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SEPTEMBER 2018

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## LOCAL NEWS

### St. Adolphe Daycare Still in the Works

■ The local daycare board and Ritchot's council are working together to realize the dream of a 90-spot childcare centre.

Details on Page 8



## LOCAL NEWS

### Family of Girl with Rare Genetic Disorder Receives Donation from Local Golfers

■ At six months, Braelynn Bodman was diagnosed with spinal muscular atrophy. Now a generous donation is allowing the family to seek a new and experimental treatment in the U.S.

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## SPORTS & RECREATION

### Silver for Team Toba

■ Two young baseball players, one from Niverville and the other from St. Adolphe, helped Team Manitoba bring home a silver medal this summer.

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## HEALTH & WELLNESS

### The Keys to Exercise and Good Nutrition

■ Looking to make some healthy decisions this fall? If so, you'll likely need to do two things: examine how you move and how you eat.

Details on Pages 29-31

# Niverville Council Votes to Purchase Municipal Building

» DETAILS ON PAGES 3-4

DUSTIN KRAHN

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- Ritchot Chamber of Commerce
- Labossiere Divine Interiors
- Queenfidence Cosmetics
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# Niverville Council Votes to Purchase Municipal Building



EVAN  
BRAUN  
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On the morning of Tuesday, September 4, Niverville's town council voted unanimously to purchase a new municipal building at 329 Bronstone Drive, the former location of Horizon Livestock & Poultry Supply. In making the decision council considered several letters of support it received from residents, including one from the Chamber of Commerce.

The next step is for the decision to be approved by the Province of Manitoba's Municipal Board. Since there were no official objections to the purchase, Mayor Myron Dyck doesn't expect the Municipal Board to raise any new concerns. Once the decision is approved, which Dyck says is likely to take a few weeks, council will vote again to finalize the deal.

One week before this vote, on August 28, the Town of Niverville had held an open house at the Heritage Centre to discuss the deal with a group of about 40 residents. Information was displayed on a series of 17 information boards spread out across the room.

"This is what has been brought to council, so you can see the information we received," said Mayor Dyck at the open house. "We thought this may give a better idea and understanding as to the breadth of information we have to now come to a point of decision."

## HISTORY OF 329 BRONSTONE DRIVE

In 2002, as an economic development measure, the Town of Niverville built 329 Bronstone Drive for an internet pharmacy company that decided to set up operations in town. The company, which had promised 80 to 100 jobs, almost immediately went out of business, their model having collapsed as a result of new regulations in the U.S. and an increase in the value of the Canadian dollar.

The pharmacy, which had signed a five-year lease, had first right of refusal on the property, which they chose to exercise. The building had been constructed at a cost of \$900,000, and



Niverville Mayor Myron Dyck at 329 Bronstone Drive.

DUSTIN KRAHN

according to Councillor John Funk the Town of Niverville turned a profit of \$100,000 on the sale.

The owners of the pharmacy held onto the property for approximately six years, selling it in 2008 to a third party for \$760,000. The property was sold again seven years later, in 2015, to Horizon Livestock & Poultry Supply for \$1.65 million.

## PURCHASE AGREEMENT

The Town of Niverville now intends to purchase the property back.

A recent appraisal of the property, carried out by Ferguson & Associates of Winnipeg on June 5, established its value at \$1.95 million. The building accounts for \$1.72 million of this value, with the rest coming from the 1.627 acres of land.

As part of the purchase agreement, the Town of Niverville will pay \$1.65 million. In exchange for selling the property below market value, the current owner will also receive a tax receipt of \$300,000—which doesn't cost the town any money. A deposit of \$25,000 was made earlier this month, as a means of holding the deal until a final decision could be reached. The rest of the cash portion is to be paid in three installments: \$425,000 in November 2018, \$600,000 in January 2019, and the

final \$600,000 in January 2020.

Mayor Dyck says that the town has already been making plans for a deal such as this one.

"We have \$250,000 currently in a reserve, which we call the Municipal Building Reserve," Dyck says. "We started this municipal fund [a couple of years ago] for exactly this reason, because we saw this coming. Now that this opportunity's presented itself, we've done our due diligence... So this \$250,000 in the reserve would be going towards this purchase."

## TOWN NEEDS

According to information provided by the Town of Niverville, 329 Bronstone Drive will be an ideal location for the town's administrative offices, coming at a time when the current facility at 86 Main Street is coming to the end of its lifecycle.

86 Main Street was originally built 62 years ago, in 1956, and contains 2,400 square feet of office space. The building was last expanded in 1985, at a time when Niverville's population hovered around 1,200. With four times the population in 2018, which places far greater demands on town services, the building is maxed out. During its busiest season, the town office must accommodate 11 employees, and it doesn't have

a dedicated break room.

Following necessary renovations in 2015, the town was forced to remove the current building's council chambers. Ever since, council meetings have been held at the Heritage Centre.

The building at 329 Bronstone Drive, on the other hand, contains more than 18,000 square feet, 6,400 square feet of which is comprised of more or less move-in ready office space. The warehouse contains an additional 11,800 square feet.

Mayor Dyck acknowledges that this is more square footage than the Town of Niverville needs, one or two years earlier than the town expected to need it.

"This is a purchase of opportunity," says Dyck. "So were we needing it as of right now? No. In our planning, we were probably one to two years away. Having said that, this is an opportunity and a good deal for us, one that may not show itself again in the future. That is, of course, speculation, but it would make sense to do this now, versus waiting two years [when the need is great]."

The current town office has a single meeting room that can comfortably seat just eight people at a time, although maximum capacity would be closer to 16. The ideal setup, according to the council's notes, would be to have a larger meeting room as well as two smaller rooms for breakout meetings of four people or less.

Other concerns take into account the building's age. Mould has been developing throughout the building in recent years, leading to questions about air quality. There also isn't room for a secure server, and the building's IT facilities are housed in a small closet without temperature control. There is also insufficient space to store town documents.

Beyond the current limitations, additional demands are expected to add up in the coming years, as more staff is hired. Council's notes also suggest that a more efficient layout would include less individual offices and more team-working spaces.

The 6,400 square feet at 329 Bronstone Drive would allow for all of these

(continued on page 4)

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## CITIZEN POLL

## What do you think of the decision by Niverville council to spend \$1.65 million over three years on the property at 329 Bronstone Drive?

- ☐ I think it's a good decision. This is a smart move that gets the town all the space it needs at a reasonable price.
- ☐ I have concerns about the purchase. There are better ways to spend taxpayers' money, and the town didn't need this much space yet.
- ☐ Have another opinion? Share your thoughts in a comment online.

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### LAST MONTH'S RESULTS:

### Is the time right for the Jets to go all-in this upcoming season?

**YES.** Considering the salary cap woes facing the team, it's the Stanley Cup or bust this year.

**64%**

**NO.** The Jets have many promising years ahead of them and don't need to break the bank this season.

**26%**

**UNSURE?** Let us know what you think.

**10%**

### YOUR COMMENTS:

Jets have all of the tools in place - next year things will change as we will not be able to retain all of the talent we currently have due to salary cap. Now is the time - make the push! Go Jets Go!

(continued from page 3)

upgrades, and also have room left over for training facilities which could be used by Fire and Emergency Services.

### FIRE AND EMERGENCY SERVICES

Although administrative office space is the town's top priority, the acquisition of this building also stands to benefit Fire and Emergency Services, which has also been starved for space in recent years.

"In 1998 when we moved into our 309 Bronstone Drive hall, we had three apparatuses and 12 to 15 firefighters," says Deputy Fire Chief Stan Hiebert. "We had a very basic setup in the hall for equipment and turnout gear. We did not wash any equipment in the hall as we did not have the capability to do so. There was no ventilation system to clear humidity in the building."

The department has grown considerably since that time. In 1998, the department's call volume was 35 to 40 calls per year. In 2017, that number had jumped to 214 calls. The number of volunteered members has more than doubled, to 33. Training space is at a premium.

"The classroom is one room with an office in the corner for officers," says Hiebert. "It's tight and we are always close to full attendance for training. We have an organized, tight fire hall which we are making work, but our town is expanding and providing new challenges for on-call fire and EMS service."

Another issue is that the area used for the cleaning and drying of turnout gear and breathing apparatuses is located in the garage next to emergency vehicles, which isn't an ideal setup—and more space is already needed to park vehicles. Of further concern, the department requires a specially designated room for filling breathing apparatuses. Workstations for the fire chief and other staff are among the department's other priorities.

Hiebert says that Fire and Emergency Services has worked closely with town council in recent years to develop five- and ten-year plans. For the last couple of years, they have been making their case for a new fire hall to meet their needs.

"I give the fire department credit, because we've had to tell them no for the last three years even though they made a very good case for why they believe they need what they need," says Dyck. "In fact, we basically told them that they're five years out from their [new] fire hall. That was kind of the timeline we saw."

### SYNERGIES

Dyck points out that the amount of space offered by 329 Bronstone could accommodate the needs of Fire and Emergency Services. Although these logistics have not yet

been fully explored, he says there are a number of opportunities that will come from the town owning both 329 Bronstone and the Public Works building which is already located right next door.

He says the adjoining properties could serve as a campus, allowing Public Works, Fire and Emergency Services, and Town Administration to all be located in one place. Not only that, but an expansion of police services could also be accommodated in the future.

"The overall goal here is to see if there are synergies," says Dyck. "What we'd be looking to do is to put three departments into two buildings. So whether it's Administration with Public Works, or Administration with Fire, those decisions have not yet been made. But as we also look to future policing and expanding EMS services in the community, the idea is to have essentially a campus setting for all things town-related."

Dyck reminded those present at the August 28 meeting that a consultant has been hired to study future options for community policing. That report is expected to be delivered in two to three months, in time for council to discuss options at their annual planning sessions in November.

### COMPARABLE FACILITIES

As part of its research, the Town of Niverville has identified two other capital building projects which provide helpful points of reference.

One is the new Ste. Agathe Fire Hall, which is set to have its grand opening next month. The three-bay hall has 5,400 square feet and was built at a cost of \$1.7 million, or \$315 per square foot.

The second point of comparison is the RM of Tache's combined municipal office and Public Works building, which was finished last year. That 21,000-square-foot structure contains 8,000 square feet of office space and 13,000 square feet of shop space. It cost a total of \$4.8 million, or \$229 per square foot, and houses 22 staff.

According to Niverville's council, both of those options highlight the value of purchasing the 18,000-square-foot facility at 329 Bronstone for \$1.65 million plus an additional \$300,000 which has been earmarked for future renovations.

The key detail? This deal will get them all that space for just \$92 per square foot.

### RENOVATIONS

Niverville's Chief Administrative Officer, Eric King, points out that relatively few renovations are needed on the office space at 329 Bronstone, aside from knocking down some walls, since it's almost move-in ready.

Speculating on future uses of the

warehouse space, additional renovation money will likely need to be spent to convert the warehouse into a suitable home for Fire and Emergency Services. For example, Fire and Emergency Services has made council aware of the weight load per square inch that's required in order to handle emergency vehicles and other equipment. It's uncertain whether the floors would need to be strengthened to meet those requirements.

### ALTERNATIVES

Earlier this year, before 329 Bronstone came on the market, the Town of Niverville purchased another property for the purpose of constructing a new office building at some point in the future. The costs of a new building, Dyck says, is reflected in the above comparables.

"The town did recently purchase the Manitoba Hydro lands," Dyck says, identifying the property in question. "One question people have is, if you have that, why do you need this? The answer is that this [329 Bronstone] was not available or known at the time of the Manitoba Hydro lands purchase."

Dyck notes that, although no definite decisions have been made, both the Manitoba Hydro property and the 86 Main Street property could potentially be sold.

Since Dyck is himself an appraiser, he offered some rough math on the subject, pegging the value of the Hydro lands somewhere between \$325,000 and \$375,000, and 86 Main Street between \$200,000 and \$300,000. Combined, he believes a conservative estimate for the pair of properties is \$500,000 to \$600,000.

Until that time, should such a time come, both properties would remain as town assets.

Another alternative which presented itself in 2017 was the potential purchase of the old Pura-tone building at 295 Main Street, which contains 9,119 square feet of office space on the main floor with an additional 3,400 square feet of space in the basement. The 1.4-acre property was on the market for over a year before it was eventually sold to the Progressive Group.

Dyck says there were several reasons why the town passed on that opportunity. One was that it was single-use, whereas 329 Bronstone Drive includes both warehouse and office space to accommodate multiple departments. He also adds that the anticipated renovations at 295 Main Street would have been cost-prohibitive.

### RESIDENT CONCERNS

During the meeting, one concerned resident brought up the question of whether it would be more fiscally responsible to lease administrative offices as opposed to buying a facility.

Dyck replied that council considered that option before the purchase of the Manitoba Hydro lands.

"That [study] was done last year," says Dyck. "We could lease at the triple net rate that is in town right now, which is roughly \$13 to \$15 dollars a square foot. So if we were to lease 5,000 square feet, that's about \$75,000. If a building lasts 60 years, then take that \$75,000 [annual leasing cost] and times it by 60 years. That is the biggest reason why council a year ago, when that was done, said, 'No, leasing doesn't make sense.' We'd be spending money that we should be doing other things with."

According to council's math, leasing a building for 60 years could end up being four times more expensive in the long-term than buying a suitable building right now.

Another resident pointed out that the town will lose substantial revenue by purchasing a property which has been contributing approximately \$20,000 per year in municipal taxes.

### CHAMBER SUPPORT

At the September 4 public hearing, John Magri, Vice-President of the Niverville Chamber of Commerce, read a letter of support for the deal.

"The Chamber views this as a financially sound decision that will provide the town's administration not only much needed space now but into the future at a significantly lower cost than would be required to build a similar space," he said, going on to cite the management efficiencies which the deal will make possible.

The letter also expressed encouragement that this move will signal to prospective business owners that the town is progressive and looking to the future.

