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LOCAL NEWS

Rental Developer Begins New Building Phase in Niverville

■ Developer Luke Wiebe has gotten the second phase of his Fourth Avenue development approved by town council, paving the way for new apartment and townhouse rentals.

Details on Page 14

LOCAL NEWS

Middle School Sees Transformation

■ Niverville Middle School, formerly NCI, has undergone major changes since the high-schoolers transitioned out.

Details on Page 19

COMMENTARY

The Reality of Living in Uncompetitive Ridings

■ Provencher has long been the stronghold of one political party. Are voters in southeastern Manitoba well-served by such loyalty?

Details on Page 25

HEALTH & WELLNESS

Getting Fit and Active

■ With fall upon us, many people are looking for new ways to stay active. No matter your age or fitness level, our communities have lots to offer.

Details on Pages 28-30



On the Campaign Trail

» DETAILS ON PAGES 4 & 5

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WHAT'S INSIDE

On the Campaign Trail

4

Niverville Awarded Four Blooms by Manitoba Communities in Bloom

7

Chamber of Commerce Hosts Climate Action Forum

8

Co-op Opens New Pumps in Niverville

9

Getting an Up-Close Look at What Happens to Your Recycling

10

Seniors Spotlight: Adrien Dumesnil

12

Get Ready for a Season of Fall Suppers

14

Fourth Avenue Developer Gets Approval for Next Phase of Rental Units

14

Daughter Honours Legacy of Jake and Irene Isaak

15

Two New Physicians Come to Niverville Open Health

16

Wildlife Haven Unveils New, Modern Facility

18

Niverville Middle School Creates New Culture

19

Ritchot Business Community Welcomes Growth Initiatives

20

Fire Prevention Week Message: Plan Your Escape

21

Wiens Furniture Unveils New Furniture Showroom

22

Reflections on a Teaching Career: Helen Schapansky

23

Where Is Our Common Ground?

24

Life in an Uncompetitive Riding

25

Niverville Celebrates 50 Years in Style

26

Jets Seek Stability from Rookies After Offseason Turbulence

27

Getting Fit and Staying Active

28

The

Citizen

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PROVINCIAL ELECTION RESULTS

36

Progressive Conservative

18

MANITOBA'S NDP

3

MANITOBA LIBERAL

0

green PARTY OF MANITOBA

	2019	2016
SEATS:	36	40
POPULAR VOTE:	46.5%	53.4%
VOTES:	222,366	229,518

	2019	2016
SEATS:	18	14
POPULAR VOTE:	31.3%	25.6%
VOTES:	149,868	109,905

	2019	2016
SEATS:	3	3
POPULAR VOTE:	14.5%	14.2%
VOTES:	69,417	60,905

	2019	2016
SEATS:	0	0
POPULAR VOTE:	6.3%	5.2%
VOTES:	30,266	22,123

SPRINGFIELD-RITCHOT ELECTION RESULTS

RON SCHULER
59.2% 5,670 VOTES

SAM OKOI
20.7% 1,982 VOTES

GARRETT HAWGOOD
11.1% 1,066 VOTES

SARA MIRWALDT
8.5% 814 VOTES

Progressive Conservatives Win Second Majority

By Evan Braun
editor@nivervillecitizen.com

Manitoba's forty-second general election, held on September 10, is in the books, and Premier Brian Pallister's Progressive Conservatives have won a second majority government. Official tallies peg the seat counts at 36 for the PCs, 18 for the NDP, and 3 for the Manitoba Liberals.

This majority is only second in magnitude to the one won by the PCs in April 2016.

In the Springfield-Ritchot riding, newly created in advance of this year's election, PC Ron Schuler came out victorious with 5,670 votes (59.2 percent). In second place was Sam Okoi of the NDP (1,982 votes, 20.7 percent), followed by Garrett Hawgood of the Greens (1,066 votes, 11.1 percent), and Sara Mirwaldt of the Manitoba Liberals (814 votes, 8.5 percent).

If you've done the math, you may have noticed that the vote totals in Springfield-Ritchot only add up to 99.5 percent. So what happened to the other half-percent of votes? The answer lies in the form of rejected and declined votes.

There were 16 rejected ballots in this riding. A rejected vote is one that cannot be counted due to improper marking on the part of the voter, which is otherwise known as

a spoiled ballot. A ballot can be spoiled intentionally, or simply marked incorrectly.

There were also 34 declined ballots. A declined ballot is the equivalent of voting "none of the above." To decline your ballot, you must show up in person at your polling station and declare your refusal to vote.

Only four provinces allow for declined ballots—Manitoba, Ontario, Saskatchewan, and Alberta. Declined ballots are not accepted at the federal level.

The election saw a total 478,466 votes cast, which accounts for an overall voter turnout of 54.99 percent. In Springfield-Ritchot, the turnout was higher than average, at 60.56 percent. That puts it in the top 25 percent of all 57 ridings.

Another interesting statistic from the local results is Garrett Hawgood's 1,066 votes for the Green Party of Manitoba. Although well short of fellow candidates Ron Schuler and Sam Okoi, Hawgood's haul was good enough for the fifth highest Green result in Manitoba, with only four other Green candidates doing better.

The communities of Île-des-Chênes and St. Adolphe previously belonged to the Dawson Trail riding, which the PCs had won in 2016 with 52.9 percent of the vote, while Niverville and Ste. Agathe belonged to the Morris riding, which the PCs

had won with 74.6 percent of the vote.

The Morris riding had been represented by PC MLA Shannon Martin, who made the shift this year to the McPhillips riding north of Winnipeg. He squeaked out a victory there by just 88 votes over his NDP opponent. This was by far the closest result in the election.

PC MLA Bob Lagassé was comfortably re-elected to his seat in the redrawn Dawson Trail riding.

Although Manitobans may be election-weary, they are already facing another go-round with democracy. The morning after Manitoba's election, Prime Minister Justin Trudeau called a federal election, meaning we are going to the polls again, on October 21. The entire southeast region falls into the Provencher riding and is currently represented by Ted Falk of the Conservative Party of Canada.

With the federal campaign underway, polls as of October 1 show the Liberals and Conservatives in a virtual dead heat in terms of the popular vote, with the Conservatives slightly ahead—although the Liberals are marginally favoured to come out ahead in seats.

Niverville residents will then go to the polls a third time, on November 26, for a plebiscite regarding the possibility of cannabis retail.

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On the Campaign Trail

On October 21, Canadians will elect a new federal government. To help make that decision, The Citizen has reached out to all five local candidates.



By **Graham Schellenberg**

Transgender health researcher, LG-BTQ2 advocate, and author Trevor Kirczenow, formerly a professional violinist, is representing the Liberal Party of Canada in Provencher.

Kirczenow, one of the first openly transgender candidates in Canadian history to run for a major party in a federal election, operates a farm near Dugald, Manitoba with his husband and two children.

He says that in Provencher “many people have felt marginalized and shut out” of political discussions.

“I felt that not all voices were being represented,” Kirczenow says. “I have experience in bringing diverse communities together and would welcome the opportunity to serve all Provencher residents.”

Originally from British Columbia, Kirczenow performed as a violinist with the Vancouver Symphony Orchestra while attending the University of British Columbia, where he received a Bachelor of Arts in political science. After graduating, he went on to perform for the Winnipeg Symphony Orchestra, retiring upon the birth of his first child. His biography, titled *Where's the Mother? Stories from a Transgender Dad*, was published in 2016 and was covered by *The New York Times* and *The Toronto Star*.

Kirczenow also volunteers for La Leche League, a breastfeeding support organization. In 2014, he formed

a University of Ottawa-based research team to examine the experiences of transgender parents with pregnancy, birth, and infant feeding. The study was funded by the Canadian Institutes of Health Research and led to the first published, peer-reviewed medical research about transmasculine infant chest-feeding.

The Liberal Party has announced that, if re-elected by Canadians, they will make significant investments in healthcare, including what Justin Trudeau has called a “down payment” towards a national pharmacare program. While the party has yet to announce specific details regarding the program, Kirczenow shared his thoughts regarding the proposal.

“Canadians have talked about national pharmacare for many years, and now is the time voters can make it happen,” he says. “The Parliamentary Budget Officer, who determines the cost of proposed legislation, conservatively estimated the annual savings potential of a national pharmacare plan at \$4.2 billion. Other studies suggest much higher savings. A national pharmacare program would be both compassionate and fiscally conservative, but Conservative Party leader Andrew Scheer is opposed to it. The Liberals, NDP, and Green all support it.”

The Liberal Party would also commit Canada to net-zero carbon emissions by 2050, as pledged at the United Nations Climate Action Summit 2019, and would phase out the use of coal power by 2030.

“We aim to introduce tax-free home retrofit loans to help lower everyone’s carbon footprint and save money on home heating,” says Kirczenow. “We also need compassionate, science-based policies to support our farmers who are facing climate extremes that increase risks to crops, hay, and livestock. Environmental protections must be strengthened along with economic growth.”

He adds that people around the country, and in Provencher specifically, are concerned about the rising cost of living. The Liberals have generally focused on affordability during the election campaign, promising to cut middle-class taxes and lower cell phone bills while committing greater funding to families, building accessible childcare spaces, and promoting start-up businesses.

