commitment. "He was in one of the last rescue boats to leave and he thought about all the guys who had been left behind and realized they needed

someone to help them, so he jumped out, swam back, and surrendered as a POW to minister to his men."

Captain Foote continued to minister as a prisoner of war for over three years.

Moir first heard the story of John Weir Foote as a kid in elementary school. He came across the story again in 2008 when he was looking for a new project.

"I started doing some research and I was thrilled to find out that no one had ever written this guy's story before," says Moir. After writing the story as a script, he performed a one-night premiere at the Prairie Theatre Exchange in 2009 and performed at the Winnipeg Fringe Festival in 2010. "It was a massive, massive hit and from there I've been doing it since then."

Capturing a story of war-time interaction in the format of a one-man play was a fun challenge for Moir.

"If you forget your line, nobody can bail you out," he says. "You're responsible for creating the drama, carrying the story, and remembering the entire play by yourself."

In return, this unique format rewards the audience with a deeper, more intimate connection with both the actor and the storyline.

"One of the lovely things about doing this play," Moir adds, "is that it's been a way for not only me to tell this story, but also for other people to keep these stories alive and remember together."

Since its 2009 debut, *Padre X* has proven to appeal across generations from youth to those who hold their own

WWII memories. The core themes include faith, compassion, Canadian pride, and the importance of peace and understanding. It also makes a strong statement about the importance of civic duty.

"Foote became a prisoner of war by choice so he could care for his fellow soldiers that he'd been entrusted," says Moir. "In a world where we often don't know our neighbours anymore, there's something to be said for that, the idea of taking responsibility and caring for each other."

For Moir, the appeal is also personal. "It was a great Canadian story and as a Christian it's always nice to come across a story that has crossover appeal and is an incredible true story."

*Padre X* will be showing November 3–4 at 7:00 p.m. at

the Steinbach Bible College chapel. These two shows are being sponsored as a fundraiser by the Provencher Conservative Electoral District Association. The family-friendly play is 75 minutes long, with a food and beverage intermission offered 45 minutes into the performance.

Moir concludes with a sombre reminder. "Nothing in history happened in a vacuum. Everything has a causal affect. So if nothing else, [*Padre X*] may get people sparked about studying our past and our history."

## FOR MORE INFORMATION

■ Tickets can be purchased at Rocco's Pizza in Steinbach or by calling 204-355-8360.





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