"As the representative of business in this community, the board of the Niverville Chamber of Commerce is encouraged to see that the purchase of this building will not result in higher taxes," he added. "The purchase payment details are well thought out and offer benefits to both the seller and buyer, resulting in a win-win situation. Prior to this building coming up for sale, council had identified in this year's budget an amount of \$425,000 from general reserve for this type of purchase. This shows foresight and planning on the part of council. It indicates that this purchase is not being done on a whim, but rather that it fits with a forward-looking approach."

### FOR MORE INFORMATION

■ [www.wheretheyoubelong.ca/town-administration/latest-news/295-aug-28th-open-house-follow-up](http://www.wheretheyoubelong.ca/town-administration/latest-news/295-aug-28th-open-house-follow-up)



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*If you are new to Niverville  
or have been here a while...*

In 2017 the new 5,000 sq. ft. Open Health Center opened. This increased the level of health services available to Niverville residents and is part of attracting more doctors and health professionals to our Town. It is also making Niverville a hub for medical care which in turn helps businesses as visitors stay and spend their money here as well.

In 2017 the new 46 unit Heritage Life Retirement Living Life Lease opened. This senior housing venture that links the residents directly to health services under the same roof, is allowing more seniors to stay and live in the community.

In spring of 2018 a Health Advisory Board of local residents and Health Professionals was set up to assist Council on Health related issues.

### QUESTIONS FOR COUNCIL

Your Council is available to answer your questions and hear your comments. To reach specific Council members please find our emails here:  
[www.whereyoubelong.ca/contact-us/town-council](http://www.whereyoubelong.ca/contact-us/town-council)



John Magri of the Niverville Chamber of Commerce alongside graduate Deb Brissette, presenter Dave Smith, and graduate Taylor Hayward. Diane LaTourelle was not present to receive her certificate. **BREND A SAWATZKY**

## Local Entrepreneurs Graduate from Elevate Program

**By Brenda Sawatzky**

bsawatzky@nivervillecitizen.com

Three new Niverville entrepreneurs graduated from the Elevate program this August, a program established by Community Futures Triple R Corporation to provide assistance, support, and resources to persons wishing to become self-employed. Recipients receiving their certificates of recognition included Deb Brissette of Highland Art Studio, Taylor Hayward of Spaw Dog, and Diane LaTourelle of 1 Health Source Inc.

"Funded in part by the Government of Canada's Opportunities Fund for Persons with Disabilities, Elevate provides funding for training, mentorship, dependant care, disability and adaptive technology supports," says Dave Smith, business analyst for the CFTRC. "In order to be accepted to participate in the Elevate program, applicants

need to demonstrate they have a viable business concept. We felt that these clients, in particular, had that as well as the drive and passion to make their businesses successful."

Participants spend six months in the program and are required to create their own business plan. Upon graduation, they will continue to receive another 18 months of follow-up service from the CFTRC.

The CFTRC is a locally controlled organization, funded in part by Western Economic Diversification Canada. It was first established in 1993 as a non-profit organization by a group of southeastern Manitoba municipalities. The Niverville Chamber of Commerce has been working closely with them for a number of years.

"CFTRC offers a number of programs that are helpful to business," says Dawn Harris,

Executive Director of the Niverville Chamber. "We work with them when there are programs that are of benefit to members or useful to growing the business community into the future. We recently sponsored the first BizCamp in Niverville. Run by CFTRC, it was for kids in Grades Four to Six [and intended] to help them understand what's involved in running a business while having fun."

The mandate of CFTRC is fairly simple: to provide resources for economic development and growth within municipalities. They achieve this by offering business advisory services, financial assistance through an internal loans fund, counselling for business start-ups, assistance with government programs, and resource materials to assist both existing businesses and new entrepreneurs.

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# IDC Professional Centre Marks Grand Opening

By Brenda Sawatzky

bsawatzky@nivervillecitizen.com

On August 29, the community of Île-des-Chênes celebrated with Dr. Phillip Hughes at the grand opening of the IDC Professional Centre at 430 Main Street. Attendees enjoyed children's entertainment, food, tours of the four businesses that make up the centre, and a ribbon-cutting ceremony.

"I've looked forward to this for a long time," Dr. Hughes says. "It has been my dream to have a clinic like this in a rural area. My friend Adam came together with me, saw the opportunity, and had a vision for something much bigger and nicer than what I originally thought possible, and he put it together to [become] what it is now."

The centre is home to Dr. Hughes's medical clinic as well as the Île-des-Chênes Pharmacy, Île-des-Chênes Physiotherapy, and the Jodoin Law office. Four residential rental units comprise the



Dr. Phillip Hughes and Arthur Adam.

BRENDA SAWATZKY

second story of the 4,500-square-foot building.

"I believe it was time for [a place like this]," says Arthur Adam,

project manager and friend of Dr. Hughes, of the fast-growing town. "Now people don't have to drive far anymore. The people of

Île-des-Chênes wanted this place, so now you've got it. It's a beautiful building and we're very proud of it. Phillip is going to enjoy it for a long time."

Adam regaled those gathered at the ceremony with a brief history on what it took to see this project through to completion. Two years in the making, the pair worked through mounds of red tape and made numerous proposals to the RM council before finding a plan that council could approve of.

"The whole town is the beneficiary [in the end]," says Dr. Hughes. "These are good businesses to have in a town. Small towns have trouble getting viable businesses in place. These are four commercially viable businesses that are interdependent. We now have more facilities within the local area that people can use all of the time. This is going to generate a huge amount of tax revenue for the RM of Ritchot."

# Ritchot Councillor Back on the Campaign Trail

By Brenda Sawatzky

bsawatzky@nivervillecitizen.com

It's been just over a year since the RM of Ritchot's last municipal election, and on October 24 residents will find themselves back at the polls.

This year's ballot will include at least one familiar name: Janine Boulanger, who will once again be running for the position of Ward 4 councillor, which includes the community of Grande Pointe.

For Boulanger, a return to her council seat for a four-year term means getting the opportunity to continue learning the process of municipal affairs and help residents of the municipality understand it, too. It would be a waste of taxpayer money, she says, if she didn't run again.

Her platform for this campaign is the same as it was in the last one: to listen to the residents of the RM and address their concerns to the best of her ability.

"Contrary to popular belief, it's not all about collecting taxpayers' money," says Boulanger. "All of the staff and my fellow councillors are there for our residents and want to do what's best for all. [One year] has been a short time, that's for sure. But I do believe that it has been a great learning experience and that I have reached a level of comfort in this position."

Continuing for another term means seeing a number of started projects reach completion. One of those is the multiuse pathway which is scheduled to begin construction this fall in Grande Pointe.

"With all the new development on the east side of the old 59, new families have moved in with a lot of younger kids," Boulanger says. "The activity on this road has increased dramatically as they either walk, bike, or rollerblade from their homes to the park."

Boulanger was a key advocate for this safer pathway, a corridor that will separate pedestrians from vehicular traffic, and will be funded by a recreation reserve and RM grant rather than requiring more resident tax dollars.

While the current council is still getting to know each other's strengths, Boulanger is proud of the respect that is shared among them. Each member, she says, gets a fair opportunity to voice their opinions. Communication with the public, on the other hand, still

requires a little work.

"A few times there have been conditional use hearings where no one shows up to voice their concerns or approvals for the subject at hand," Boulanger adds. "Most of this has been due to the fact that people didn't hear about the hearing. It's a common problem, how to get the word out to people. We are working on a communication strategy that, hopefully, will alleviate this problem so that everyone has a fair chance to be heard."

Boulanger intends to begin a door to door campaign shortly, visiting as many of the Ward 4 residents as possible. With the recent change in boundaries, she hopes to include those residents that are newly designated to her ward.

## IN BRIEF

### Local Projects Gets Green Team Support

By Evan Braun

editor@nivervillecitizen.com

On Monday, August 13, MLA Shannon Martin of the Morris constituency announced government funding for several key local projects through Manitoba's Green Team program.

The monies will help fund grounds maintenance for the Ste. Agathe Community Development Corporation, as well as grounds construction and beautification for child and youth recreation in the Town of Niverville.

"Our Progressive Conservative government is proud to support Green Team projects in communities and provincial parks across the province, including right here in the Morris constituency," said Martin. "In addition to conserving and enhancing Manitoba's natural beauty, these programs also provide summer employment to over 1,200 young Manitobans."

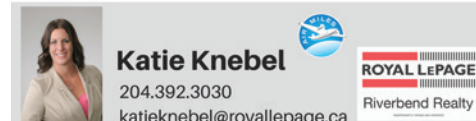
The Manitoba Government has provided over \$5.4 million to support more than 700 community organizations, municipalities, and provincial parks that are delivering Green Team projects this summer.

## FOR MORE INFORMATION

www.gov.mb.ca/mr/bldgcomm/recreg/greenteam.html



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## Daycare Board and Municipality Work to Realize St. Adolphe Childcare Centre

By Evan Braun

✉ [editor@nivervillecitizen.com](mailto:editor@nivervillecitizen.com)

Last year, as part of a joint venture between the RM of Ritchot and Niverville Heritage Holdings Inc. (NHHI), government grants were secured to build a 90-spot daycare facility in St. Adolphe, along with the promise of operational funding after the daycare was built.

That joint venture was dissolved in February. However, the 90 daycare spots were transferred from NHHI to the St. Adolphe Nursery School's control earlier this year, and since that time the nursery school board and the municipality have been working together to make the daycare a reality. All the stakeholders involved in the project agree that these daycare spots are essential to this growing community.

"The 90 new spots will be an awesome addition to the current spots and will be helpful in getting childcare to more families," says Kori Plesiuk, chairperson of both the new daycare board and the board for the St. Adolphe Nursery School, which currently has 38 licensed daycare spots of its own. "I know that 90 spots seems like a tiny amount when the town is growing so rapidly, but as far as licenced daycares go this one will be quite large!"

Ritchot Councillor Janine Boulanger says that a daycare project taskforce was assembled in the spring and has been meeting at least once a month ever since. The taskforce includes Boulanger and fellow councillors Ron Mamchuk and Shane Pelletier, along with Pesiuk and a few other members of the St. Adolphe Nursery School board.

"We met more frequently when we first started out, and it will vary according to demand and timelines of the project," says Boulanger. "We have always made the deadline clear to all parties involved and our understanding is that it is an attainable deadline."

According to Plesiuk, quite a lot has been going on behind the scenes. "We have been involved in trying to raise enough money by fundraising, to be proactive," she says. "Plus we have been looking into what other centers have done to expand or build new childcare centres. Also, we have been trying to find a site that could accommodate a childcare centre versus a new build. We are trying to find someone to partner with us that would have the centre's best interests in mind, and the community's best interests in mind as well."

Pesiuk adds that the board will face some key hurdles in the coming months, including tight time constraints, meeting government expectations and policies, applying for grants, cutting through bureaucratic red tape, and getting enough financial backing to finally move forward with the new daycare centre.

The fundraising efforts have been underway for quite some time.

"We formed a subcommittee to help with fundraising," says Pesiuk. "So far we have started Chase the Ace, which is every Wednesday night from 7:00 to 9:45 at the St. Adolphe Motor Inn... We are also looking at hosting a New Year's social."

Another fundraising project, timed to coincide with the Back to School season, involves selling Mabel's Labels. These are attractive products which can be used by students and their parents to keep track of school, daycare, camp, and travel items. Those wanting to support the daycare initiative can select the St. Adolphe Nursery School Inc. fundraiser upon checkout, pledging 20 percent of their purchase toward the daycare.

"We are a little behind on our schedule," Pesiuk acknowledges. "But things seem to be speeding up now that summer is coming to a close."

In addition to fundraising, a key priority will be nailing down the location of the daycare.

"We have done a lot of preliminary work in determining the best location, weighing out the pros and cons of each, and are moving forward with preliminary costing for the ideal location," says Boulanger. "We have sent out an RFP [request for proposal] to architectural firms for design and construction management services... Once we have the RFPs back from the architects, we will have a better understanding of exactly what we are dealing with cost-wise. This will guide us in determining which direction to take."

Boulanger adds that it hasn't yet been decided whether the daycare will go into a current building or a new build. She says that both scenarios are being considered.

According to Pesiuk, though, the board is leaning toward the building formerly occupied by Big Country RV on Main Street. She notes that the structure would need to be retrofitted to meet daycare standards.

However, Pesiuk says it's not a done deal whether the daycare board will end up partnering with the municipality.

"We have been meeting with the RM and have proposed partnering with them, but that is not a guarantee as of yet," says Pesiuk. "The volunteer board at the daycare has put countless hours into this project, and we appreciate the community's support in this as well. We need all of the help and support we can get, whether it be a monetary donation or volunteering time at one of our fundraisers. This project can't happen without community support."

Boulanger stresses that as soon as more definite information is available, council will share the finer details with the public.

"Council is determined to work with the daycare board to make this dream come true for them and the community," Boulanger says.