“I hope to be a responsive Member of Parliament for all the many communities in our diverse riding,” Kirczenow says. “Growing infrastructure, such as high-speed internet, is one key to sustaining our rural way of life by extending economic opportunities. I also want to ensure we do not go back to muzzling scientists as was the policy under Harper. Our farmers need the best climate research to ensure they can understand and address the significant changes they are seeing already.”

FOR MORE INFORMATION

- www.trevorkirczenow.liberal.ca
- www.facebook.com/TrevorForProvencher
- Read the Liberal Party of Canada platform: www.2019.liberal.ca



By **Brenda Sawatzky**

✉ bsawatzky@nivervillecitizen.com

First elected as an MP for the Conservative Party of Canada in the 2013 byelection, Ted Falk has served the people of Provencher for about six years. Since that time, Falk has served as Vice-Chair of the Justice and Human Rights Committee and Deputy Shadow Minister of Employment, Workforce, Development and Labour. He’s also held positions on the Natural Resources, Public Safety, National Security Committee, Public Accounts, and Canadian Heritage committees.

Falk and his wife Irene live in the Steinbach area, where they’ve raised three children and have been blessed with ten grandchildren.

According to Falk, one of the Conservative Party’s leading policies is to reduce taxes for average Canadians. They plan to do this in a number of ways.

Their universal tax cut strategy, they say, will allow double-income couples making an average salary to save more than \$850 per year. As well, federal taxes will be eliminated on income earned through EI maternity and paternity benefits.

Seniors, too, will benefit. The Conservatives plan to increase the age credit by \$1,000, meaning low- to middle-income seniors would see a savings on their income taxes of up to \$150 more per year.

Homeowners will see tax relief on their home heating and electricity bills, as the Conservatives intend to eliminate the GST on those utilities.

Falk says buying a home will also become easier under a PC government.

“Andrew Scheer understands the kitchen-table issues facing Canadians,” Falk says. “Our Conservative team is working hard to create common-sense policies that will help Canadians get ahead.”

Their policies also include taking a different approach to climate change and environmental protection.

“Conservatives have a proud legacy when it comes to protecting Canada’s natural environment and improving Canada’s environmental performance,” Falk says. He adds that greenhouse gas emissions can be lowered and the environment can be strengthened without unnecessary taxation.

Their strategy is based on three primary principles: promoting green technology, taking a leadership role in global climate change, and creating a plan to protect Canada’s air, land, water, and wildlife.

“Canada’s Conservatives understand that Canadians need tax relief, not more new taxes,” says Falk. “You cannot tax your way to a stronger economy any more than you can tax your way to a cleaner environment. That’s why the first act of a new Conservative government will be to scrap the Liberal carbon tax.”

The Conservative party also hopes

to take a hard line on corporate handouts and subsidies.

“A new Conservative government will cancel hundreds of millions of dollars in corporate welfare handouts to wealthy executives, shareholders, and foreign companies,” says Falk. “We will conduct a review of all business subsidy programs in order to eliminate \$1.5 billion in corporate handouts that don’t create jobs and support economic growth in Canada. Those savings would instead go towards new measures to help hard-working Canadians.”

Bringing this all closer to home, Falk says his party will repeal the Liberals’ tax increases on small business as well as eliminate much bureaucratic red tape, which will benefit the many small businesses in Provencher.

FOR MORE INFORMATION

- www.provencherconservatives.ca
- Read the Conservative Party of Canada platform: www.conservative.ca



By **Gabrielle Taylor**

For the past 30 years, Janine Gibson has been advocating for organic farming, but this federal election season she wants to advocate for all Manitobans on behalf of the Green Party of Canada.

Gibson has strong roots in rural Manitoba. She grew up on her

family's ranch outside of Oakbank and continues to connect to the realities of farm living. However, her studies at the University of Winnipeg in English and Psychology, and later Human Ecology at the University of Manitoba, has allowed her to gain a broader understanding of the whole country.

"I've lived in Winnipeg, Toronto, and Los Angeles, but I call Manitoba home," Gibson says. She currently lives in Steinbach in an environmentally sustainable home.

She is the owner of Creative Health Consulting, a healthcare consulting business, but her true passion is in organic farming. Gibson has chaired and consulted with many groups, such as the Organic Food Council of Manitoba and the Canadian Organic Growers. Gibson has seen great economic success for organic farming in Manitoba and wishes to see the momentum grow.

"Organic farming hires more people and creates more jobs," said Gibson.

Gibson has also seen organic farms flourish as small businesses, and if elected she plans on helping small businesses in Manitoba. She says that the people of her community thrive and enjoy their work in owning and operating their own businesses, as opposed to having to leave the community for work in cities.

The principles of the Green Party strike a chord for Gibson, as they focus on the importance of building a more sustainable society for everyone. The party looks at the convergence of healthcare, ecological sustainability, and the economy.

Gibson herself does not have any official plans for the Provencher riding, but she desires to help small businesses grow and provide a better array of services and jobs to our local communities. She believes passionately that sustainable living can help the economy grow.

She identifies the strong leadership of Green Party leader Elizabeth May as being an important factor

in her personal decision to run for political office. In the recent provincial election, she also represented the Green Party of Manitoba in the Steinbach riding.

FOR MORE INFORMATION

- www.greenparty.ca/en/riding/2013-46008
- Read the Green Party of Canada platform: www.greenparty.ca



By Graham Schellenberg

Île-des-Chênes resident Erin McGee has had a busy year campaigning for the New Democratic Party. The NDP candidate for Provencher wrapped up her provincial campaign for La Verendrye on September 10 and began campaigning for the federal party the very next day, when the election was called.

McGee, President of the Canadian Office and Professional Employees Union Local 342, has served in that union position for over a decade. She is an administrative support worker for the Manitoba Nurses Union as well.

The New Democratic Party of Canada under the leadership of Jagmeet Singh, who was selected to

lead the party in 2017, has committed to strengthening and expanding public healthcare in Canada. If elected, the party would implement a publicly funded national pharmacare program.

They have also promised various anti-poverty measures, and would invest significantly in the construction of new housing stock, creating what they estimate to be an additional 500,000 housing units across Canada.

Also proposed by the NDP is a climate-change-oriented economic action plan that targets job creation and emphasizes the transition "to a clean energy, carbon-free economy."

FOR MORE INFORMATION

- Read the New Democratic Party of Canada platform: www.ndp.ca



By Brenda Sawatzky

✉ bsawatzky@nivervillecitizen.com

Wayne Sturby, Provencher's candidate for the People's Party of Canada (PPC), lives in Lorette with his wife Margaret. Together they are the proud parents to two

children and grandparents to five.

The People's Party of Canada is a new federal party established in the fall of 2018 by Maxime Bernier, a former cabinet minister for the Conservatives. Bernier began to build the People's Party after losing to Andrew Scheer in the Conservative Party leadership race in 2017.

In 2016, Sturby ran as a candidate for the newly created Manitoba Party. While he wasn't elected, he gained valuable political experience.

In November 2018, he joined the People's Party and became president of that party's Provencher Riding Association.

"I decided to run for the PPC a couple of months ago... because of the fantastic policies that put the interests of Canada and its citizens above everything else," Sturby says. "I could no longer support the [Conservatives] after Andrew Scheer made it clear in which direction he was taking the party."

His choice to join the People's Party, he says, is largely due to their commitment to put Canada first in all of their policies. He was also impressed by the pillars on which they stand—freedom, fairness, respect, and responsibility. Freedom, he says, includes a Canadian's right to own firearms. Responsibility entails holding elected officials accountable for unethical behaviour.

In his opinion, two ideologies separate political parties: right-wing and left-wing thinking.

Left-wing thinking, he says, leans on governmental control of the people.

In contrast, right-wing thinkers believe foremost in the rights of individual citizens, limiting the government's role to protecting those rights.

"Most political parties have moved further and further left and have extended more and more powers to the government," Sturby says. "This... makes the

individual [citizen] a servant to the government instead of the other way around."

The People's Party platform this election includes a pledge to create a fairer taxation policy for Canadians, putting money back into people's pockets.

As well, they plan to take a more sensible approach to immigration.

"The PPC recognizes the contributions of those who have immigrated to our country and we value them, but we do not want to compromise our safety, our values, our traditions, and our fundamental respect for our constitution," says Sturby. "Our immigration policy will require new immigrants to assimilate to our Canadian values and to our way of life."

Supporters of the People's Party say that their concerns lie with immigrants who come to Canada primarily to take advantage of its generous social programs.

Finally, Sturby adds, the People's Party will not pander to special interest groups and won't create individual policies that apply to specific provinces.

"We only have policies for all of Canada and the PPC is the only party to clearly state that we will fix the equalization payments formula," Sturby says.

He further believes that Provencher is home to many individuals who still cherish traditional values and are fearful of having their voices silenced.

"We are a diverse country with many different points of view, but there has been an escalating frontal attack on those who are not 'politically correct' and who don't support the new PC ideology," Sturby says.

FOR MORE INFORMATION

- www.facebook.com/ppcprovencher
- Read the People's Party of Canada platform: www.peoplespartyofcanada.ca

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Volunteers work on the gardens at the Heritage Centre in Niverville.