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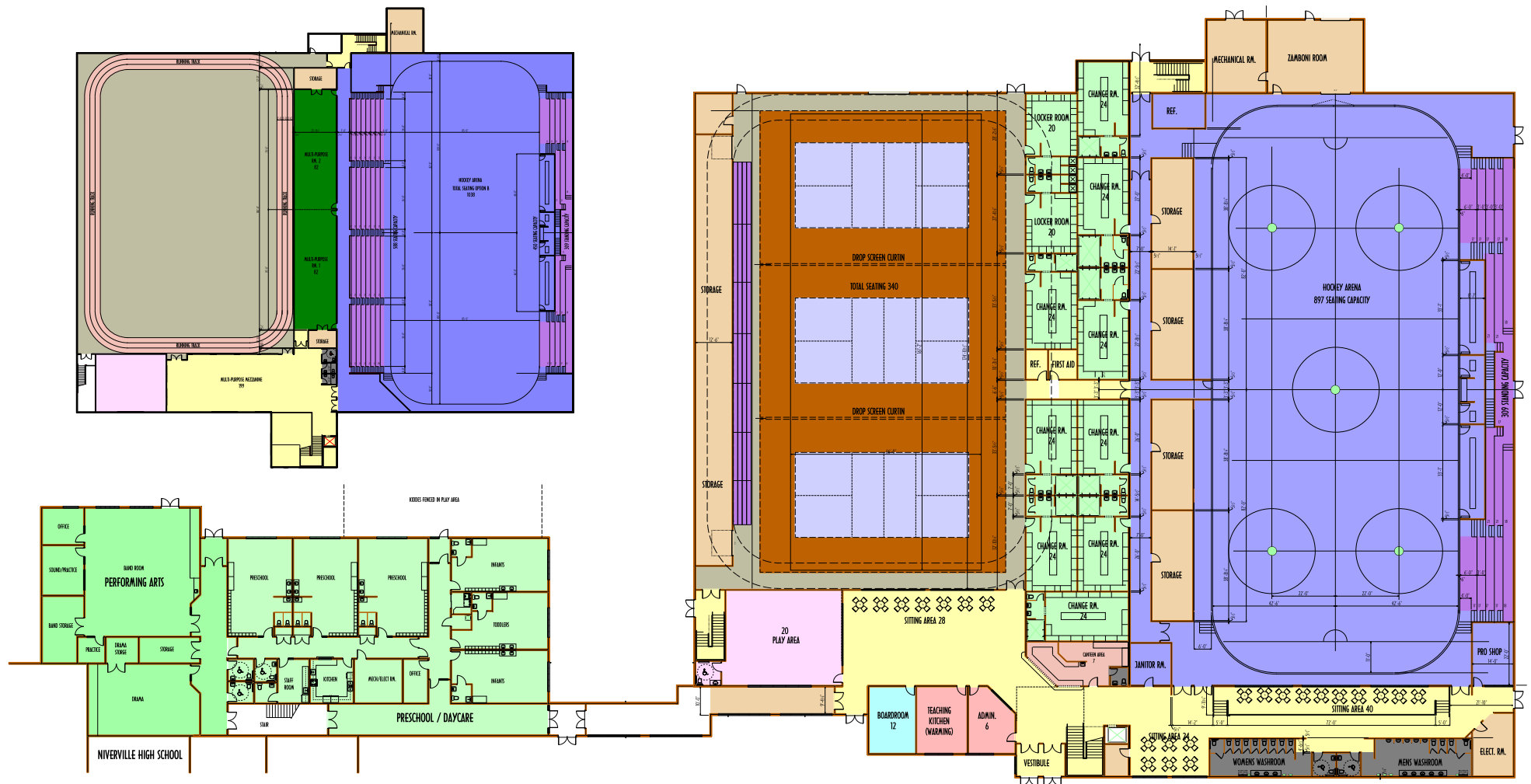
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# Community Resource Centre Getting Closer to Reality

By Brenda Sawatzky

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Niverville's Community Resource Centre (CRC) is getting closer every day to becoming a reality. On August 1, town council held a public open house at the Niverville Arena to introduce architectural drawings created by Von Ast Construction.

"The CRC is unique in that we are creating a single campus for social and recreational opportunities for our residents," says Councillor Chris Wiebe. "Rather than building multiple facilities, our focus with Von Ast is [to make use of] the synergies by creating a facility under one roof that will meet the needs of our growing and young community."

Multiple renderings on display delineated the various aspects being planned into the new facility. The complex, when it's completed, will include a childcare facility, performing arts space, and a field-house with regulation-size ball courts and retractable bleachers.

Nearby, families will have access to a two-storey indoor playground equipped with \$300,000 worth of child-friendly equipment. A variety of meeting rooms, multi-purpose rooms, and a teaching kitchen will provide additional, and much-needed, rental space to the community.

The nearly 67,000 square-foot main floor will include an NHL-sized ice surface with ample dressing rooms. Potential expansion is also being considered, depending on future growth.

"The town wants to be efficient and smart in the planning of the facility," Wiebe says. "At this point, there are no plans for future expansion. However, the site is being designed to allow for future pods to the north [of the arena], for instance, so that we can expand upon the structure [rather] than build from scratch."

The second floor of the complex, with more than 17,000 square feet of space, will include a mezzanine floor running track overlooking

the ball courts. Also at the second-floor level, hockey fans will enjoy heated seats, providing a comfortable perch overlooking the ice. The mezzanine floor and second-storey playground will be accessible by elevator or stairs.

According to Wiebe, construction could begin as early as January 1, 2019, but many important factors need to come together to make that possible.

"At this point, we have submitted our initial case to the federal and provincial governments for the full build-out of the facility and, until we are told otherwise by the senior levels of government, our focus is on a single-phase of construction."

The total cost of the full build-out, as exemplified in the renderings, is \$19.5 million. At the inception of this dream, town council promised a direct contribution of \$5 million. Government grants have been requested to the tune of \$11 million, leaving a balance of \$3.5 million left to fundraising efforts, which have already been in the

works for the past number of years. To date, approximately \$100,000 has been raised through galas and other events.

Council is hopeful that government agencies will look favourably on the grant requests due to the unique and multifaceted nature of the CRC. More than just a sports facility, it is a campus that the whole community will enjoy.

Council's new budget already reflects the anticipated needs of the new facility.

"The budget includes large equipment purchases like an electric zamboni to reduce our carbon footprint and become a greener facility," adds Wiebe. "The budget has been set with contingencies and ensures we have money set aside for furniture and fixtures."

Wiebe says residents would be incorrect in making the assumption that the high cost of the facility will translate to high operating costs and increased rental rates. Energy-efficient strategies will be implemented, thereby reducing

energy consumption compared to similar facilities built in days gone by.

"Specific rental rates have not been worked out. However, moving towards multiple tiers of rental rates has begun, including surcharges on prime-time and non-local groups," Wiebe says. "In addition, council believes in providing greater subsidies to local educational opportunities in recreation as a whole, while competitive and adult-oriented programs receive less subsidy."

The Niverville Curling Club, for now, will not be incorporated into the CRC. And while there is no intention at this point to remove the existing aging arena, it will not be attached to the new facility.

"The scope of the CRC is to focus on future facilities and not the present," Wiebe concludes, indicating that the curling rink and old arena's status will be examined sometime in the future.



## IN BRIEF

## Ste. Agathe Announces Annual Fall Supper

The community of Ste. Agathe is once again holding its annual Fall Supper, and the date is fast approaching. The event will take place on Sunday, September 30 at the Ste. Agathe Cultural Community Center at 183 Pembina Trail (Main Street) between 4:00–7:00 p.m.

This year's menu will include roast turkey, ham, meatballs, gravy, stuffing, mashed potatoes, various vegetables, coleslaw, dinner rolls, and a variety of desserts.

The meal will cost \$15 for

adults and \$7 for children between the ages of six and 12. Younger children will eat for free. Tickets can be purchased at the door.

Event organizers would like to remind people that they do not take reservations. Takeout service will be made available.

### FOR MORE INFORMATION

■ Takeout orders can be placed by calling or texting Tara: 204-391-0100, taragoller@hotmail.com by 3:30 p.m. on September 30.

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# Want to Run Your Own Business?

By Dawn Harris

EXECUTIVE DIRECTOR  
Niverville Chamber of Commerce

Many people want to run their own businesses. Why? The reasons are many and varied. To turn an idea into reality. To call the shots. To prove oneself. To get away from the dreary nine-to-five. To make more money.

That's the dream. Then there is reality. Nobody wants to think about their business failing, but businesses do.

Statistics from the Government of Canada report that, on average, between 2002 and 2014, 98 percent of new firms survived their first year. Just 63 percent survived after five years, and only 43 percent survived after ten years. In 2013, for example, the total number of births of small and medium-sized businesses in Canada was 78,430, compared with 83,240 deaths, which resulted in a net decrease of 4,810 businesses for that year.<sup>1</sup>

### BE PREPARED

What's the best way to avoid becoming an unhappy business statistic? Start on the right foot—be prepared.

Being prepared is more than believing you have a product or service people need. It means assessing your market, knowing your competition, having adequate financial resources to start out, understanding what your financial statements tell you, and recognizing your legal responsibilities.

Being prepared means doing some planning and putting things down on paper. It's called a business plan. A



DEPOSITPHOTOS

business plan itemizes what you intend to do in your business. More importantly, it makes you accountable for what you do. Reviewing it regularly makes you consider whether your business is running according to plan or whether your business and/or plan need to be revised.

### KNOW YOUR RISK

Financial management is one of the key things that determines whether a business succeeds or fails. Cash comes in from customers. Cash goes out to suppliers. Money is always moving. But are you really making money? How long can you afford to operate without a profit or without paying yourself?

Financial management can be overwhelming when all you really want to do is do what you're good at: work with your customers, build your product, and develop your ideas. If, however, you're not making money over the long run, you risk not only the money that you, your family, and your friends put into the

business, you risk your credit rating and your financial future. At some point, you're going to want to retire.

Understanding where you are financially will tell you what you need to change, whether you are "right-sized," and even if you can afford to stay in business.

### NEED SOME HELP?

Small and mid-sized enterprises, often called SMEs, are a significant contributor to the Canadian economy. In 2015, they employed 90.3 percent of the private sector workforce.<sup>2</sup>

Recognizing just how crucial small and medium-sized businesses are, the Niverville Chamber of Commerce alongside Niverville's town council are developing a business enhancement program to provide information and assistance to SMEs in their early years.

If there is enough interest, they plan to host a Welcome to Business seminar in October or November to talk about business basics. They are also identifying mentors who

can assist business owners in navigating their early years.

Making a business successful is hard work. Your local Chamber of Commerce would like to lend a hand.

### FOR MORE INFORMATION

■ 204-388-6140  
■ chamber@niverville.com

### REFERENCES

■ <sup>1</sup> Richard Archambault and May Song, "Canadian New Firms: Birth and Survival Rates Over the Period 2002–2014," *Innovation, Science and Economic Development Canada*, May 2018 ([https://www.ic.gc.ca/eic/site/061.nsf/vwapj/CNF\\_BSR-NEC\\_TNS\\_2002-2014\\_May2018\\_eng.pdf/\\$file/CNF\\_BSR-NEC\\_TNS\\_2002-2014\\_May2018\\_eng.pdf](https://www.ic.gc.ca/eic/site/061.nsf/vwapj/CNF_BSR-NEC_TNS_2002-2014_May2018_eng.pdf/$file/CNF_BSR-NEC_TNS_2002-2014_May2018_eng.pdf)).

■ <sup>2</sup> "Key Small Business Statistics," *Innovation, Science and Economic Development Canada*, June 2016 ([https://www.ic.gc.ca/eic/site/061.nsf/vwapj/ksbs-psrpe\\_june-juin\\_2016\\_eng.pdf/\\$file/ksbs-psrpe\\_june-juin\\_2016\\_eng.pdf](https://www.ic.gc.ca/eic/site/061.nsf/vwapj/ksbs-psrpe_june-juin_2016_eng.pdf/$file/ksbs-psrpe_june-juin_2016_eng.pdf)).

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### Thanks to our supporters

The Niverville Chamber of Commerce held another successful Texas Scramble fundraising golf tournament thanks to members and friends who support the work of the chamber.

An excited Team Armada Construction took home the trophy. Pictured above (l to r) Collin Funk, Stan Hiebert, Kurtis Funk, and Rhett Schramm.

The Niverville Chamber of Commerce would like to thank the following for making the tournament a success. Platinum, Gold and Silver sponsors also entered teams in the tournament.

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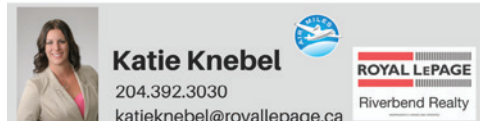
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# Family of Girl with Rare Genetic Disorder Receives Local Donation

By Evan Braun

✉ [editor@nivervillecitizen.com](mailto:editor@nivervillecitizen.com)

Braelynn Bodman is two and a half years old. For the first six months of her life, she seemed to everyone who knew her to be a healthy baby. That's when everything changed.

"At the age of six months we noticed she could no longer bear weight on her legs," says her mother, Maylia Bodman. "At ten months old, she still wasn't crawling, getting into a sitting position, or making any attempt to pull herself to standing."

Then, when Braelynn was fourteen months old, she was diagnosed with spinal muscular atrophy (SMA), a rare genetic neuromuscular disease that is similar to ALS, except it most often occurs in children.

The disease is degenerative and it affects a child's ability to use their muscles for sitting, standing, walking, breathing, eating, and swallowing. Those with the most severe form, type-1, almost always die before the age of two. Braelynn was diagnosed with type-2.

"Braelynn has never been able to stand or walk, has lost her ability to roll, has lost her ability to raise her arms above her shoulders, and is losing the ability to hold her head up," says Bodman. "She is fully dependent on us for all aspects of daily care."

In addition, Braelynn has a small army of professionals overseeing her, including a neurologist, a feeding paediatrician, a respiratory therapist, an ENT physician, physiotherapists, and occupational therapists. Bodman adds that an orthopaedic surgeon will eventually need to join



Two-and-a-half-year-old Braelynn Bodman.

RYAN & MAYLIA BODMAN

the team.

"Having a child with SMA is incredibly stressful emotionally and financially," Bodman says. "We often have to fight for what Braelynn needs. We also faced needing to get a wheelchair-accessible vehicle before she would be able to get a power wheelchair—these vehicles run about \$50,000—and we would also need to move to a home that could be made power-wheelchair-accessible. Our current bi-level home cannot be made accessible."

The good news is that the family has already received a brand-new wheelchair-accessible vehicle from the Variety Club of Manitoba. But the Bodmans will still need to move to a different home.

"Another part of our story is that the first-ever treatment for SMA, a drug called Spinraza, was approved by Health Canada on June 30, 2017," she says. "However, it costs approximately \$750,000 the first year and \$350,000 every

year after. Since it was approved, we have been fighting tirelessly for the provincial government to fund it, but it is still under review and we haven't been able to access it. There is no timeline for when these reviews may be completed. It has already been over a year, and SMA doesn't wait."

An even more promising treatment is now on the horizon, but it requires the Bodmans to stay in Chicago for two and a half months as part of a clinical trial. That's where the family is living right now.

"We didn't know how we were going to be away for that long without any income, because we both had to temporarily leave our jobs," Bodman says.

### MASTERS DONATION

Every year, a group of local golfers gathers for a weekend in August for a battle royale tournament they call The Masters. They also use the occasion to raise money for a lo-

cal family in need. This year, the 36 players raised \$6,670 for Maylia and Ryan Bodman. In total, they have raised \$41,000 for various families and charities.

"Being this year's recipients of the Niverville Masters Golf Tournament fundraiser made it possible for us to be part of this trial and get Braelynn the treatment she needs," says Maylia Bodman. "This treatment will hopefully stop the progression of SMA and may even make Braelynn stronger. We are so grateful to everyone involved in supporting the Niverville Masters and helping us to be able to do this for Braelynn. We will never be able to put into words what this means to our family and for Braelynn's future."

As for the tournament itself, it was held at Hecla Resort & Golf Course. In Saturday's annual Ryder Cup event, the field is split into two teams—Team Red and Team Blue. Team Red won the day by a score of 16-11, after having lost the previous three years.

Steve Fast won the tournament on Sunday, receiving his first green jacket after 16 years of participation, having shot a round of 78. Runner-ups were Stan Hiebert (82) and Travis Mason (84). Bryan Trottier won the gold jacket for his low net score, after handicaps, of 72.

"The event is all about good competition, and a lot of fun for all levels of golfer," says Ray Dowse, one of the tournament's organizers. "But it's also about being able to give back to local families that could use some financial support for different needs. We are currently looking for other local families who we could consider for next year."

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RENOVATIONS PLUS

# An Inside Look at Renovations Plus

By Fiona Robinson

Roger Brodeur started out working as an estimator for another renovation company, but in 2007 he took on two partners and started his own business from scratch. After two years, he bought out those two partners and carried on. Today, that same company, Renovations Plus, employs 12 people year-round from its office in St. Adolphe.

"Integrity is a shared value among our team," says Brodeur of the way his team has gelled over time. "If we say we're going to do something, we do it. This applies to workmanship, contracts, and how we handle ourselves daily."

Renovations Plus has also benefited from recent changes in the industry. Celebrity builders like Mike Holmes and a series of HGTV shows have transformed the renovations landscape, with people now having a much greater interest in renovating their homes.

The business has grown by participating in home shows and working tightly with suppliers. Ten years ago, there were fewer renovation

companies in the market. Today, there's a vast array of companies to choose from. To differentiate themselves, Renovations Plus has started to work with higher-end designers, which has resulted in larger and more customized renovations. By going in this direction, the company can specialize in higher-end finishes and custom work, which produces better options for customers.

"We enjoyed higher-end work because it was a challenge and a way to differentiate ourselves and we could work on larger projects," says Brodeur. "Plus, it was fun!"

The majority of the company's customers hail from Winnipeg, but some projects are also located in the Ritchot region.

"The customers we work with trust us as a general contractor for a major home or commercial reno," explains Brodeur, emphasizing the comprehensiveness of their services.

Renovations Plus initially focused only on residential—namely, kitchens and bathrooms—even though they regularly took on various

other interior and exterior renovation projects. About seven years ago, they started doing commercial renovations for project management companies responsible for the construction of government facilities. Now up to 60 percent of the company's business involves commercial projects.

Commercial clients include doctor and dentist offices, as well as restaurant interiors and gas stations. The company recently renovated the Riverside Lions, an assisted and supportive housing facility in Winnipeg, replacing 330 windows, 126 bathrooms, 800 interior doors, flooring, and painting—the works. The success of the project led to ongoing work onsite.

Because of this trend, Brodeur has an optimistic outlook for the future. "We would like to expand our commercial side even further, especially with all the upcoming commercial development in the surrounding rural region."

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# Innovative and Fun Food at New B's Café

By Brenda Sawatzky

bsawatzky@nivervillecitizen.com

One thing you can't accuse New B's Café of is being stereotypical and humdrum. To the community of New Bothwell, New B's is as much of an institution as the cheese factory. But in the last four and a half years, under the ownership of Elle Funk, the café has been working hard to reinvent itself as the best destination burger and pizza place in the southeast.

Funk's café hasn't lost the appeal of home-cooked meals and hungry-man portions. On top of these virtues, she's added to the allure by creating exciting and flavourful burger and pizza creations you won't find anywhere else.

Every month a new burger hits the menu, each with its own funky name to characterize its unique qualities. Names like It's Canadian, Eh!, which, true to its name, contains Canadian back bacon, Monterey Jack cheese, and maple syrup.

"It's sweet, salty, and just so savoury," says Funk with a gleam.

Last February she created the Hawaiian Burger, inspired by her trip to the islands.

"It had our signature beef patty, grilled ham, mozzarella cheese, grilled pineapple, and sweet and sour sauce," she says. "The marriage of all those things was just amazing."

Another creation, The Hippy Chick, drew a lot of attention in August. The burger was stacked with a breaded chicken breast, shredded carrots, cucumbers, and beet leaves right from the garden, and then smothered in heaps of homemade honey-barbecue sauce and mayo. Ooey, gooey goodness is how Funk describes it.

"We were serving up that burger to a customer and they said, 'Oh my goodness, we used up half of your napkin dispenser. This is such a



Elle Funk, owner of New B's Café in New Bothwell.

BRENDA SAWATZKY

sloppy burger, but it's the best!" Funk just laughs. "That's my thing. If you can't fit it all in your mouth, it's the perfect burger."

She admits to spending at least 80 percent of her time in the café kitchen, drumming up inspiration for her next signature dish. Friends and staff are always willing samplers and ready to give her a thumbs up or down.

While she has no culinary degree, she does have a distinct love of food, and raising three hungry children was enough training to keep her pumping out fresh and innovative ideas from the kitchen.

And diners well beyond New Bothwell's borders are taking notice. In the past year, New B's creative burgers and pizzas have been winning awards. Last year, New B's took first place in The Carillon Readers' Choice Survey for best burger in the southeast. The business's attached grocery store took second place for best convenience store in the southeast. Funk's was the only rural restaurant to participate.

Steinbach's Burger Week will be

taking place from September 8-14. Funk has entered a unique burger creation especially for this event, called The Bomb. At this point, she's unwilling to disclose the secret ingredients.

In the spring, her pizzas also made waves in the Manitoba Pizza Week contest, where she competed with restaurants all across Winnipeg.

"I was up against all of these high-end businesses and I thought, 'I'm just going to try it,'" says Funk. "It's the same premise as Burger Week, just with pizza. It was fun and intimidating all at the same time because all of these other restaurants have so much more experience than I have. I was just ecstatic that we even placed at all."

Funk took tenth place in the Best Overall category with her Taco Me Away pizza, rivalling competitors such as Pasquale's and Za Pizza Bistro. She took third place with her Totally Twisted pizza in a category sponsored, perhaps ironically, by Bothwell Cheese. It wasn't the cheese factory, though, that gave her the win. It was the many foodies

who visited her café and entered their online votes.

Outside of contests, too, Funk is continually drumming up ways to make pizza even more quirky.

"On May the fourth, because it's kind of like Geek Day, I ended up creating a Death Star pizza," says Funk. "It was just the one day and we sold quite a few of those. We did the same thing during the Jets finals. We made a whiteout pizza and that went over really well. I like doing fun things like that."

Using locally sourced ingredients also brings her a lot of pride. Without question, Bothwell Cheese is the supplier of all her cheeses. Her pizza crusts are sourced from a Steinbach supplier. Soups, sauces, and all-beef burger patties are made in-house, as well as their third most-ordered dishes: Mennonite classics perogies and kielke with schmaunt fat (cream gravy).

Pizzas are on special every Monday night and Tuesdays are dedicated to ribs and wings.

It's more than the award-winning entrees that are garnering the café a

little extra attention, though. The ambience, too, is like something out of the TV sitcom *Corner Gas*—homey, cozy, and a little bit retro. It's truly one of those great finds among a sea of small-town eateries.

Funk, in her cheerful way, is quick to greet customers. She's a firm believer that relationship-building holds more appeal to her customers than surrounding them with big screen TVs. A sharing library sits against one wall, welcoming customers to freely take or leave books as they come and go.

"I had to be here for a while to understand what people really want and find out what is drawing them to this place," Funk says. "Right now, what I'm hearing from a lot of [our customers] is that it's just a down-home country feeling. People love the friendliness when they walk in the door. They feel like it's from back in the day. So I've really tried to make that my focus and to just get people back to their roots."

Funk jokes that her location in a small community means the café is in the centre of everything and yet nothing. But it's only a seven-minute drive from the surrounding towns in any direction, and she believes she has what it takes to build a destination.

"Ever since we started gaining more popularity on Facebook, I've seen a shift in people coming in the door," says Funk. "It's almost daily now that we get about five new customers a day."

New B's Café has a seating capacity of 50 in the restaurant plus an outdoor patio for the summer months. Breakfast, lunch, and supper are served daily. They are open from 8:00 a.m. to 8:00 p.m. Monday through Saturday. Sunday hours are from 2:00 to 8:00 p.m.

A sign on one wall announces the business's mantra: "Good food, good friends, good times."



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# Niverville to Adopt Forward-Thinking Development Plan

*Among key recommendations is more mixed-use development, a French elementary school, bike corridors, and a park-and-ride.*

By Brenda Sawatzky

bsawatzky@nivervillecitizen.com

The future holds so many uncertainties—and while a forward-thinking community's vision is toward growth, progress, and creating a better place to live, knowing what kind of future is coming requires something more than a crystal ball.

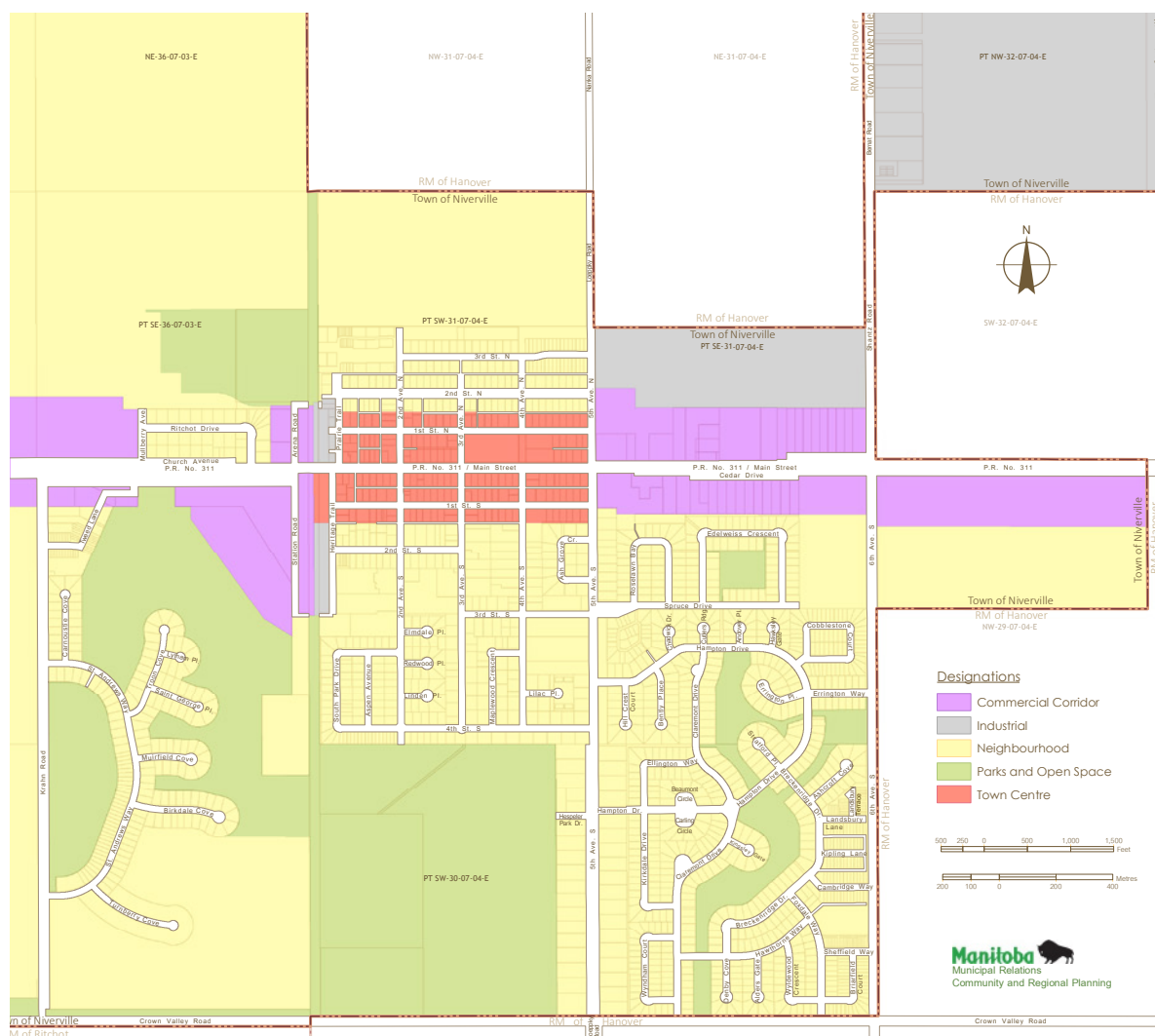
Enter: the Town of Niverville's new development plan.

On July 24, Niverville's town council entertained representatives from Sison Blackburn Consulting (SBC) Inc. and Catapult Community Planning (CCP), companies hired to assist council in creating a long-term development plan through the use of historical analysis, resident feedback, and modern-day design strategies. SBC was the project liaison while CCP took the lead on policy development and community engagement.

The development plan was 15 months in the making and provides town council with blueprints of population projections up to 25 years into the future. It will enable council to move forward with confidence when determining future housing and commercial land needs, reviewing zoning bylaws, and assessing the requirements of town services such as schools, recreation, and emergency services down the road.

"The new [development] plan has been made more user-friendly for the decision-makers and applicants," says Kristy LeBaron, senior planner for CCP. "This means providing clear directions for new development, minimizing the need for amendments to the plan by allowing flexibility, and creating an easy-to-use-and-understand format."