SHIRLEY HOULT

Niverville Awarded Four Blooms by Manitoba Communities in Bloom

By Crystal Isaak

At the twenty-first annual Manitoba Communities in Bloom Conference and Awards Ceremony on September 6–7, Niverville was honoured with a four-bloom rating, recognizing its outstanding achievement in the areas of civic pride, environmental responsibility, and beautification.

Over the last couple of years, Niverville has been rising up as a notable community at the provincial level. Special mention was made this year of the community's spirit and the greenspaces available throughout the town.

Communities in Bloom is a nationwide non-profit that seeks to encourage communities, according to a press release, to "work together to... achieve clean, green sustainable communities that celebrate their heritage and unique potential."

Communities are evaluated by a pair of judges in mid-summer for their accomplishments in six categories: tidiness, environmental action, heritage conservation, urban forestry, landscaped areas, and floral displays. All sectors, including municipal, private, corporate, and institutional groups, are to be involved. Communities are then divided up according to their populations. Niverville was one of three communities noted in the 3,001–5,000 residents category.

Niverville's local Communities in Bloom committee has been hard at work since 2015 in order to achieve the current four-bloom

ranking.

"Since 2015, there has been a steady improvement through the ratings," says Shirley Hoult on behalf of the committee. "Our overall rating this year was 77.2 percent. A rating of greater than 82 percent is required to reach five-bloom status."

Niverville's ranking this year was as follows: tidiness, 83.3 percent (five blooms); environmental action, 77.7 percent (four blooms); heritage conservation, 74.3 percent (four blooms); urban forestry, 68.9 (three blooms); landscape, 77 percent (four blooms); and floral displays, 81.1 percent (four blooms).

"It would be the town council's decision whether or not to enter at a national level, should we achieve five-bloom status," says Hoult.

Manitoba has four entries at the national level—the RM of Boissevain-Morton, the City of Brandon, the City of Dauphin, and the International Peace Gardens. These communities received their results at the National Symposium and Awards Ceremonies in Yarmouth, Nova Scotia on Saturday, September 28.

So what can Niverville residents do to contribute to a higher score?

"Residents already rate highly on the evaluation and we thank them for their efforts," Hoult says. "Most yards are kept neat and tidy and there are creative and diverse plantings... residents [increased] reusing rain collection and solar panels, [which] helped in the environmental action ratings."

An area where residents could help boost the local score is heritage conservation.

"Under heritage conservation, residents could incorporate plantings and artifacts that reflect the town's heritage," she says.

Hoult adds that community involvement is key to the local team's ongoing success. In particular, she thanks town council, businesses, residents, churches, and schools, all of which provided overwhelming support with regards to improvements and funding. Businesses and churches increased their floral displays throughout the community this summer, and she also notes that the local churches planted a unity tree.

This year, the committee saw multiple projects realized, including the installation of four additional Heritage Reflection signs along Main Street, in partnership with Manitoba Sport, Culture and Heritage. A native plant and ornamental grass garden was planted in the Fifth Avenue Estates amphitheatre. A native wildlife habitat and pollinator garden was created at the lagoon remediation site, with a second pollinator garden added at the Niverville Community Heritage Gardens in partnership with Monarch Teacher Network of Canada, which provided 750 plantings this year. The committee also organized a Better Gnomes and Garden Tour/Car Show-and-Shine which raised \$800 for the heritage pavilion fund.

Future projects will be

confirmed in late fall. One project that continues to be on the forefront of the committee's mind is a 64-foot heritage wall displaying historic moments from Niverville's past. The heritage wall would run alongside the Niverville Credit Union parking lot.

"This is one of our most exciting projects that will further enhance the appearance of Main Street with the introduction of a piece of heritage art," says Hoult. "Because of the scope of this project, the committee has been expanded to ensure broader input, knowledge, and direction. We have received some funding but have not yet applied for any grants. We are in the process of seeking conceptual drawings, following which proposals will be accepted from businesses wishing to produce the artwork. Once final costs are known, fundraising will continue."

As the 2019 season comes to a close, the Communities in Bloom committee wishes to recognize in particular Annette Fast's contribution to the team.

"Sadly, original member Annette Fast is unable to continue to work with us going forward, but we wish to recognize that without Annette our achievements would be considerably less," Hoult adds. "Her love for the community overflowed to everything she did as a member, creating a better place for us all. Annette's horticultural knowledge and efforts can especially be recognized in the elementary school gardens and remediation structure pollinator garden this year."

IN BRIEF



Expanded Self-Storage Facility Coming to Niverville

By Brenda Sawatzky

At a conditional use hearing before town council on Tuesday, September 17, local developer Ray Dowse presented a proposal to build a 5,400-square-foot self-storage facility in town. The location in question is at 299 Main Street, within the commercial development zone on the east side of Niverville.

The proposed facility would be 45 feet wide and 120 feet deep. The rear of the property would provide outdoor seasonal parking options for truck trailers and RVs.

Five parking spots would be created in the front of the facility as well as parking surrounding the entire building.

Twenty-four of the units would provide climate control options. All exterior units would have outside access.

Additionally, the entire section of land would be enclosed by a six-foot fence. Storage tenants would have 24-hour access through the locked gate by way of individual key fobs, and there would be a camera system to supply added security.

Council approved the proposal in a unanimous vote upon the follow-through of two conditions.

For the first condition, a rendering of the building façade will need to be approved by the CAO in order to help facilitate a more aesthetically pleasing appearance along the Main Street corridor east.

Second, the site on which the facility sits will require paving once the units are filled to 75 percent occupancy.

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Chamber of Commerce Hosts Climate Action Forum

By Brenda Sawatzky

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Chamber of Commerce chapters know that innovative ideas can come out of a think tank. That is, after all, one of the main reasons they organize.

On September 18, the Niverville Chamber of Commerce invited representatives from the International Institute for Sustainable Development (IISD) in Winnipeg to administrate a think tank on a topic that should be on everyone's minds: climate change.

The goal of the afternoon meeting was to provide an opportunity for local entrepreneurs to talk about the impact they can make, individually and collectively, to reduce greenhouse gas emissions and build a more sustainable future.

IISD Associate Director Darren Swanson, as well as Senior Project Manager Daniella Echeverría, have been visiting Chamber groups around Manitoba to encourage the conversation. Small and medium-size businesses, Swanson says, make up 95 percent of Manitoba's commercial sector and have the potential to start a wave of change that can ripple out to the rest of the world.

THE GREENHOUSE GAS EFFECT

Echeverría, who works in climate change adaptation and mitigation in Canada and globally, opened with a brief overview on greenhouse gases and their historical effects on the climate.

The greenhouse gas effect happens when gases such as carbon dioxide and methane are released into the atmosphere. Acting like a greenhouse, the gases trap the sun's heat close to the earth, causing temperatures to rise above normal. According to scientific studies, the earth's temperatures have been rising steadily since the 1880s.

This warming trend, Echeverría says, is even more observable in northern climates.

By analyzing historical data, scientists are now working on projections of what this might mean for the future of the planet—and mankind.

High carbons in the atmosphere will affect more than just temperatures, they say. They can lead to extreme weather such as extended droughts and heatwaves, flooding and snowstorms.

They've also determined that the human impact behind climate change is significant.

"It matters," says Echeverría. "Our choices matter and our policies matter in terms of what our future is going to look like."



Bruce Duggan of Providence College (Otterburne), Paul Neufeld of Southern Comfort Mechanical (Niverville), and Gary McFarlane of Titan Environment Containment (Île-des-Chênes) speak on a panel moderated by Darren Swanson of the International Institute for Sustainable Development. **BRENDA SAWATZKY**

LOCAL EFFECTS OF CLIMATE CHANGE

While the topic is of global concern, Swanson and Echeverría's focus stayed closer to home. According to analysts, Canada's average temperature is expected to increase at a rate double that of the rest of the world.

"By the 2050s, they are projecting that Manitoba's climates will look a lot like South Dakota and Nebraska," Swanson told those gathered. "By the 2080s, the southern Manitoba climate could be looking more like Kansas and the northern parts of Texas."

Admittedly, warmer temperatures in Manitoba could be an inviting prospect for some, and they could conceivably provide opportunities to farmers in terms of longer growing seasons and access to northern trade routes in terms of extended shipping periods.

But it's also expected to create some big challenges as weather patterns become less predictable. Extended droughts and heavy rains will affect local crops. Lower-lying areas will be impacted by rising sea levels.

"There are parts of the world that will be severely stressed by these changes," says Swanson. "Some [communities] are even anticipating having to relocate entirely and are looking at immigration deals with other countries."

GLOBAL ACTION

After the Paris Climate Agreement of 2015, leaders from around the world set targets to lower greenhouse gas emissions within their home countries. At that time, the Canadian government made a plan to decrease its emissions by 30 percent by the year 2030.

"We need to bend the curve," Swanson says of the current temperature trends. "The challenge is that carbon dioxide is so inherently comingled with our economy that bending the curve is no simple task."

One ton of carbon, he says, is created by driving a vehicle 4,000 kilometres, or by heating a non-energy efficient home with natural gas for four months. The amount of trash created in one household per

year also equates to a ton of carbon. Landfills, too, emit a huge amount of greenhouse gases as methane escapes into the atmosphere.

Canada's goal is to eliminate 200 million tons of carbon in just better than ten years.

According to Swanson, Canada is the biggest emitter of greenhouse gases per capita out of the 20 countries belonging to the G20.