LeBaron says that this new plan puts more emphasis on allowing a mix of uses in commercial areas, specifically in downtown and highway commercial lots, where multi-family residential can and should complement the business sector. This will require council to consider mixed-use zoning in commercial areas. Niverville's zoning bylaws are already being updated.



The Town of Niverville's land use map.

"Because Niverville is growing quickly, development pressure can be high," LeBaron says. "The town will need to balance development demands with its capacity to provide services."

Stephen Walker, regional manager of the Community and Regional Planning (CRP) branch of the provincial government, weighed in on his department's analysis of the completed development plan at the July council meeting.

"CRP commends council for their concern and interest in design guidelines for Main Street, and infill development in residential neighbourhoods," Walker said. "These are important considerations in

managing the growth of the community and making Niverville a great place to call home. We encourage council to further refine... this plan with the assistance of planners and urban designers and to create a robust and transparent process... [We] encourage the town to ensure that the process, requirements, and tracking of these approved plans is well managed and transparent to developers and the community."

Walker also made a number of key recommendations to council, including a suggestion to create policies and zoning standards that will move the community forward in a positive direction when considering the impending risks of climate

change.

"A growing population will lead to increased greenhouse gas emissions," says Walker. He commended council for pursuing active transportation routes within the plan, such as Main Street bike corridors and sidewalk improvements. "The town may also want to think about a policy to create future park-and-ride locations connected to the active transportation network to encourage ridesharing for people commuting into and out of Winnipeg."

The land designated as highway commercial on the east side of town, he says, would be a logical place to incorporate a park-and-ride.

Walker also recommended that council consider working together with the Franco-Manitoban school division (DSFM) and the province to establish a French elementary school in the community within the next 10 to 25 years.

"The DSFM is always willing to work in partnership with municipal and provincial governments to grow the number of francophone schools in Manitoba," says Bernard Lesage, DSFM president. "Every year our school board reviews its five-year plan in infrastructure, which is subsequently submitted to the public school's finance board. With data prepared by our administration, we determine where new schools are needed or which schools should be expanded."

French schools in the area surrounding Niverville, he says, are at maximum capacity with little room for expansion. For this reason, and because Niverville's bilingual population is growing, the community could help enhance schooling options in the region.

Lesage says he would welcome discussion with Niverville's town council at any time. Should council agree to partner with DSFM, a request would be made of the provincial government for consideration in their future budget.

While the prospects of short-term and long-term development in Niverville looks bright, the development plan, as proposed, must still be approved by the provincial government.

"The Manitoba government reviews all municipal development plans to ensure they are consistent with provincial planning regulations, and all plans must be approved by the Minister of Municipal Relations," says Julie DeVoin, public affairs specialist for Communications Services Manitoba.

According to LeBaron, until the Minister approves the plan and the town gives third reading to adopt the bylaw, the plan and maps are not official.



# Niverville PAC Gears Up for Ambitious School Year

By Brenda Sawatzky

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Few parent advisory councils (PACs) will be busier and more stretched this year than Niverville Collegiate Institute's. With just one school year of experience under their belt, the existing council will be relying on more parent involvement and the hopeful election of more members to their team as they face the reality of a new high school in 2019.

"Two schools [means] two PACs, two sets of needs and expectations," says Tanya Pomaranski, chairperson of NCI's PAC. "[There's] a lot to do in the next couple of years and while a small group of parents can make a large difference, stretching ourselves too thin will leave our focuses unfinished and our success rate feeling lukewarm. Many hands make light work and we will need parents to sign up and stay informed."

Pomaranski says the new PAC for the upcoming high school will need to be ready to get to work by April 2019. Their goal, just like the middle school PAC, will be to implement fundraising and programming as well as to support the new principal and administration staff by encouraging parent membership, parent education, and volunteer solicitation.

"PAC fundraising and program management can be a huge help to the new school in the infancy stage," she adds. "Planning events like a Grade Nine welcome night or a grand opening can be on the list right alongside items like signage, greenspace beautification, and outdoor storage."

But the focus cannot be solely on the new high school if the goal is to maintain a vibrant and active middle school in the existing building.

"While dreams of a new school are fast becoming a reality, the split of our current school enrolment brings with it questions and



Leslie Bardal (left) and Heather Miller (right) at a PAC kiosk.

TANYA POMARANSKI

planning for our middle years school," Pomaranski says. "The Grade Five to Eight needs and programs are different than those of the senior environment and we need a PAC executive here to maintain and build on those plans as well. Programs like hot lunch and improving existing greenspace for our middle year students are just a couple of key priorities we are planning for."

Planning for the upcoming PAC year began last May as a collective of parents and PAC members gathered to brainstorm. The same group met again in August to set the stage for Meet the Teacher night on September 4 and the annual organizational and nominations meeting on September 17.

"We have a budget, fundraising, and communications plan underway with a target fundraising goal of \$10,000 for this year," says Pomaranski. "We plan to launch a monthly newsletter for parents to stay informed of our short-term and long-term goals. We will continue to build relationships with parents, teachers, students, administration, the division, and our community. And we will continue to work to meet the needs of our students."

Pomaranski says parents can get involved in a number of ways. Meeting attendance gives them the opportunity to stay informed and weigh in on decisions, even if they're not members of the core PAC executive. Meetings will be held at 6:00 p.m. in the school library on the first Monday of each month from October to May.

Parents are also encouraged to sign up at the PAC kiosk on Meet the Teacher night, thus providing the PAC with a list of parents willing to get involved in their child's education through volunteerism. Many volunteer positions only require a one-time commitment of a few hours, while others require more investment. Still others acts of volunteerism can be done right from the comfort of a person's home.

"One wish we had tossed around was that of finding a parent representative from each grade," says Leslie Bardal, PAC communications coordinator. "[It would give us] equal representation and a voice from every grade, [providing] eight adults to work closely with the executive members which would result in a solid, wonderful PAC."

Subcommittees will also be

needed for a variety of initiatives, including a bingo committee, dance committee, hot lunch and snack program committees, and active learning and greenspace committees. Subcommittees can plan to meet on nights that suit their group.

"We realize that when parents see us, it means volunteering," says Pomaranski. "We want our NCI parents to commit to staying informed and being aware of the activities in our school community. By doing that, you may be presented with a chance to get involved, [but you can choose to do] something that interests you, that you enjoy, and that is not necessarily always a long-term commitment but rather a meaningful contribution in the moment. Small steps are how we get there."

"A saying that we have is 'PAC is the magic' when we discuss how programs and initiatives don't magically appear or happen," says Bardal. "They take the time and energy of a dedicated group of people. It is one thing to wish for something, like a hot lunch [program], and another to actually show up and work hard for it."

Bardal says that volunteers can and should come from beyond the

parent collective and can include grandparents, aunts or uncles, neighbours, and community members of all stripes—anyone, she says, who has a vested interest in this growing community and in the welfare of our youth.

"Every little bit helps and we are looking to our community for those spirited, short bursts of volunteerism," Pomaranski adds. "It may be a half shift at our PAC kiosk to engage other parents, helping with staff appreciation events, helping create posters or social media content, selling cards at our bingo event, reaching out to corporate donors for support, or barbecuing hot dogs at the tri-track canteen."

Fundraising is the backbone to achieving goals. While selling products or asking for donations is the easy route, these methods are growing tired and overused. NCI's PAC hopes to include the entire community in the fundraising effort by creating experiences that put the "fun" back into fundraising.

"With a lofty fundraising goal to initially support two schools, PAC is looking to hold two bingo nights," Pomaranski says. "The first Halloween-themed bingo event in our NCI gymnasium will be on Saturday, October 27. [Assuming] a successful first event, we will schedule another bingo fundraiser [in the spring]."

School dances are a North American institution that the PAC would like to see established at NCI. Securing a venue and planning a safe and controlled event will be part of that committee's mandate as they strive to adhere to Hanover School Division's policies on the matter.

"NCI has a long-standing legacy in our community and it has been a privilege to work with the PAC team this past year," Pomaranski concludes. "We are excited to keep up the momentum and build on the initial stepping stones [established] in 2017-18."



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The **Citizen**



# New Pizzeria to Offer Gourmet 'Za

By Brenda Sawatzky

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For some residents, the introduction of another pizza restaurant to Niverville might seem like overkill, but Tyler and Mellissa Schroeder believe there's room for at least one more. In the spring of 2019, they plan to launch their own homespun business: Niverville's Pizzeria.

Entering a market already saturated with pizza options requires ingenuity and a whole new angle. The couple's goal is to create pizza made from scratch—fresh, hand-rolled dough and in-house sauce, all topped with locally sourced fresh ingredients.

"We know from past experience that other pizza restaurants use frozen, already rolled dough that they thaw overnight, where our dough is freshly made," says Tyler Schroeder. "The sauce is homemade as well. It's a New York-style sauce, and that's why we're going for the New York-style slice."

Schroeder describes the New York-style slice as the biggest single slice of pizza around. The kind, he says, that you have to fold to eat. The idea was inspired by his stay at the New York-New York Hotel and Casino in Las Vegas. Now he's bringing it to Niverville with the belief that it will be a really big hit with high school students in the near future—or anyone, for that matter, with an appetite that goes beyond the traditional single slice of pizza.

Along that theme, the Schroeders will also create a mega-sized full pizza, 21 inches in diameter, that will



Mellissa, Peyton, and Tyler Schroeder.

✉ BRENDA SAWATZKY

feed four to six adults and beat any other large pizza option by three to four inches in size. You can only do that when you roll your own dough, he says, since premade crusts come in a limited number of sizes.

"It's a heavy pizza," Schroeder says. "You use almost a pound and a half of dough alone and then over a pound of cheese."

Along with fresh ingredients and mega-sized pizza offerings, Schroeder says another unique angle they plan to provide is late-night service. They will be the only pizza restaurant in town open until midnight on Friday and Saturday nights. Free delivery means you don't even need to leave the house when you feel that late-night pizza craving coming on.

"This pizza is so good fresh that I want to get it to you fast, so we're hoping to offer quick delivery around town."

Their brand, Niverville's Pizzeria, was chosen for it's

hometown sound and reflects a Mom and Pop-type feel. The couple made an intentional decision not to carry a franchise name because eliminating franchise fees means lower overhead, allowing them to pass on the savings to the customer.

"Our pizza will be cheaper and also bigger," says Schroeder. "When you make your own dough, you can make it for 50 to 80 cents per dough ball. When you buy it [ready made], you pay \$2 plus per dough ball. That's why we're making our own sauce and dough."

He acknowledges that this means more work for them, but they'll get to work together as a couple—which is a bonus.

Niverville's Pizzeria will open in the new commercial development on the west end of town, connected to the upcoming Great Canadian Dollar Store. With just under 1,000 square feet of space, the couple anticipates offering

takeout and delivery service only, allowing for a little bit of a waiting area for those picking up a meal, but no formal dine-in.

They both have previous restaurant experience, each of them graduating with a degree in culinary arts. They met at Earl's Kitchen & Bar in Winnipeg where Mellissa worked as a waitress. Since then they built up their pizza experience and restaurant management skills working together at Niakwa Pizza in Niverville.

Parental maternity leave to raise their young daughter, Peyton, has given them the time they need to experiment with pizza doughs and sauces, as well as to create a gourmet pizza menu that will rival all of the others out there.

On the menu you'll find the Hole-in-One pizza, inspired by the golf course surrounding them. Other specialty options will include the Steak Bite Special, Main Street Special, Meat Lovers, and Vegetarian. Schroeder already has plans for a custom-painted golf cart, allowing him to serve up hot pizza slices to golfers on the course.

Other menu items will include chicken wings in a variety of flavors, lasagna, chicken fettuccine alfredo, house and chicken Caesar salads, and cheese toast—all made fresh and in-house. Students of the nearby high school will be able to complement their noon pizza slice with chips and a pop, priced affordably as combo meals.

"We're going to be Niverville's favourite pizza place," Schroeder says with a confident smile.

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## NOTICE OF NOMINATIONS TOWN OF NIVERVILLE

NOTICE IS HEREBY GIVEN that on September 12, 13, 14, 17, 18  
Between the hours of **9:00 a.m.—12 noon** and **1:00 p.m.—5:00 p.m.**  
At **86 Main Street, Niverville**

I will receive nominations for the offices of **Mayor** and **Councillor** on the aforesaid Local Authority.

The nomination deadline is September 18, 2018 at 5:00 p.m. Nominations cannot be accepted after this day.

All nominations shall be made in writing and shall be signed by at least twenty-five voters. Each nomination shall also be accompanied by the candidate's declaration of qualification.

Nominations may be filed at the above location, on the date and hours specified, in person, by an agent, or may be submitted by fax. To obtain a nomination paper and/or candidate's declaration of qualification, contact the Senior Election Official at the telephone number listed below, or stop by the Town Office at 86 Main Street, Niverville.

**Nomination papers not accompanied by the required documents and not properly filed shall be rejected.**

Senior Election Official (SEO)—Audrey Neufeld  
Contact number: 204-388-4600 ext.102  
Fax number: 204-388-6110  
Email: audrey.neufeld@whereyoubelong.ca



Absolutely Homemade's new shop in Niverville.

ABSOLUTELY HOMEMADE

# Takeout Shop Cooks Up Homemade Meals

By Liz Byron

On Monday, August 13, a new business opened its doors at 290 Main Street Unit G in Niverville. Absolutely Homemade is selling home-cooked meals and baked goods for takeout.

Customers can buy hand-made perogies, cabbage rolls, meatballs, and soups, as well as individual- or family-sized meals such as shepherd's pie, lasagne, casseroles, and chili to take home and heat up. Also available are desserts, primarily fruit pies and cheesecake.

Owner and cook Sandra Wollmann says that opening this business has been a dream of hers for as long as she can remember.

"I wanted to combine two of the things I love," Wollmann says. "I absolutely love cooking and baking, and I want to help people out."

Along with her husband, who co-owns the business, and her niece Tamara, who helps with the cooking, Sandra makes everything she

sells from scratch. Her goal is to help people who might be too busy to spend much time in the kitchen by doing the work for them.

"I'm very passionate about providing quality home-cooked meals at a very reasonable price," she says. "I just love helping people, and I believe I was led to do it like this."

Wollmann learned to cook in her mother's kitchen and has spent the past 30 years cooking in various locations.

"I have cooked in fly-in fishing lodges, in cafeterias, all over. I've had different jobs in between, but it seems like I always drift back into the food industry. I love cooking, what can I say?"

The Landmark resident has plans to expand operations to include more dessert options as well as brown-bag lunches, which customers can order online the night before and pick up the next morning.

So far, says Wollmann, business has been good and feedback has been positive.

"At this point, I think the perogies have been the big sellers, and the borscht, too," she says, adding that she makes several kinds of perogies by hand. After all, she adds, "the frozen ones from the store, they don't even come close to homemade!"

Although not on the menu, Wollmann also offers gluten-free cabbage rolls and vegan perogies, both of which are made to order and must be requested at least three days in advance. Wollmann says she's looking into more gluten-free options down the road, but she wants to take things one step at a time.

Absolutely Homemade is open Monday through Friday from 8:00 a.m. until 7:00 p.m., and on Saturdays from 9:00 a.m. until noon.

### FOR MORE INFORMATION

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# Church of the Rock Comes to Niverville

By Jan Kendall St. Cyr

Niverville resident Tim Hamm will take up the position of Campus Pastor at the newly planted Church of the Rock Niverville beginning September 23, 2018.

Born and raised here, Hamm began attending Church of the Rock Winnipeg when he moved to the city while studying Computer Engineering Technology at Red River College.

"I started volunteering in the youth ministry at Church of the Rock 17 years ago," Hamm says. "In 2005, I came on staff as the IT systems administrator, and after completing an associate degree in Christian Ministry, I became the youth pastor, where I have served up until now."

Church of the Rock Winnipeg was founded in 1987 by Senior Pastor Mark Hughes. Since then, Hughes has developed a large television ministry across Canada and has spearheaded Love Winnipeg, a movement involving many churches that participate in carrying out random acts of kindness to the people of Winnipeg.

Over the past couple of years, Church of the Rock has branched out to other communities. In 2013, they launched Church of the Rock Bronx Park Community Centre and then Church of the Rock North End. Each site started with a team of people and a Campus Pastor, as will be the case in Niverville.

Hamm, who has been



Tim Hamm of Niverville.

CHURCH OF THE ROCK

married to wife Marcia for ten years and has three children—ages six, four, and two—moved his family back to Niverville in 2015 and has enjoyed reconnecting with the community.

"We began to take notice of the growing number of people that were commuting to Winnipeg from Niverville to attend church and we desired to be more intentional on building community with these people," he says.

Aware of the tremendous growth Niverville has seen over the past few years, Hamm felt called to help people in his hometown to "know God, live free, and find purpose," a belief which also serves as the church's mission statement.

Church of the Rock Niverville will meet every Sunday at the Niverville Heritage Centre, located at 100 Heritage Trail.

Services will start at 10:25 a.m. and include live music and KidzRock, the children's ministry. Most sermons will offer a joint message, shown on a big screen, alongside occasional on-site preaching. Small group meetings will take place during the week.

"We love our community and the people in it," Hamm says. "It has been exciting for me to be a part of the Niverville Ministerial over the past year. We look forward to joining with the churches of Niverville in serving our community together in unity. We want to be the best church we can be for the people by doing what we can to bring hope and help where needed."

#### FOR MORE INFORMATION

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- [niverville@churchoftherock.ca](mailto:niverville@churchoftherock.ca)

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# Commentary

## Openness and Transparency, Respect and Trust

*With the municipal elections coming up on October 24, voters will be looking to our slates of candidates and judging them based on their ideas and platforms. This is the third article in an ongoing column by Clarence Braun, former mayor of Niverville, about the qualities of leadership we should look for in those who will lead our communities for the next four years.*

**By Clarence Braun**

In the past few months, I've shared about the general malaise in the voting public towards our democratic institutions. When it comes to municipal governments—the councils of our towns and municipalities—we need to better understand how they operate. This is the level of government closest to us, and the ways in which these councils function impact our lives with great significance.

Municipal governments function under an act of the provincial government—in Manitoba, it's called The Municipal Act—and it's true that they have limited powers relative to other governments.

For example, municipal governments cannot deficit finance and they must balance their books at the end of every year. Their primary income comes from collecting property tax, established through a mill rate that's based on property assessments.

Another revenue stream is the annual grant that each community receives from the provincial government based on its population. The provincial and federal government also contribute grant monies at different times for infrastructure, and those monies are always given in tandem with matching funds from

the municipal government.

The municipal government's most significant responsibilities relate to providing infrastructure, such as streets, drainage, sewer, water, parks, and recreational and cultural facilities.

Each municipality is also responsible for a zoning by-law that is monitored by the province and ensures that there is a process allowing for commercial and residential development in an orderly and meaningful manner.

In short, it is the municipal government's responsibility to ensure that people have a voice in how the community is developed. In the event that members of the community cannot agree on issues of development, the province has a Municipal Board which acts as an arbiter between citizens and their local municipal government.

The local municipality has no responsibility when it comes to the costs of education except to collect those taxes on behalf of the local school board. They also have no direct responsibility for healthcare other than to work alongside the regional health authority.

That said, when it comes to healthcare, it's worth noting that Niverville operates under a somewhat different model than is typical in Manitoba. Niverville has a community non-profit, Heritage Holdings Inc., which is supported by the town council, and together they have worked creatively with the province and the regional health authority to expand local health-related services. This unusual initiative has attracted the attention of the province and other communities for its innovation.

So how does a municipal government ensure that its residents find their voice?

Every four years, on the fourth Wednesday of October, we get to vote.

But any council that relies solely on elections to hear the voices of the citizenry will probably invite people's anger. The best way forward, the one that ensures healthy communities and healthy relationships between people and their council, is to embrace a policy of openness and transparency in all matters.

In my two terms as mayor, from 1995 until 2002, this was probably the greatest challenge I faced. Because here's the reality: at times, council does have to keep initial conversations private when it comes to negotiating community opportunities. However, our council always felt the pressure to be more secretive than what I was personally comfortable with.

So I do understand the difficulty.

I have always believed that, given time, most people will come to a healthy understanding of a council's decisions and policies. Most people just want their views to be respected in the process.

An overall policy of openness and transparency isn't about always having everybody in agreement. That will never happen. But the open and transparent process creates opportunities for respect and trust. Without respect and trust, we will always fall short of being the best we can be as a community.

Back in 1995, I ran against a mayor who had previously been on council for more than 20 years. When I made the decision to run, I didn't do it out of frustration, anger, or an intention to change everything. Rather, I saw that the people of Niverville had aspirations for the future, and

by building consensus I felt that we could move the town forward in a new direction.

In that election, I never once spoke negatively about the mayor or members of his council. I hadn't decided to run because I saw that something was wrong; I ran because I wanted to help realize the town's potential.

All of us can be frustrated when we see a problem. When that happens, do we also develop the heart and character to work alongside others to solve the problem?

As I write this, I am of course aware that this newspaper also reaches communities and municipalities beyond Niverville. To those

people I ask: what do you see about your community's future? Do you have something to offer through your involvement? Are you frustrated or angry? And if you find yourself in that place, how can you instead channel that energy toward working together with others to create a better tomorrow?

## We Are All Teachers

**By Greg Fehr**

The month of September is the ultimate paradox. Summer days fade unhappily into the early sunsets, and the beautiful changing leaves hint at the impending winter.

Happy parents relish in the respite of their kids returning to school, but they also dread the coming scheduling conflicts. Kids are both eager to see their friends after a summer of adventure and dread the rigors and stress of assignments and tests.

Our youth also dread the increasingly difficult-to-navigate maze of social circles and digital networks. Will last year's embarrassing moment will still be a topic of peer jesting? Or has last year's bully found a new target?

For some in our community, the September paradox may manifest in a much simpler conflict: the basic need for food. The less fortunate struggle to provide quality and diverse lunches to fuel their children's growing and learning minds. For these children, their dread of inadequate and uninspiring meals will hopefully be offset by the kindnesses of understanding classmates and caring teachers.

Teachers have their own

paradox. While teaching is their job, the vast majority chose their profession not just for the paycheck and the summers off but because of a true love for their work. But their anticipation of another rewarding year of shaping young minds is often shadowed by the challenges in their classrooms. What new school policies or moral pressures will they face? And will additional expectations come with additional resources to assist them?

Our new Minister of Education may, the Honourable Kelvin Goertzen, will struggle to face the perpetual government conundrum: how do you fill tons of requests and needs with mere pounds of funding?

Our expectations of the role our schools play in society have changed, and some could argue that these expectations are both unreasonable and unsustainable. We've taken a system designed to produce literate and skilled workers for the industrial age and inadvertently added to it the responsibility of filling the social gaps previously filled by families, churches, and the community at large.

Minister Goertzen will soon be wrestling with the

relevance of our education system, working to evolve the system to meet tomorrow's demands in a rapidly changing world.

But what of the decreased influence of traditional shapers in our children's lives, shapers such as parents, church, and members of the community?

School is where our youth spend half their time, and the largest share of their person to person engagement may come from teachers and classmates. Partially this may be because schools have restrictions on the use of digital devices, and because those devices are difficult to monitor at home.

We must recognize that the pressures facing our students, teachers, and the education system are large in scope and beyond the resources they are provided. While the Minister will try to address the issue of resources, it's up to us as the larger community to assist. Our efforts and examples outside the school can have a huge impact on our youth's success.

In our own ways, we are all teachers in the greater system of education, as schools are only one part of the whole.



# I Can Do This, I Know I Can

By Shelah Klassen

I've dealt with depression since I was young, when I was in Grade Four. Although it got really bad when I was in Grade Six, my condition calmed down for a few years and only popped back up around the time when I was transitioning from Grade Nine to Grade Ten. Before too long, the depression got to the point where I attempted to take my own life.

Things got better for me once I was put on medication. The medication improved my perception, which meant that I had all the same thoughts, but I experienced them differently. I saw cars as just cars; I didn't think about jumping in front of them. The same with baths and knives and ropes. They were just harmless objects.

When the pills stopped working, however, I stopped taking them. They made me feel numb. I later found out that the pills stopped working because I had become anorexic.

I was diagnosed with anorexia nervosa on November 9, 2017, and I've been consciously anorexic for roughly two years.

The good news is that I'm being treated now. I'm in recovery.

My therapist has told me that I didn't just one day decide to stop eating; the disorder grew inside me for a long time before I decided to skip my first meal.

Although I had been consciously anorexic for two years, I realized that I had started having anorexic thoughts and subconsciously restricting food for about six years. I had always eaten less than everybody else, but I'd thought that was normal.

It wasn't.

It got really bad over time—to the point where I was eating only a granola bar per day.

I was always trying to make it to 24 hours without food. I got there once, and then I felt sick when I finally ate again.



Shelah Klassen.

■ SHELAH KLASSEN

I was so weak. Always dizzy and cold. You could see my ribs, hips, spine, and collar bones. My pinkie and thumb could reach around my wrist, and my waist was smaller than my thigh.

I was in rough shape, but the minute I thought about eating I became disgusted. I just couldn't bring myself to do it.

One day, my boyfriend told me that if I didn't get better, he and I couldn't have a future together because I wouldn't be healthy enough. He told me that he would be there to support me, but that I needed to get help.

That's when I realized that my eating disorder wasn't just affecting me—it was also affecting the people I loved, and I just couldn't do that to them.

So I went and got help.

Over the summer, I was admitted to the hospital. I

remained there for a grand total of eight weeks and was discharged on August 17. I'm still seeing a therapist and dietitian to keep me on track, as I have started college, which introduces a whole new world of stressors.

But I can do this. I know I can.

I want to be open about my journey to help reduce the stigma around mental health. I believe that I'm a good advocate for mental health, because I've been there. I know what it's like and I want to support all those people who feel like they're nothing and have nothing left. My heart goes out to them.

I've had family issues, I've had depression, I've had anxiety disorders, and now I'm beating an eating disorder. I've been to some really dark places and I came out alive. I think it's important for people to see a success story.



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# Sports & Recreation



Avery Pickering and Kennedy Sproule of Team Manitoba.

PATTI HACAULT

## Two Local Baseball Players Help Lead Manitoba to Silver

By Liz Byron

Playing baseball was perhaps inevitable for Niverville's Kennedy Sproule—it's in her genes, she thinks.

"I started playing baseball because my dad played, and it was something I wanted to do because I wanted to be like him," she says.

She started playing when she was only five, and now she plays for two teams: the Niverville Bantam team and the Manitoba provincial girls' 14U team.

The two teams are quite different, she says. The local team is comprised mostly of boys, since most girls opt to play softball. The baseball team is open to girls as well, though, and some do take that route. The provincial team is an all-girls team, and members must try out for the highly competitive team.

Sproule, who pitches and plays second base, says she enjoys both teams. The Niverville team, she says, allows her to compete while having a lot of fun with local friends, while the provincial team gives her the chance to meet girls from around the province and play against other competitive teams—frequently boys' AA or AAA teams, since girls baseball is still a growing sport.

That competitive level took Team Toba to Spruce Grove, Alberta in order to compete in the Western Canadian Invitational Baseball Championships from August 16–19. There, the Manitoban girls competed against teams representing Ontario, Saskatchewan, Alberta, and British Columbia.

Team Toba finished round-robin play with three wins and one loss, losing only to the British

Columbia Selects, and they went on to the medal round. There, they won their semi-final, losing the final match to the B.C. 15–6, ultimately bringing home the silver medal.

Sproule wasn't able to play in the final game, though, because her arm was in a cast.

"During the semi-final game, I hit a double and I was running to second base, and I had to slide and landed on my arm," she says. She was taken to hospital to have a cast put on, and then raced back to the ballpark to cheer her teammates on. "We parked on the other side of the park, so I had to run all the way to our diamond, and got there just in time to see the end of the game."

The teenager, who aspires to one day play on the national girls baseball team, wasn't the only local resident to be at the championships. Avery Pickering from

St. Adolphe also plays for Team Toba, and at 12 years old she is the youngest member of the team.