Options for reducing our greenhouse gas impact include producing less carbon as well as finding ways to store more carbon. Currently, innovative technology is in the works for carbon capturing. But it can also happen naturally through better farming practices, since healthy soil stores carbon. As well, trees soak up carbon, which is one reason why cities with lots of trees traditionally have cooler climates compared to those that don't.

To encourage Canadians to tackle the problem on a corporate and personal level, the federal government recently introduced a carbon tax as well as Climate Action Incentive funding to assist entrepreneurs and homeowners in introducing energy-efficient systems into their businesses and homes.

But the IISD's mission is to give policymakers an additional push toward the goal. By talking to Manitoba entrepreneurs, they hope to inform the government on the barriers that still stand in the way of climate improvement.

WHAT LOCAL COMPANIES ARE DOING

At Wednesday's meeting, Swanson invited three local guest panelists to share what their climate action strategies have looked like in the past as well as the barriers they still face.

The panelists included Paul Neufeld of Southern Comfort Mechanical Inc. in Niverville, Bruce Duggan of Providence College in Otterburne, and Gary McFarlane of Titan Environment Containment, a nationwide company with a location in Île-des-Chênes.

McFarlane's company has been researching and introducing biomaterials for use in road construction,

water and waste management, mining, the oil and gas sector, the hydro-electric sector, and agriculture. Their products and services are designed to help manage and protect the environment through sustainable solutions.

Some of these products, he says, have been around for 40 years but until recently there's been little incentive to buy them. However, he's beginning to see a bigger uptake as people become more environmentally conscious.

Neufeld's company, too, has been working towards environmental stewardship by way of geothermal heating and energy-efficiency systems. On an internal level, Southern Comfort Mechanical has been working to make improvements to their own buildings and fleet vehicles for maximum energy and fuel efficiency.

Neufeld says he sees a kind of inertia within the construction industry due to long-held thinking that each contractor must work independently on a build.

"What's most common is where [contractors]... decide what's going to be installed and then they go out to get the cheapest price," Neufeld says. "Sometimes it works and sometimes it doesn't."

He adds that when engineers and contractors put their heads together, oftentimes ingenuity and innovation come from those unions, benefiting the client and the environment.

Duggan says Providence College has been on a good track in the past 15 years, cutting emissions from their heating system by about 80 percent. This was managed by replacing their natural gas system with a biomass-fired boiler. As well, geothermal was installed in one of their newest buildings.

"It wasn't done for green reasons," says Duggan. "We weren't trying to show off how environmentally friendly we were... The board looked at the lifecycle cost of the building... If you look at the long-term perspective, most energy-efficiency initiatives are cheap. They save you money... There are sustainability and green initiatives you could do as a business that will cost you money and there are things

that you could save money on that aren't all that green. What I'm interested in is where those two circles overlap."

Duggan suggests that the creation of wealth, which has been climbing since the 1800s, is directly correlated with the creation of emissions, tying climate change directly to the economy.

"Until and unless we figure out how to disconnect them, we are either going to fail to hit those targets or we will make ourselves poor," he says. "There are countries like Denmark who have figured out how to disconnect economic growth from carbon emission growth."

As a result of that kind of thinking, Duggan, along with the Manitoba Trucking Association, have been actively involved in convincing different levels of government to provide a subsidy to companies for retrofitting their long-haul trucks for better efficiency. In June of this year, both federal and provincial governments began acting on that initiative.

"If the trucks in Manitoba truly go through this kind of retrofitting process... we will end up with one of the most efficient long-haul trucking fleets in North America," Duggan says. "And what that means is the industry in Manitoba, which is already large, can grow because it can outcompete its competitors."

The trucking industry, he says, is just one good example of disconnecting the economy from climate change. Trucking companies can build on the economy by paying installers to retrofit their vehicles. In turn, they are saving money over the long-term and passing the savings on to the consumer. At the same time, they are helping reduce greenhouse gas emissions.

Similarly, the installation of energy-efficient systems is an act of consciously uncoupling the economy from carbon emissions.

As for governmental barriers to climate action, Duggan says that trying to get all levels of government together long enough to agree on something poses a problem. It can begin, though, with local municipal governments and Chambers of Commerce.

Other barriers include something he calls regulatory inertia: antiquated thinking in some current vehicle and building codes that make it difficult for businesses to move in a more positive direction.

Duggan adds that inertia, unfortunately, is one of the strongest forces in the universe. But inertia and momentum are in many ways similar.

"If you begin to get some movement, then real change and speeded change are possible," Duggan concludes.



The new gas pumps are open at the Niverville Co-op.

CARA DOWSE

Co-op Opens New Pumps in Niverville

By Evan Braun

editor@nivervillecitizen.com

Co-op customers, rejoice. With the September 17 opening of Co-op's new gas pumps on Main Street, Niverville is once again a two gas station town.

The property now features six pumps, to serve 12 cars, and a new automotive propane fill station. There is also much more space for vehicles to manoeuvre through the area compared to the old, somewhat cramped setup.

Construction on the project began in May, which led to the business's pumps

being closed for a four-month period. Before the new tanks could be dug and the pumps installed, the old ones had to come out.

During the construction period, the store and restaurant remained open for business as usual.

"This is a very central location," Pete said back in April. "We have a lot of walk-in traffic... which is huge for our store. The gas is very important to us, but the store and restaurant is also a big part of our profit. That's why we want to keep growing the restaurant side of it. Of course, the ice cream speaks for itself. We

still have a lot of people commenting that it's very good ice cream."

Another component of the upgrade, a 14-by 28-foot timber frame covered patio, opened in mid-June and sits on the spot of the original gas island.

At some point down the road, owners Pete and Rose Friesen hope to add an electric vehicle charging station.

"That's something that we're looking at doing because we know that that's coming," Rose said in the spring.

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Getting an Up-Close Look at What Happens to Your Recycling

By Brenda Sawatzky

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Unless you've seen the process of sorting recyclables firsthand, you can't fully appreciate what goes on behind the scenes. On September 10, members of Niverville council and town staff took a personal tour of the SMILE of St. Malo Inc. recycling depot.

This sorting station in St. Malo, Manitoba is the first stop for Niverville's recyclable materials. Reusable waste is delivered to their doorstep by Bristol Hauling every week, where it's loaded onto a series of conveyor belts and hand-sorted based on material: tin, aluminum, glass, paper, and five different types of plastics.

Once sorted, the materials are dropped into a large compression machine that creates massive bales of like materials. The bales are then stacked where they await pickup or delivery to their next destination—the manufacturer or broker who seeks out buyers interested in repurposing the used products.

Niverville's paper products end up at North Star Fibre in Morden, where they're turned into blown-in building insulation. The balance goes to Cascades Recovery+ of Winnipeg, who sells it to buyers from around the world.

SMILE receives a monetary payout for the products they sort, which generally fluctuates according to market demand. This valuable income stream helps provide employment for 63 workers and SMILE's administrative staff.

But SMILE is far more than just a waste-sorting facility.



Workers at the SMILE of St. Malo Inc. recycling depot.

BRENDA SAWATZKY

It is a non-profit organization dedicated to providing employment, housing, practical assistance, and programming for area residents living with intellectual disabilities.

The very nature of this business model provides a whole new reason for all of us to recycle as much as possible.

Four homes for the intellectually disabled exist on SMILE's site and around the community, each providing a degree of independence to residents with varying levels of cognitive ability. SMILE provides support, opportunities, and resources to each one.

For higher-functioning individuals, the hope is that SMILE will be a gateway to new employment opportunities as they learn job skills and time management. For others, the organization gives purpose, socializing opportunities, and a nominal income.

"We have some that are extremely high-functioning... and then we have the next one

that needs more help... but everybody has their [specific] jobs here," says Ashley Kantimere, day program manager. "We work to their ability."

But one trip past the loaded conveyor belt indicates that this job isn't for the faint of heart. A cacophonous noise pervades the facility, the sound of cans clanging and glass smashing into bins beneath the floor where the conveyor belt hums.

The workers grin and wave as visitors pass by. Some turn from their work for a hug, a handshake, and a quick inquiry into where the visitors are from. The day council visited, SMILE workers were busy sorting through a collection of Niverville's recyclables.

One woman, notably disgruntled, reminded the visitors to stop putting garbage into their recycling bins. Just moments earlier, she'd had to deal with a bag of kitchen scraps full of maggots.

According to the facility

manager, Pat Hamonic, this is not an uncommon occurrence.

"[We get] table waste and diapers," says Hamonic. "We get TVs, we get sinks. You name it, we get it... [It seems like] lots of people just clean their houses out and throw it all into their recycle bin or drop it off here."

Cat litter and dirty diapers are some of the most common problems, he says. Working the conveyor belt, employees are confronted with all kinds of nasty surprises. While Niverville residents have gotten better since recyclables first began arriving here, he says the community could still use some improvement.

These waste items, too, need to be sorted into a bin for the landfill—and landfill delivery comes at a cost to the facility, eating into their meagre profits.

SMILE's executive director, Helen Lariviere, says one solution to keeping useless waste out of recycling bins is to locate garbage and recycling

receptacles at opposite ends of the kitchen or school classroom so mistakes like this are less likely to happen.