"Avery is a valuable part of the team. She's a bit younger but is very talented and has a lot of potential to grow in the game," says head coach Dean Sproule, who also happens to be Kennedy's father.

Coach Sproule played university-level baseball for four years in the U.S., and played a very brief stint with the Winnipeg Goldeyes. Now he enjoys spending time sharing his love of the game and helping younger players develop their skills.

"It's a great opportunity to coach them," he says. "I enjoy seeing them have fun and get along as a team, but I also enjoy the competitive level of play that they're at. It's a great group of girls on the team."

### IN BRIEF

## Chamber Golfers Enjoy Good Weather

By Evan Braun

✉ editor@nivervillecitizen.com

The Niverville Chamber of Commerce held their annual golf tournament fundraiser on Friday, August 24—under sunny skies, a welcome change from the bad weather that hampered the last several Chamber tournaments.

This year, 66 golfers teed up, separated into two "flights." The winner of Flight #1 was Armada Construction, followed by Trotco Electric and the Town of Niverville. Flight #2 was led by Southern Comfort Mechanical, with Von Ast Construction and RBC/Heritage Lane Builders taking second and third place respectively.

As the golfers returned from the course, they were greeted by a dinner catered by the Heritage Centre.

This was the first year that the Chamber held the tournament in mid-August, as opposed to mid-September.



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# Seven Jets to Watch at Training Camp

By Nicholas Anderson

The Jets managed to keep most of their lineup intact over the course of the offseason, with a few exceptions. Up front, a couple spots opened up via the departures of Joel Armia and Paul Stastny, while the same deal that sent Armia to Montreal seems to have created a little competition for the backup position. The team's decision to not offer a contract to lifetime Tobias Enstrom also created a spot on the back end.

Every year, there are an ample number of players trying out for roster spots, so who should we look out for this season?

First, consider Marko Dano and Nic Petan. These two 23-year-olds enter training camp with lower expectations than ever. Having been unable to grab full-time spots on the roster the past few seasons, this may well be their last shot at making the team. The added pressure should yield good performances from the offensively gifted forwards.

Next, there's J.C. Lipon. Last year, I thought Lipon had the best camp of those searching for roster spots, and he went on to score a career-high 17 goals for the Manitoba Moose. Standing at six feet, the ninety-first overall pick of the 2013 draft plays a scrappy game and loves to drop the gloves. For a Jets team that many claim lacked size and grit in the postseason, Lipon could be the perfect candidate to replace Joel Armia.

Brendan Lemieux is another



The Jets take the ice.

DUSTIN KRAHN

candidate for Armia's spot. Lemieux is a highly skilled player who loves to get his hands dirty. As the thirty-first pick in the 2014 draft, there's clearly some untapped potential in the 22-year-old. After scoring a career high 43 points, including 19 goals, alongside 170 penalty minutes, Lemieux could have a monster camp and make the team for opening night.

You can't forget about Jack Roslovic, who's likely a lock to make the roster. Fans should keep an eye out for how Paul Maurice and his staff utilize the 21-year-old forward. In 31 regular season games, Roslovic has only taken 45 faceoffs, despite playing most of his life as a centre. With the loss of Stastny, it will be interesting to see if Roslovic can step up and

take the middle of the ice on a line with Patrik Laine and Nikolaj Ehlers. He could also find himself alongside Scheifele and Connor Wheeler back to centre, where he played surprisingly well for a series of games while Scheifele was injured last season.

While Kristian Vesalainen's chances of cracking the team this season are slim, there's still a chance Jets fans will see him on the ice before the end of the season. That said, he and the Jets will need to decide what his best options are next season. Is it returning to Finland to continue playing on big European ice? Or is it a year in the AHL to get adjusted to the North American way of playing the game, on smaller ice?

Finally, what about Eric

Comrie? When the Jets announced they had signed former Edmonton Oiler Laurent Brossoit as their backup goalie, it had many fans up in arms. But for Eric Comrie, it could mean a chance to become the team's backup out of camp. With a razor-thin market for quality goaltenders this offseason, Comrie could see himself promoted to the big club should he prove he can handle the stage and be at his best, even with eight to ten days between starts. Though this may hurt his career trajectory, the Jets prospect could be the best answer for the team on nights where Connor Hellebuyck can't play. He's currently a restricted free agent and will need to be signed in order to attend the camp.

## GORP WORLD ATHLETE OF THE MONTH



### Sara Desmarais

Sara is seven years old and is going into Grade Two. She has been a ShopGym Kid since she was three years old. Sara is very hard working and always helps her coaches in class. She loves to go dirt-biking with her brothers and cheer for her older brother when he races. She enjoys doing crafts and getting her nails done. Her favourite activity at ShopGym is wall-climbing.

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# Clippers Receive Key Grants to Launch New Season



Players fight for the puck at the Niverville Arena.

RAY DOWSE

By Evan Braun

✉ editor@nivervillecitizen.com

As the calendar flips to September, the local Clippers program is gearing up for another season of great local hockey. Conditioning skates will soon get underway and tryouts are slated to begin on September 17.

"This year's tryouts will take place at one of our home facilities in Ste. Agathe," says Travis Mason of Clipper Ice Sports. "We would like to thank the Ste. Agathe Arena staff for their hard work on getting the ice ready a few weeks early this year."

One major change will go into effect this year is that the Novice teams will no longer be tiered, due to a vote of the Eastman hockey board. Novice skaters will also play on a half-ice playing surface for the full season.

"CIS has done some revamping

this off-season with implementing a new development program for players and coaches," says Mason. "We're kicking the season off with a coaches appreciation breakfast, where they will receive on- and off-ice training provided by GT Performance Hockey. Also, CIS has invested money on training aids to provide our coaches with the latest new tools."

The program received some especially exciting news in August, when it was announced that CIS would receive two grants from Hockey Manitoba.

"The first grant that we were awarded was the Grassroots Player Development," Mason says. "We will receive \$1,500 to put towards the costs of our new development program. The second grant that we were awarded was for Goaltender Development, which we will put

towards our new goaltending program being provided this season. With our commitment to providing professional teaching development to our players and coaches, by bringing in GT Performance this season, we're grateful for the help from Hockey Manitoba to save some costs."

As part of the off-season revamp, the board welcomes a few new members who were appointed at the spring annual general meeting. These include Scott Wallace (vice president), Clayton Smeltz (treasurer), and Stephane Theoret (equipment coordinator).

The board wishes to thank outgoing board members Christa Cooper and Heather Knip for their valued contributions to the program.



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# Health & Wellness

## Better Health, Better Life, Better You

**By Brenda Sawatzky**

✉ bsawatzky@nivervillecitizen.com

It's no secret that staying fit is one of the key components of feeling better and living longer. Health experts have long been singing its praises. And the more research they do, the more benefits they uncover.

While weight loss seems to be the primary reason people choose to work out, an active lifestyle pays dividends well beyond a slimmer waistline. Fitness helps regulate stress and anxiety, making you feel happier throughout the day. It increases energy levels, reduces the risk of chronic disease, and improves skin and bone strength, and memory. If that's not enough, regular exercise even increases your chance of getting a good

night's sleep.

Still, we sometimes find ourselves unmotivated and at a loss when faced with building an exercise regimen that's right for us.

Cue the southeast's fitness centres, which make it their mission to help you get back into shape in ways that are fun and easy to stick to. Their fitness trainers take the complexity out of the equation and can tailor-make a routine that fits your body type, goals, and lifestyle.

"I offer a free fitness consultation and personalized training programs for those who don't know where to start in achieving their fitness goals," says Chris Friesen, owner of Average Joe's Fitness in Niverville. "[This] also includes a short book I've written about what to focus on

from a nutrition standpoint in order to achieve those goals. I believe that some level of education should be included in a gym membership, not just access to the facility."

Crystal Stott of ShopGym Inc. in Niverville agrees that finding a fitness centre with qualified coaches is essential to preventing injury and customizing your workout to get the best results.

"Our coaches spend a lot of time teaching people to move properly, with or without load," says Stott. "They get to know our members well so that when they coach them, they know their circumstances and limitations and can provide real guidance to effectively scale a workout. A one-size-fits-all approach does not work well when talking nutrition and fitness,

so our coaches are constantly ensuring that our members get a tailored, safe, effective workout every time they step through the door."

Friesen says that, for him, strength training, body building, and fitness have been an obsession since he was a teenager. Though self-trained, he admits to having spent many years researching thousands of fitness and nutrition resources to get him where he is today.

"I experimented on myself, kept what worked, and discarded the rest," Friesen says. "I've now come up with a very simple and time-efficient way of helping people achieve their fitness goals without it consuming their life."

Currently, clients from around the world have tuned into his online fitness and nutrition programs and are

seeing success.

For Stott as well, the decision to open a gym stemmed from her own personal passion for having fun while staying fit.

"I've always loved sport, and this filled a hole when I had to stop playing team sports," Stott says. "The camaraderie and encouragement I got after my first class had me hooked!"

Stott and her team of trainers carry certifications in weightlifting, gymnastics, kettle ball, kid's fitness, nutrition and other specialized modalities. Her ShopGym location offers group fitness classes as well as personal training, sport team training, kids programs, mom and toddler classes, nutrition coaching, and even remote coaching services. Classes are available for ages as young as three and all the way up to senior citizen.

"We are, first and foremost, a community and a lot of people who are newer to town have found some new friends through the gym," Stott adds. "We provide a safe space where people can work out in a judgement-free zone. We offer a wide variety of services, but what sets us apart is that every class is planned for you, can be scaled for where you are at, and is coached by a qualified fitness professional. It's like having a personal trainer at a fraction of the cost. We also offer a variety of supplements for retail sale."

Average Joe's Fitness offers 24/7 access to a fully-equipped gym and a one-on-one coaching program for those who are 16 and up. The gym is located at 10 Cedar Drive.

ShopGym is located at 1789 Main Street.

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## Taking Care of Number One

**By Brenda Sawatzky**

✉ bsawatzky@nivervillecitizen.com

We only get one body and one life, and there are a thousand reasons to protect and preserve both. Yet when life gets busy, our health is one of the first things to take the hit. Fast food replaces healthy options and relief medications replace the search for the root cause.

In the end, we can find ourselves on a downward spiral, feeling lousy and eventually battling chronic or life-threatening conditions.

### A LITTLE NUTRITION

Susan Watson of A Little Nutrition says it doesn't have to be this way. As a registered dietitian, her goal for the past 17 years has been to help people return to a more balanced relationship with the food they eat by training them on the differences between whole foods and processed foods and getting them back in the kitchen cooking again.

"We provide counselling for all areas of nutrition, from improving a health condition like diabetes or high cholesterol to lifestyle nutrition," says Watson. "We help people learn about what to eat and how much, but we also address the relationship with food [and] why we eat the way we do."

Watson and her team of eight certified nutrition coaches offer group and one-on-one consultation services. They also go the extra distance, accompanying clients on a trip to the grocery store and providing in-home cooking classes to teach the skills

of healthy food preparation.

"We don't believe in diets or diet plans that are strict and hard to follow," Watson says. "We are passionate about teaching people how to meal plan for their own unique lifestyle and situation. We don't want to just educate people on what to do, we want to... help them actually achieve this goal."

Another unique service she offers is called Nutrigenomix—genetic testing with a simple saliva test.

"It's a revolutionary new advancement in nutrition which involves eating based on your genetics," Watson explains. "Individual genetic variations can affect how people respond to the foods, beverages, and supplements they consume. Nutrigenomics is the study of how individual genetic variation affects a person's response to nutrients and impacts the risk of nutrition-related chronic diseases."

### MAMA RECHARGED

Teri Watt of Mama Recharged knows all too well the negative effects that poor food choices have on a person's physical and mental well-being. As a registered holistic nutritionist, she's overcome her own health challenges by altering her eating habits and managing her stress levels. Today she runs her business online. Her primary focus is to help young mothers like herself.

"I help moms get their energy back and feel good again using whole foods as fuel," Watt says. "So many moms are tired and not feeling well and I am passionate

about changing that. Usually they don't think there is anything that they can do about it or don't know what to do about it. That was me about six years ago and changing my diet truly changed my energy and the quality of my life."

Watt offers a four-week program called the Mama Recharged Method where participants learn ways to enjoy clean eating by cutting out energy-draining foods and powering up with energizing ones. Keeping it simple, she says, is important in a mother's busy life and is the best way to achieve long-term results for the whole family.

A membership to her program also provides participants with weekly meal plans, shopping lists, meal preparation guides, and personalized coaching. Every spring and fall, Watt offers a seven-day cleanse course which can help moms experience significant improvements in just one week.

"Most people don't stick with diets for longer than a couple of weeks because either they are hungry and their cravings take over, or it's just too much work," Watt says. "In the Mama Recharged Method, the focus is on keeping it clean, simple, and delicious so that it turns into a lifestyle change that sticks. You don't have to spend hours in the kitchen. And contrary to popular belief, you don't have to go hungry."

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and services to the residents of southeastern Manitoba for 18 years. While they're most commonly associated with health supplements, their products have moved into natural beauty lines, essential oils, natural household cleaning products, and a vast range of locally sourced and organic grocery items including meats and garden produce.

"We continually work hard to mould and shape ourselves for what is in demand," says Janelle Pachal, a certified natural product advisor at Good 'n' Natural. "With more natural health products on the shelves of mass market stores, we need to rise to the occasion with knowledgeable and friendly staff available to answer questions and help the customer."

The company partners their product lines with services to help customers navigate the sometimes daunting path to natural healing.

"I believe that more people are noticing that they have options," Pachal says. "Along with visiting your family doctor and getting an opinion, you can also visit a naturopathic doctor to make a more well-rounded decision when it comes to your health. Supplements are great, but there are still interactions with prescribed medications that you want to be conscious of. That's when we strongly recommend visiting a naturopath. They are educated to help the body heal itself, and sometimes that means a combination of prescription medication and natural supplements."

A fully certified naturopathic doctor provides services through Good 'n' Natural as well as a personal trainer who offers one-on-one lifestyle support in the Healthy Living Program.