Dirty recyclables also add a level of discomfort for workers. A gentle rinse of a can or milk jug goes a long way to preventing the foul smells and mould that permeate the materials.

And taking a bit of extra time at home also saves valuable time for workers at the facility. Removing lids from containers allows them to be crushed into tighter bales. Separating non-similar materials that are packaged together means the workers don't have to—for example, removing the non-recyclable plastic bladder from a box of wine or separating the wax paper bag from the outer cardboard of a box of cereal.

Education on the accepted recyclable plastics is also important. Keeping a list handy in the kitchen helps. Residents can find a number within a recycling symbol on most plastic containers.

Numbers accepted for recycling here include 1, 2, 4, 5, and 7.

Because it's a relatively small facility, SMILE has the luxury of going the extra mile. Mason jars and wine bottles are donated to individuals looking for these items. Beer cans and bottles are separated and turned in at the local beer vendor for a higher cash payout than would be available from recycling brokers.

Lariviere says that they host a lot of tours for school children and sports teams and they welcome visitors who call in advance. Children, she says, are extremely impressionable and once they get a firsthand look at the process behind recycling, they go home and help their parents work on better recycling practices.

And, as director, she's always working at improving what they do at the facility.

"My dream is to buy this beautiful machine they've got in Switzerland that takes glass and polishes it into pebbles that you can use [for decorative landscaping]," says Lariviere.

Her hope is to grow the facility to a place where they can begin to repurpose materials onsite rather than shipping them away, thus reducing some of the carbon footprint caused by recycling processes.

But machines built to repurpose recycled materials come with a steep price tag, so supporting the growth and sustainability of organizations such as SMILE is just one more reason for residents to keep on recycling and recycle responsibly.



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Talking green

On Wednesday, September 18, Niverville saw one of the largest turn-outs for a series of climate action forums held across the province.


Hosted by the Niverville Chamber of Commerce, the forum presented some sobering statistics.

If there is no change in greenhouse gas emissions, by the 2050s Manitoba's climate will be like Nebraska and South Dakota; by the 2080s like Kansas and northern Texas. By 2021 to 2050, Winnipeg could face an average of 31 days of +30° weather; and by 2051-2080, an average of 52 days if GHG emissions continue at the current rate. With a reduction, by 2021 to 2050, 28 days of +30° weather could be expected and by 2051-2080, an average of 38 days. Average days over 30° between 1976 and 2005 were 14.

The forum allowed the town's businesspeople to learn about challenges and opportunities; what others are doing; and the possible impacts if greenhouse gas emissions are not reduced.


Nine other communities have hosted forums that are led by the Manitoba Chambers of Commerce and the International Institute of Sustainable Development.

New members



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Seniors Spotlight: Adrien Dumesnil

By Brenda Sawatzky

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Adrien Dumesnil is a third-generation Ste. Agathe resident who has never longed to live anywhere other than his beloved hometown. At 86 years of age, he enjoys his suite at the Chalet Ste. Agathe seniors residence where he receives regular visits and phone calls from his five daughters, six grandchildren, and three great-grandchildren.

Until retirement, Adrien knew nothing but farm life, and even today he pays regular visits to the fields and farms in the area, talking shop with the local farmers—and he personally knows every one.

While a quadruple bypass in 2012 slowed him down slightly, he still fills his time driving friends to Lucky Luc's restaurant or Tim Horton's for visits over coffee.

The Chalet Ste. Agathe, he jokes, will be his final home because it's so close to the cemetery—the last move he plans to make.

"We come and visit often," says daughter Danielle. "But if he needs help, there's still people [in the community ready] to help him... We're lucky. He's got a great interest in life... Every time he meets somebody he wants to know what they do and I love that he gets in his car and helps his friends. Back in the day, they used to say [to Dad], 'It's too bad you didn't have boys.' But now people say, 'You're lucky to have daughters to take care of you.'"

And Adrien's memory is as sharp as ever, remembering every one of his daughter's birthdays and making a point to invite them out for breakfast or lunch.

"He never misses saying, 'Let's do something for your birthday,'" Danielle says with a smile.

LIFE ON THE RIVER'S EDGE

Adrien's grandfather moved to the Ste. Agathe area from Quebec in 1885 and began a humble farming operation two miles south of the community.

"He built close to the river so he had access to water," Adrien says. "[It was] for the cattle and the family. In those days, they would use the water from the river."

At just 18 years of age, Adrien's grandfather lost a hand in a threshing accident but Adrien says it never stopped him from fulfilling his farming dreams. Years later, Adrien's father assumed the family farmstead and the grandparents moved to a house in Ste. Agathe.

As a young child, Adrien recalls living at his grandparents' home, along with two of his sisters, from Sunday to Friday every week so that they could



Adrien Dumesnil, 86, of Ste. Agathe.

✉ BRENDA SAWATZKY

attend school.

"We were lucky," Adrien says. "Some kids had to travel with horses [up to] five miles to go to school. The parish had a barn at the back and this is where they had to leave their horses... Then at noon they had to go back and feed them."

He describes his grandparents as patient, kind, and helpful when it came to giving guidance with schoolwork in the evenings. They were, though, very strict about their faith and insisted that Adrien and his siblings attend Mass with them every weekday morning at 6:45 before the start of school.

"Even if there was a big storm outside, we still had to go," Adrien says. "My grandparents were religious people... There weren't too many kids who would come out in the morning like that except for us... There was no argument there. You live in [my grandparents'] house, you live by their rules."

His daughter Danielle says her parents weren't as strict about church attendance, but she fondly recalls attending with her parents on Christmas Eve.

"We used to go to midnight mass and then we would come out at 2:00 in the morning and there'd often be snow falling like a typical movie," Danielle says. "Then we'd go home and have a big meal and open up our presents. The next day [we'd go to my grandparents] and all the cousins

[would be there, too]."

As a child, Adrien enjoyed swimming in the river at his parents' farm and paddling his boat in the Red River on the weekends. He quit school in 1950, the year of one of history's most memorable floods.

"We had to move out [of our house]," says Adrien. "We had about five feet of water in the yard."

It was a time before advance flood warnings. Adrien's family could only predict the outcome of the spring flood based on how quickly the river levels rose near their home. When things began to look dire, the cattle were moved to higher ground on a neighbouring property. As the water continued to rise, the livestock was loaded up at the railroad one mile west of Ste. Agathe and sent to the stockyard in Winnipeg where they were sold.

"The market was very, very bad because the prices were low," Adrien says. "My dad lost quite a bit of money from that."

Soon, the family also had to load themselves onto a railcar, along with a few meagre belongings, and head to Dauphin where homes and cottages were opened up to flood refugees. It was a few months before they could safely return and begin the cleanup.

"The [returning] people picked up a mop and pail at the train station and went home," Adrien says. "We had to stay there while we were cleaning up. We had no other place to live...

We just threw everything outside, cleaned up, and life went on."

TAKING OVER THE FARMSTEAD

As a young man, Adrien took over his father's farm and purchased or rented small parcels of land west and north of Ste. Agathe for crops.

He met his wife in Ste. Agathe and they were married in 1955. Unfortunately, the marriage ended in divorce years later. But not before they'd lovingly raised five girls, making a special effort to raise them bilingual.

"There was a program on TV called Chez Hélène and it would teach them to speak English," Adrien says. "So before they went to school, they were all bilingual."

He laughs at a memory he has of his daughters visiting an English bachelor who lived nearby. In struggling English, they asked him, "Who's your cooker?" wondering who it was that made meals for a man without a wife.

During those years, Adrien and his father provided an egg delivery service to restaurants and residents of Winnipeg. The pair went door to door every Friday, building a regular clientele.

"We sold three dozen eggs for a dollar," says Adrien. "If you sold two hundred or three hundred dozen a week, you had a few dollars in your pockets to buy groceries."

After each harvest, Adrien also delivered his grain to a feed mill in

Blumenort. The mill owner owned a general store and offered credit for the grain at his store. That, Adrien says, was how he brought home groceries to his family through the winter months.

1968 to 1970, he recalls, were a string of bad years for crops due to an abundance of rain, but Adrien says a farmer always finds a way to survive. He worked an outside job during those years building chicken barns in order to make ends meet.

"I worked for a dollar and a quarter an hour," Adrien says. "We were getting \$75 every two weeks... We were happy with that."

Before there was a bridge in Ste. Agathe, the ferry was a common method of transport for Adrien to visit his sister on the east side of the river. He remembers a near tragedy at the ferry one year when a young mother accidentally drove her car over the edge. The car, with mother and baby inside, began to sink in the river but the ferry driver moved quickly to save both of them through the window of the submerging vehicle.

For Adrien's daughters, life on the farm was exciting. Danielle recalls harvest time being very special.

"My mom would make meals and we'd bring them to the fields and we'd have this big picnic," Danielle says. "Sometimes we'd stay and [get rides] in the combine and fall asleep in the cab."

She has one distinct memory of riding with her siblings, one of them only two years old, in the bucket of her dad's tractor. Her oldest sister, Nicole, was in the cab on her father's lap, learning to drive.

Winters, too, were fun for Danielle. "The river would freeze and we had a snowmobile. At 12 or 13, you could go everywhere," Danielle says, remembering horsing around on the machine all winter with her cousins.

RETIREMENT FROM FARM LIFE

Adrien retired from his own farm in 1985 but spent many of the following years helping others on their farms. He also took a job working maintenance at the local arena. For 20 years he played on the Old Timers hockey league and travelled in an old bus to tournaments around the province.

He was also a community advocate, volunteering along to relocate Cartier Park to higher ground after the flood of 1997. He was instrumental, too, in the erection of a new arena in 1975.

For his eighty-sixth birthday on September 17, Adrien's plan was to spend the day with his family riding on the Prairie Dog Central.

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IN BRIEF

Get Ready for a Season of Fall Suppers

By Evan Braun

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It's that time of year when the temperature cools, the harvest comes in, and communities gather for fall suppers. Fall suppers are a great way to meet your neighbours—and also enjoy a fantastic meal.

Ste. Agathe's fall supper is happening on Sunday, October 6 at the Community and Cultural Centre on Pembina Trail. Dinner will be served starting at 4:00 p.m. and ending at 7:00 p.m. Adults will pay \$15, children between six and 12 will pay \$7, and those five and under will eat free. Tickets can be purchased at the door.

The menu will include roast turkey, ham, meatballs and gravy, stuffing, mashed potatoes, vegetables, coleslaw, dinner rolls, and a variety of desserts.

Île-des-Chênes's fall supper will follow a couple of weeks later on Sunday, October 20 at the Trans-Canada Centre. Dinner begins at 3:30 p.m. and will continue to be served until 7:00 p.m.

Adults in Île-des-Chênes will pay \$14, seniors will pay \$12, students will pay \$10, and children between the ages of four and ten will eat for \$5. Younger children eat free. The proceeds of the event will go toward the Seine Rive Minor Ball organization. Tickets are sold at the door.

FOR MORE INFORMATION

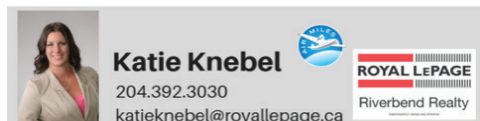
■ Takeout service is also available for the Ste. Agathe supper. Place your order by calling or texting Tara at 204-391-0100 or emailing taragoller@hotmail.com.

■ For more information about the Île-des-Chênes supper, contact Claire Hince at 204-818-0415 or email idcfallsupper@hotmail.ca.

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ROYAL LEPAGE
Riverbend Realty

Fourth Avenue Developer Gets Approval for Next Phase of Rental Units

By Brenda Sawatzky

✉ bsawatzky@nivervillecitizen.com

A small crowd of residents gathered at council's evening meeting on September 17 to speak to one of three public hearings set for the agenda. Developer Luke Wiebe was back at the table for a third attempt to gain approval for his proposed new multifamily rental development.

After many questions were answered and concerns allayed, council approved the proposal unanimously. Councillor Kevin Stott was not in attendance at the meeting.

Wiebe's plans to create a second high-density housing development just south of his existing one has been met with much controversy in the past from the neighbouring residents of lots 87, 93, and 103 Fourth Avenue South. Many of their concerns have revolved around the high traffic load being created along a street that acts as a major route for children walking to the elementary and middle schools every day.

As well, the inclusion of multi-level units within a block of single-storey homes has led to concerns over privacy, home values, and the lack of aesthetic appeal such a development might bring to the neighbourhood.

The newest plan, scaled back from the first two, proposes a 50-unit rental development comprised of a pair of two-storey townhouse buildings along the west side of the development, each containing ten suites. A third structure, this one a three-storey apartment building, would be situated in the centre of the easterly portion of the lot and provide 30 new rental units.

This new plan met the requirements of a thorough administrative review that had been conducted of the site, with the inclusion of adequate onsite parking to prevent spillover onto the street and adjacent church parking lot. Wiebe's new development would be the first in Niverville to meet council's recently created parking



Developer Luke Wiebe makes a successful pitch to council regarding a proposal to build new rental units.

✉ BRENDA SAWATZKY

spot rules for developments such as this.

"We have listened to the public and asked for two parking stalls [per unit] and visitor parking as well," Wiebe told council.

Five residents came forward to address council, once again looking for reassurances on how the proposed infill and construction would affect their neighbourhood. One resident, living immediately south of the lots in question, shared his concerns regarding backyard privacy when faced with two- and three-storey apartments next door.

Others were concerned with sewer capacity and drainage along a street that already sees water backup in times of heavy rainfall. Two emails and one letter of objection to the proposal were also read by council into the public record.

One resident of the multifamily development to the north of the location spoke in favour of the new development. As a single mom on disability, she reiterated the need for lower-cost housing options within the community and was so far pleased with the quality of the rental units provided by Wiebe.

Mayor Myron Dyck told those gathered that council has been working hard at creating a sound development plan for the community going forward. Creating

medium- and high-density housing internally allows for more residents to live within easy access to amenities.

"We want to be mindful of land usage in the community and not just deal with urban sprawl," Dyck said. "It's very easy to say, don't do density housing in what is a single-family community and always keep doing it on the perimeter."

But there comes a point, he says, when residents with homes dating back to the 1940s and 50s can no longer justify putting money back into their aging properties and something new has to occur there. Such was the case with many homes along this stretch of the street.

As well, the lots along this stretch are unusually large which more readily accommodates higher-density options.

"You have to start planning as to what a neighbourhood can do to revitalize," Dyck added.

The new development will be built in phases beginning with the two townhouses. The lower suites will offer a zero-step entry, appealing to 55-plus tenants. They will be comprised of one-bedroom units, some with an additional den. The upper level will provide two-bedroom suites.

The three-storey apartment block, to be built in a second phase, will offer elevator access to

the upper floors. The building will be surrounded on the north and south sides by a 75-foot parking buffer. This, along with a six-foot fence surrounding the development, should help allay concerns regarding privacy for neighbouring homes, Wiebe says.

The property will have two entry and egress areas exiting onto Fourth Avenue South. Wiebe has agreed to install speed bumps within the development to slow traffic.

According to Wiebe, an indoor sprinkler system is not required by code but he agreed to undergo an inspection by the fire chief and follow any recommendations made. Video surveillance will be installed on the property for an added level of security.

Drainage will be addressed through the addition of a gravel-lined moat, keeping excess water from spilling off the property.

Greenspace will be provided on the east and west sides of the property and Wiebe confirmed that play structures could be added if the general demographic of the tenants required it.

"We want to build something here that people are proud of," Wiebe told council. "I believe the majority of the people living in our [other] complex love where they live... I've had a lot of people tell me that they are the nicest rentals in town."

Increased sewage concerns were addressed by Mayor Dyck. This area is currently undergoing the installation of a larger sewer main that will more than accommodate the additional residents.

But Wiebe had to provide one more assurance before gaining council's approval. This pertained to the muddy mess and sidewalk blockage which occurred during his previous build.

Wiebe told council that the new development is void of basements, which would alleviate these concerns. As well, he and his crew will make efforts to be more cognizant of their impact on the sidewalk and street during this build.



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Daughter Honours Legacy of Jake and Irene Isaak

By Brenda Sawatzky

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Long-time residents of Niverville will know the names of Jake and Irene Isaak. Unfortunately, the couple has left this world—Irene in 2013, and Jake in 2018—but one of their children recently decided to witness for herself the results of her parents' extensive charitable legacy on the other side of the world.

With an inheritance from her parents' estate in hand, daughter Dorothy Born and her husband Paul deliberated only briefly on how to spend the money.

A vacation seemed fitting.

"[But] just a regular trip didn't seem appropriate," Born says. "The only kind of travel that seemed right would be to go where my parents had been—somewhere they had poured their love and energy into. That's when we started to check out travel in Europe that would allow us to take some time in Budapest, as well as allow the opportunity to get out to the little town of Bodrog to see the place [my parents] had come to love."

In Bodrog, a small town two hours west of Budapest, lies a school whose construction her parents passionately fundraised for.

The Isaaks had become aware of this need through their friendship with Henry Toews, the European Regional Director of the Association of Christian Schools International (ACSI). The organization's goal is to bring private Christian schools to areas around Eastern Europe. The ACSI headquarters is located in Budapest.

On numerous occasions, the Isaaks volunteered as hosts, cooks, maintenance providers, and renovators of the ACSI office building. During those years, they met a young man named László Demeter (Laci), a teacher and volunteer translator. Laci and Jake became fast and life-long friends.

"Laci made a remarkable impact on my dad," says Born. "Dad [was captivated by] his stories about [life] before and through the fall of communism in Hungary. It was a friendship that lasted 18 years."

In 2001, the Isaaks were introduced to a whole new need during one of their



Irene and Jake Isaak.

✉ DOROTHY BORN

many volunteer excursions. Four pairs of Bodrog parents were fostering a large group of orphans within their homes.

Combining their resources, these families purchased an antiquated mansion where they lived, along with their kids and foster kids, on one level and created a makeshift school on another. They invited other local children from the community to attend as well.

"Driving down the long driveway to the mansion, Dad saw a foundation and some framing materials that seemed to be in a state of building interruption," says Born of her father's visit to the site. Not believing in a missed opportunity, Jake began to hatch a plan to assist these families to complete the dream.

"My father was completely captivated by their vision, commitment, and drive," Born says. "Upon coming home, he could hardly talk about anything else. I'm sure there are some Niverville residents who will remember hearing about the school project in Bodrog, seeing as Dad was determined to find as many donors as he could to help the new school building become a reality."