As shoppers move toward the ease of online shopping, the retail store has joined forces with GNN Healthy Living, a website created by the owner of Good 'n' Natural and run by a team of product professionals within the store.

"It's known that our biggest competition is online," Pachal says. "So if you can't beat 'em, join 'em. We are very fortunate to have such loyal customers, so we've provided another platform for them to support us. In between processing orders, we have two full-time GNN team members who are regularly adding new items and simplifying the process of online product selection."

#### FOR MORE INFORMATION:

- [www.alittlenutrition.com](http://www.alittlenutrition.com)
- [www.mamarecharged.com](http://www.mamarecharged.com)
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## Get the Dead Virus, Not the Live One

After a bad flu season in the southern hemisphere last fall, many in the healthcare community in North America braced themselves. According to Dr. William Shaffner, an infectious disease expert at Vanderbilt University, "Many of us anticipated that we were going to have a flu season that was on the severe end of the spectrum. It certainly was and it certainly continues to be."

As the flu season is fast approaching, your best defence against the flu is to get the annual flu vaccine. There are a number of ways to prevent the flu, including getting the flu shot, frequent hand-washing, avoiding touching your face with your hands, sanitizing household surfaces and children's toys, and maintaining a healthy and active lifestyle. When you get immunized, you also help your loved ones by reducing the spread of the influenza virus.

Keep in mind that once you are immunized, the seasonal flu vaccine takes about two weeks to be effective. If you are 65 or older or have chronic illness, you should also get a pneumonia vaccine. One pneumonia vaccine may give you a lifetime of protection.

Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently, but millions of people get the flu every year. Hundreds of thousands of people are hospitalized and many die from flu-related illnesses. Even healthy people can get very sick from the flu and spread it to others.

In Canada, flu season can begin as early as October and last until late spring. An annual seasonal flu vaccine is the best way to reduce your risk of getting sick and spreading the virus to others. When more people get vaccinated, less flu can spread through our communities.

The flu can seem similar to the common cold, but the symptoms are usually more severe. Common symptoms include fever, extreme tiredness, dry cough, and generalized body aches.

## How Do Flu Vaccines Work?

Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection. The seasonal flu vaccine protects against the influenza viruses that research indicates will be most common during the upcoming season.

Most clinicians believe that the flu virus this year will make an appearance by early November, and by January an upswing of sickness should hit the country. There are typically two peaks—one in December, as kids return home from school, germs in tow, and again in January and February, as frigid temperatures set in.

**This year,** the St. Adolphe Pharmacy will start the Flu Clinic in early October. The flu shot is your best defence. It is safe, including for kids and those who are pregnant or breastfeeding. Best of all, it's free. It's also available from your doctor or nurse practitioner, and from public health units across the province. It's proven to reduce the number of doctor visits, hospitalizations, and deaths related to the flu.

The flu is different each year because the virus changes frequently, so you need to get it every fall. Be sure to get your shot as soon as it's available because it takes two weeks to take effect.

Contact Massoud Horriat at the St. Adolphe Pharmacy  
[st.adolpheclinic@gmail.com](mailto:st.adolpheclinic@gmail.com), (204) 883-2314



# Arts & Entertainment



Jordan St. Cyr.

JOEY SENFT PHOTOGRAPHY

## Local Artist Makes Push into U.S. Market

By Jan Kendall St. Cyr

Niverville resident and award-winning singer/songwriter Jordan St. Cyr is gearing up to launch his music career into the U.S. marketplace.

Naturally, he is well aware that he cannot do it alone. To this end, a fundraising event hosted by CHVN's Michael Thom, featuring St. Cyr and his band, will take place on Tuesday, September 11, at the Park Theatre in Winnipeg.

"Expanding into other markets is essential, simply because Canada alone cannot support a career in Christian pop music," St. Cyr says. "According to experts in Nashville, the Canadian market is small and can only handle three big touring bands at one time, so if you are going to be successful in this business you have to expand into the U.S. and then continue on into the international markets from there."

Expanding into the U.S. will open a world of new opportunities to the local performer. For example, several A-list

bands have expressed interest in working with him. The problem is that it's necessary to connect with these groups through their agencies in Nashville, since they are the ones who would promote Canadian shows.

"I have been steadily building a team in Nashville over the last four years consisting of publishers, producers, songwriters, radio promoters, publicists, and managers," he explains. "This team has been so gracious in their support and encouragement and have really affirmed my dream of doing music ministry on an international level."

For the past 15 years, St. Cyr has been pursuing his music and funding his ministry on his own dime.

"I've taken this as far as I can on my own to where it hasn't negatively affected my family financially," he says. "If I truly believe in what I'm singing and in the message I am bringing to the world, and if I fail to provide as a father and a husband, then I am no good to anyone."

Asking for help and letting

others in, St. Cyr acknowledges, have been a struggle for him.

"It's important to work alongside others toward a common goal, and that's something I have never done—because in some ways I have been afraid to ask for help. I can no longer carry the load on my own and I know now I was never supposed to. People are so willing to help when you share your need and supply them with an opportunity to give, which I see now is an integral part of the gospel."

He adds that he works hard to be the very best artist he can, writing the best material and putting on the best shows, to make the most of people's contributions.

A big part of the picture has been pursuing his dream while raising children—with a fourth on the way. "When we are faithful in doing the little tasks every day, the big picture takes care of itself," he says.

It's a reference to Josh Wilson's song, "Dream Small," which encourages us to dream small for today, thus enabling

us to do what's important in the moment without being overwhelmed by those big dreams and desires which can sometimes stall our progress.

Raising funds is necessary, St. Cyr says, to help provide the practical tools he needs to further his calling. Specifically, this includes a touring bus to accommodate travel with his band.

"Having the band at this stage of my career is essential," St. Cyr explains. "The band creates a much greater impact as the songs I'm writing now are big and anthemic. They demand that greater sound."

The fundraising event will be a night of new music and stories about St. Cyr's journey to Nashville and beyond. He will talk about his ministry, perform with his band, and share the next big steps he's taking. The doors will open at 6:30 p.m. with tickets available online (see below) and also at the door for \$10.

### FOR MORE INFORMATION

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

### IN BRIEF

## Prov Prof Publishes Original Composition

By Liz Byron

A local professor is garnering international attention in the music community for a recent original composition of his, "We Say Farewell," which has been published by the Italian publishing house Da Vinci Edition.

Dr. Michalis Andronikou, an Associate Professor of Composition and Theory at Providence University College in Otterburne, dedicated the song to the memory of Russian baritone Dmitri Hvorostovsky. Andronikou had been admirer of Hvorostovsky's voice for years.

"In my mind, he was a symbol of opera for the twenty-first century, like Maria Callas was for the twentieth century," Andronikou reflects. He was saddened to hear that the singer had passed away at only 55 years of age after a two-year battle with brain cancer. "I will never forget the day that he passed away. I remember being in my office at Providence, reading his obituary. It was about 5:00 p.m., it was getting dark."

As Andronikou was reading the obituary, he heard one of his colleagues talking to a student. That colleague was David Klassen, also a baritone singer, and his voice led Andronikou to a conclusion.

"It was then that I had the idea to do something to honour Hvorostovsky," says the Greek-Canadian, who, in addition to this piece, has also had works published by the Canadian company Palliser Music Publishing and the Bulgarian Balkanota.

His next step was to approach another colleague, Dr. Luann Hiebert,

a professor of literature, about writing a poem about Hvorostovsky. Then it was Andronikou's job to compose the music to Hiebert's words. Although he and Hiebert wrote the words and music separately, he says the project required them to be in sync.

"The accents of the words are also music accents, otherwise the flow of the song is not natural," he explains. "Music and poetry become one, to express the ideas and feelings of the poet and the composer."

To test the success of this marriage of words and notes, he says, they needed the right performers to try it out. Fortunately, Andronikou says, he was able to recruit two more colleagues from Providence: David Klassen and his inspiring baritone voice, and pianist Tracey Sawatzky, both of whom Andronikou describes as very "charismatic performers."

Klassen and Sawatzky premiered the piece in this spring at a recital in Steinbach. The recording of the project was very well received, earning positive reviews and comments from around the world, and to date it has been viewed more than 4,000 times on YouTube.

"This piece is a lament in honour of a great singer," says Andronikou. "We did not want to idolize the singer. Instead we honour our arts and ask people who listen to it to do the same."

### FOR MORE INFORMATION

■ A video recording of the performance by Klassen and Sawatzky can be found online: [www.youtube.com/watch?v=H-qL2EUF84g](https://www.youtube.com/watch?v=H-qL2EUF84g)



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## Updates from the Ritchot Chamber

## Chamber Members Reduce Expenses

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The Chamber Gala and Business Awards Dinner  
Nov. 10, 2018 | Trans Canada Centre

Save the date! The annual gala and awards dinner is set for November 10. It's never too early to think of emergent and established businesses that should be awarded for their role in the community.

## World Trade Centre Events

Does "Back 2 School" mean it's also time for you to refresh your business education? The World Trade Centre in Winnipeg offers a wealth of resources for business start-up and maintenance. September topics include taxes, pricing, start-up capital, customer service, and social media—to name a few. Check out a full listing on their website: [www.wtcwinnipeg.com](http://www.wtcwinnipeg.com) under "Events."

## Fundraising for the Development of a Regional Facility

HUB International's Niverville location will donate \$25 to their town's Community Resource Centre initiative for every insurance quote brought to their attention. There is no obligation to purchase.

Commercial Development Forum  
Sept. 18, 2018 | 7:00 p.m. | RM Office, St. Adolphe

The Municipality of Ritchot will be hosting a Commercial Development Forum for St. Adolphe. The forum will include presentations on the current commercial status of St. Adolphe, business data and resources, and an open forum discussion that will help identify the commercial strengths, opportunities, aspirations, and results for the town of St. Adolphe. RSVPs are appreciated. Contact Lesley Gaudry at [cedo@ritchotchamber.com](mailto:cedo@ritchotchamber.com) or 204-471-1210.

## Growing Strong

The Ritchot Chamber welcomes HUB International (Niverville). Would you like to find out more about the benefits of becoming a Chamber member? Contact Fiona Robinson, Executive Director at 204-881-2351 or [fiona@ritchotchamber.com](mailto:fiona@ritchotchamber.com).

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# Little Free Libraries Crop Up Around Niverville

By Liz Byron

There is no public library in Niverville, but residents are taking matters into their own hands to improve the town's access to books.

In late July, Kaite Desrosiers opened a Little Free Library in front of her home at 91 Cobblestone Court. The small structure, which looks like a miniature house, is stocked with a variety of books, and passersby are welcome to take a book, leave a book, or do both.

"I really wanted to provide an easier access point for people in our town to find books," says Desrosiers. "I love connecting a reader with a good book. This library is a dream come true for me."

The library may be a gift to the town from Desrosiers, but in turn it was a gift to her from her father, George Loewen. Loewen made the library for her as a gift for her thirtieth birthday. To start, she stocked the library herself, with her own books, as well as purchases from used book sales. Now, she says, other Niverville residents are pitching in.

"People were really quick to start adding their own



The Little Free Library in Kaite Desrosiers's yard.

KAITE DESROSIER

books, or leaving donations on my porch. That helps a lot! I have to keep stocking it every couple of days!" she says. She's hoping to soon add a waterproof container on her porch in case people wish to leave donations to put toward the maintenance of the library.

The Cobblestone Court library isn't the only one in town, though. The Niverville Communities in Bloom Committee already has two little free libraries in the Niverville Heritage Gardens—one for children's books, one for adults' books, and plans are in

the works for a third on Main Street.

Committee member Shirley Hoult says that the group is always looking for ways to bring some street scape into the community. She says that the upcoming addition on Main Street is a good demonstration of how community groups can work together.

"This library will be a mailbox donated by the Progressive Group, recycled and painted by students from This Little Light Artistry with approval for installation on a Main Street property provided

by Cara and Ray Dowse," Hoult says. "The little artists will be happy to see their work displayed on Main Street for the community to enjoy. The libraries are intended in some small way to bring the community together, to provide a feel-good moment."

Desrosiers agrees with the importance of bringing people together, noting that she has had neighbours come out to chat with her about the books in the library.

The Little Free Library movement officially began in 2009 in Wisconsin and is a registered nonprofit. Library "sponsors" can choose to register their Little Free Libraries online to be added to an official map. There are none currently registered in Niverville, although this doesn't seem to have prevented people from finding the libraries currently in place; Desrosiers says she has restocked her shelves more than once already and hopes that the books keep moving.

"I really hope everyone feels comfortable using it, whether you're in walking distance or not," she adds. "It's all just about spreading the books around."

## IN BRIEF



The Color performs at last year's Welcome Week concert. PROVIDENCE

## Providence Prepares to Kick Off Welcome Week

By Evan Braun

editor@nivervillecitizen.com

Providence University College and Theological Seminary is gearing up to welcome a wave of new students as part of their annual Welcome Week celebrations. The six-day orientation period will include an alumni soccer game, a movie night, a bonfire, and a concert.

Welcome Week officially launches on Friday, August 31, with students getting situated and helped through registration. Campus tours will begin at 2:00 p.m., and parents will have the chance to participate in their own orientation session later in the afternoon.


Sunday's event are to begin with morning chapel, after which returning students will be welcomed back to campus. The alumni soccer games will kick off at 1:00 p.m., and all students,

alumni, faculty, and staff will be treated to a barbecue dinner afterward, at 4:30 p.m. De Luca's will be on hand to serve after-dinner coffee, as well as gelato and donuts.

This year's annual concert will begin Sunday evening at 6:30 p.m., featuring local talent Jordan St. Cyr and Scribe, a Jamaican-born hip-hop artist on the Canadian Christian music scene.

Monday and Tuesday will begin with morning chapel and be followed by academic orientation. In the evenings, students can take part in various introductions, residence care group meetings, board games, and a bonfire.

Although classes are set to get underway on Wednesday at 8:30 a.m., Welcome Week festivities will continue for the rest of the week with a comedy show by Matt Falk, an ice cream social, and fireworks.




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