Through an extensive fundraising campaign and the personal sweat equity of Jake and other local volunteers at the Bodrog build site, the dream became a reality. Today, the school provides education and a specialized music program for 150 students from Kindergarten to Grade Eight.

Born's decision to visit the school almost two decades later required months of research and outreach to people from her parents' past. One serendipitous breakthrough led to another, including the fact that Laci, her father's long-time friend, had become the European Regional Director of the ACSI.

"As we were making our plans to go, I felt impressed that I wanted to bring something, not just go to see the place," Born adds. "As I am a crafter, the idea came to me that I could knit a toque for each student... I recruited a few friends and it didn't take long and the toques were piling up."

On June 4, Born and her husband landed in Budapest bearing suitcases filled with 221 homemade toques, an assortment of school supplies, and candy. There was enough to share with other schoolchildren of Budapest as well.

A short stay in Budapest provided the Borns with an opportunity to build their own relationship with Laci and his wife Rita. They toured the ACSI office, getting a firsthand look at the kitchen in which Born's mother had cooked many a meal, the conference room which her father had been instrumental in building, and the third-floor bedrooms where her parents would have rested after a day's work was done.

From there, they headed off to Bodrog. Laci, acting as interpreter, provided a tour of

the school along with the principal. They were told that the old mansion behind the school now provides room for musical education.

Students of the Bodrog school have become so proficient in their musical talents that they've produced at least three albums. The director of music, Born says, plays the double bass, an instrument Jake Isaak played throughout his life as well.

Presenting the suitcase of gifts to principal Marti Dan was a highlight for Born.

"It felt a little like Christmas," she says. "We left Bodrog overwhelmed by the experience. It was surreal, hardly believing we'd actually been to where my parents had participated in something so much bigger than themselves. I kept thinking over and over how much my parents would love this place they had once been a small part of."

OTHER VOLUNTEER INITIATIVES

But the school in Bodrog comprises only a fraction of the volunteer initiatives the Isaaks poured themselves into over the years. The couple took on mission projects in Mexico, Costa Rica, the Black Forest Academy in Germany, and travelled numerous places to assist in Mennonite Disaster Services aid projects.

Their big hearts were shared with people close to home as well. Jake was instrumental in bringing a Youth for

Born. "As a child I remember Dad working a lot. Between farming, bidding on electrical jobs, and running a business, he didn't seem to have much idle time... He was a member of the Gideon organization and chairman of the Niverville Credit Union board for many years."

As well, Jake had a deep passion for music, singing in the men's choir at his home church and playing the double bass in different orchestras.

"As a child, I remember my parents taking us to the Lyric Theatre in Assiniboine Park to hear the Winnipeg Symphony Orchestra play the William Tell Overture, complete with the Winnipeg Army base firing off cannons at the appropriate times to the music."

Today, Born lives on a farm in Kleefeld with her husband. They are proud parents to four grown children and ten grandchildren. The trip, she says, brought her parents' legacy to life for her once again.

"This trip has made me realize how incredible the world is and it is filled with amazing people," says Born. "[It] confirmed in my thinking something that my parents realized a long time ago: travelling is exciting, there are wonderful places to see, and there is great value in seeing the world and being of service at the same time."

Christ branch to Niverville to provide a place for young people to safely gather. He delivered welcome baskets to new Niverville residents and canvassed neighbourhoods for Cancer Care.

Irene spent her days volunteering at the MCC store in town and, along with friends, visiting and playing music for lonely residents of the St. Adolphe nursing home.

"I grew up seeing my [parents] involved in church and community efforts," says



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Two New Physicians Come to Niverville Open Health

By Brenda Sawatzky

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Doctors Chris and Mairi Burnett are always on the hunt for new doctors to join their team at Niverville Open Health. Within the past month, two part-time physicians have settled in.

Dr. Kyle Curtis has been providing medical services at the clinic every Wednesday from 1:00 p.m. to 8 p.m. since the beginning of August.

More recently, Altona native Dr. Lauren Martens is on staff four days per month. Much of the balance of her time is spent at clinics in Churchill and Thompson. She is currently accepting new patients in Niverville.

Many patients are keeping their fingers crossed that Dr. Mary Coutts will return as a full-time physician in spring following her maternity leave. The Burnetts say other hopeful leads are in the wings as well, but attracting full-time doctors to a small town for an extended period of time hasn't been easy.

"I think if you look at a lot of clinics, that's what's happening," says Dr. Chris Burnett, referring to doctors who choose to pick and mix alternating schedules at different clinics.

With the current mix of medical staff, Niverville Open Health has two full-time and two part-time physicians, one physician assistant, and two nurse practitioners.

The physician assistant operates as an extension of the home physician. They don't have their own list of patients and are limited in what they can do independently. Their work is always supervised by an in-house doctor.

Nurse practitioners, on the other hand, work completely independently and can take their own patients.

NOT A WALK-IN CLINIC

Burnett would also like to dispel some misconceptions out there regarding "walk-in" or "drop-in" appointments at the Niverville clinic.



Niverville Open Health.

CARA DOWSE

While there are some Winnipeg clinics that offer walk-in privileges, that is not necessarily the case at Niverville Open Health.

For many, the terms walk-in or drop-in leave the impression that if you walk through a clinic's door and check in with the receptionist, you will be seen that day, guaranteed.

Open Health, on the other hand, is not your traditional walk-in clinic. They do, although, provide same-day appointments to a limit. Each day, staff determine the number of appointment slots to be delegated as unassigned, meaning they are not prebooked.

This allows for patients requiring short-notice appointments to use those spots. Once they have been taken, whether through online booking, phone calls, or simply dropping in, they are taken and no further appointments can be accepted that day.

"Primarily... if we've got spare appointments, then people in the [area] can use that," Burnett says. "But we really don't want the connotation of a 'walk-in' clinic. I see them as a necessary function but it's far away from what we want to be in

a family medical centre."

Burnett says Steinbach Walmart provides a good example of a walk-in clinic, where staff doctors primarily see patients on a one-time basis and have extended hours in order to provide healthcare services when patients can't access their own doctor.

"It's a concept more than a language," says Burnett. "Just because you get through the door [at Open Health] doesn't mean you're going to have an appointment. It depends if there is availability... Yes, we have appointments, and yes, the timing from those is very loose, but there is a finite resource each day and I would say most of that is booked up very quickly."

What Niverville Open Health does want to be is a family medical home where routine follow-ups occur and longer consultation times are the norm—a place where doctors can get to know the entire family, not just the individual, providing them the opportunity to see the bigger picture of how the family dynamic plays out in a person's life and health situations.

"It is one of the riches of family

medicine, that you get to see people in the context of the community," Burnett says.

URGENT CARE

Another of Burnett's goals is to transition Niverville Open Health from a primary care clinic to include urgent care. Once the clinic is approved for an X-ray machine and additional staff has been acquired, they will be able to extend their services to include non-life-and-limb-threatening issues such as bone fractures and cuts.

With the construction of the Community Resource and Recreation Centre, and with it the sorts of competitions that will occur there, Burnett says urgent care in town would be an asset.

"Quite honestly, emergency rooms don't really want those," says Burnett. "Those are the people that wait for six hours. When you [consider that] the majority of people have [physical] trauma or infectious diseases [such as] coughs or colds... I think we can design a rural urgent care that can cope with those people and keep them out of the emergency room."

EXTENDED HOURS

In order to do that, Niverville Open Health has been slowly extending their hours. Three days per week the clinic now opens at 7:00 a.m. Another three days of the week, hours have been extended to 8:30 p.m.

The hope for the future, as more doctors come on staff, is to provide care for Niverville and area residents between five to seven days per week, from 6:00 a.m. to 10:00 p.m.

Even so, residents may feel a need for a doctor consultation beyond those time slots. Burnett says if the clinic is closed and you can't wait until they open again, your situation is probably an emergency and would be better addressed by an emergency room.

"I think we can educate the public on [which healthcare level is right for their situation]," says Burnett.

To a large degree, that is what Health Links phone line is for. Burnett adds that the provincial government recently developed a flat fee for ambulance use as opposed to the "per kilometre" fee they were charging before, which has improved access for rural residents who need emergency services.

In the end, he anticipates that being able to provide full primary care services for extended hours and days will keep more people from requiring the services of ERs. Already the Niverville Open Health clinic offers something pretty unique to the community and surrounding area.

"We need to grow with the town and the town has been very, very supportive," says Burnett. "I have not come across a town that is so engaged and cooperative as this one... Every town has its foibles, but this town understands that healthcare is like [good infrastructure]. You will not get sustained growth if you don't have the ability to look after families."

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01 GROWTH ORIENTED
ENTREPRENEUR

We are the people you typically think of when you hear the word "entrepreneur." We are driven to bring a new product or service to market and are interested in growing and expanding our business (hiring and increasing our market share.) We are comfortable with risk and are highly innovative. We're adept at learning from mistakes and iterating.

1. investment funds
2. programs to accelerate growth

02 SOLOPRENEUR/
LIFESTYLE ENTREPRENEUR

As the name suggests, we are individuals who have created a business to support our chosen lifestyle. We're independent, creative, and do our work on our own terms. We are not slaves to our business - instead we dictate where, when and how we do our work. We will partner on projects but typically don't hire employees. Many of us are millennials and considered the ultimate lifestyle entrepreneurs - defining work for ourselves.

1. networking and connecting opportunities
2. co-working options
3. internet access

03 SOCIAL
ENTREPRENEUR

We believe in doing well by doing good. Our focus is on solving a problem in the community or world and supporting it with our business services and/or profits. We see entrepreneurship as a tool that can be used to make the world a better place. The social enterprise is a new and evolving entity that we believe is worth investing in, particularly in our rural communities. It's essentially a hybrid combining not-for-profit mandates with for-profit sustainability.

1. education, promotion
2. community partnerships
3. seed funding

04 SIDE HUSTLE
ENTREPRENEUR

We are employed but have added a second or third income stream to our work. We're also referred to as the 5 to 9ers because we work on our side business in the evenings and on weekends. We hope to have enough success that it eventually replaces our full-time day job. We're not as risk tolerant as growth oriented entrepreneurs in that we want to keep the security of a consistent income while we build our business. While it's not often that our side hustle turns into a replacement income, it does add considerably to our overall income, allowing us to contribute more to our local economy.

1. tools that assist with efficiency and time management
2. online training

05 SEASONAL
ENTREPRENEUR

In our rural communities, particularly tourism focused communities, seasonal businesses play an essential role. As seasonal entrepreneurs we are typically skilled at and passionate about what we are doing. Our greatest challenge is dealing with the income disparity that occurs in our off season.

1. budgeting and financial planning specifically for seasonal businesses
2. financial investment to maximize seasonal opportunity

06 INTRAPRENEUR

We create new income streams and innovations from within the business in which we are employed. This kind of entrepreneurship is critical for globally competitive and sustainable corporations. As entrepreneurial thinkers and employees with entrepreneurial ambition, we contribute to the growth and continued success of the business that employs us. Companies like Google encourage and even formalize the process of contribution by employees in order to stay competitive.

1. training and programs to help Established Businesses incentivize and reward intrapreneurs

07 NECESSITY
ENTREPRENEUR

In the absence or loss of employment we see business development as a means to earn an income. We would prefer to work as an employee but will take up entrepreneurship in order to pay the bills. Most of us aren't interested in growing or scaling our business, or employing people. We're not typically big risk takers and are unlikely to build businesses that will scale. The majority of us will build temporary solutions until we can find permanent employment.

1. Business development support specifically as a strategy for dealing with job loss - short-term solution with realistic goal setting and expectations.
2. Data collection on business outcomes and founder exits to determine the best way to support us.

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Updates from the Ritchot Chamber

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Wildlife Haven Unveils New, Modern Facility

By Gabrielle Taylor

Hundreds of people attended the opening of the new Wildlife Haven Rehabilitation Centre (WHRC), near Île-des-Chênes, to support the opening of the organization's modern facility on Sunday, September 22.

"We are very proud of the facility and it has taken about four years to get to this point," said David Hunt, president of the WHRC board.

The Wildlife Rehabilitation started as a group of Manitobans, scattered across Winnipeg and the surrounding area, with the desire to help wild animals. Beginning in 1984, they met in each other's homes and backyards. The group at last relocated to the Île-des-Chênes area in 2008, starting out in a former dairy farm on Old Highway 59 until moving a few kilometres down the road to their new location.

"For 35 years we've been operating out of temporary facilities," said Zoe Nakata, Executive Director of WRHC. "We really needed a permanent home."

WHRC has helped 1,965 animals so far in 2019, and more than 41,000 animals since 1984. Their services help orphaned and injured animals rehabilitate into the wild or move to permanent shelters.

"Our goal is to rehabilitate and release [the animals] back where they found them," says Hunt.

The new facility features bird enclosures, designated buildings for mammals, and a waterfowl facility. A pond is also new, as well as animal ambassador habitats. Other benefits of the new location include geothermal heating, easy-clean walls and floors, and ventilation.

The goal of the WRHC is to rehabilitate animals, and they have taken extra precautions to facilitate this. Natural lighting, adjustable



Dignitaries gather for the opening of the new Murray Education Centre.

RAY DOWSE

walls, and a care specialist all contribute to an animal's ability to return to the wild. If an animal is unable to be rehabilitated, it is sent to a permanent animal sanctuary.

WRHC not only works to rehabilitate wildlife; they are also advocates for the animals through the process of education. Volunteers work with animal ambassadors to educate people about Manitoba's wildlife.

Volunteers of all ages have been working with WRHC since the beginning. Currently, there are 90 volunteers, aged 18 to 85 years old. Many work directly with animal care and education. There are only three full-time staff members, and because of this the organization relies heavily on its volunteers.

One of those volunteers, Zoe Kogan, has been with the organization for more than four years. Like many visitors to the facility, she hadn't known a place like this existed until she found an injured squirrel in her backyard one day.

"When I found out about Wildlife Haven, I was very impressed," said Kogan.

Her first experience with WRHC may have started with a small squirrel, but today she accompanies animals like a great-horned owl on trips to help educate students about all the wonderful animals that can be found on the Manitoba prairies. Volunteers like her often visit schools, make presentations, and host booths at local events. The new WRHC facility will also host birthday parties, thanks to their Murray Education Centre.

The WRHC has already surpassed the number of animals they helped last year and are prepared to help many more in their new facility.

"We're just always so thankful and impressed with the generosity of people," said Nakata. "Those kinds of things are always heart-warming to see."

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Niverville Middle School Creates New Culture

By Brenda Sawatzky

bsawatzky@nivervillecitizen.com

While everyone's sights were trained on the much-anticipated opening of Niverville's new high school, the staff of Niverville Middle school (NMS) were busy with their own agenda: creating a new look and culture for students returning to Grades Five through Eight.

Big things have been happening here and will continue to happen throughout the coming year.

For one thing, since the high school transition cut NMS's enrollment in half, the portable huts on the west side of the school are slowly beginning to disappear.

The huts on the east side will remain for now and will be put to much-needed use. Four portable learning spaces are still functioning as everyday classrooms, whereas the others provide space for storage rooms, spare classrooms in anticipation of possible interior renovations this winter, and instruction space for a literacy/numeracy teacher. A learning coach, Brett Schmall, has been assigned to NMS by the Hanover School Division.

In just two years' time, Principal Mike Koester anticipates a small surge in Grade Five enrolment, at such time some of the huts will see use once again as classrooms.

For years the school was so cramped that classes overflowed to the neighbouring Son City youth centre. Hallways were congested with students, and lockers and programming were limited as staff struggled to deal with the large numbers of students.

But that's all changed.

"We all have a parking spot now," says Koester. "Every staff member. We've never had that luxury before."

Over the course of the summer, much-needed renovations took place inside the building. Many lockers were removed and others were replaced with newer models. Hallway floors were retiled, creating student corridors that feel wider and brighter.

One classroom along the Grade Seven and Eight corridor has been transformed into a new mobility-friendly girls washroom.

A large windowed exterior door with mobility access has been installed on the south wall



Students and staff use the new exercise equipment at Niverville Middle School.

BRENDA SAWATZKY

immediately next to the gymnasium, providing more natural light to the once dark corner. Koester says this was high on the staff's wish list, as it allows easy access for students to get directly to the greenspace outside without circling the building and crossing parking lots to get there.

New fitness equipment has been obtained for inside the gym, including exercise bikes and a rowing machine.

But it's the Learning Commons, once known as the library, that has seen some of the most significant changes. The temporary wall that for years divided the Commons from a classroom has been removed, creating a large, bright, and welcoming space for students to gather. The former classroom has been transformed to include active space, with a Lego wall, arts and crafts tables, and a large collection of board games.

"One of the things that's really taking off right now is board game club," says Koester. "We do that every Tuesday after school, and so we've been buying board games for that... We're trying to build community... so kids from Grades Five to Eight can come in here and be together."

New furniture is arriving daily, including a new librarian desk and innovative Hokey chairs and rockers for kids who need the freedom to move around while sitting. All of the furniture will be light and easily movable in order to set up special events, such as author readings for large groups of students.

But where some schools are cutting back on their library book collection, NMS still believes in the importance of access to books for personal reading. Once per cycle,

each class spends time in the library section signing out new books to take home.

Slowly, as funding allows, classroom equipment is being upgraded, too. New desks are coming in which provide different seating options; some are low whereas others allow students to sit higher up. Projectors are ceiling-mounted and whiteboards surround all four walls in many classrooms so teachers can move to a vertical learning style, instructing from any area of the room.

The school now houses enough Chromebooks for about half the students. Teachers can check them out for their classrooms as needed.

Like most schools these days, technology is being embraced in all forms. Students of NMS are not discouraged from using their cell phones at school. During break times, students stand at their lockers or spend time in the common areas checking messages on their devices.

Each teacher is allowed full autonomy on how they deal with cell phones within the classroom. Some of them provide drop zones where kids deposit phones before the class starts and collect them at the end. Others simply anticipate that students will respect the school's policy of no phone use during instruction time.

"The kids have really bought into it," says Koester, adding that they've had few issues so far.

But there's far more to creating a happy and productive middle school setting than just aesthetics and function. New programming is high on the list for the staff as well.

To build community between

the various grades, and to promote a strong school spirit, a house system has been developed, assigning different colours to each homeroom.

Weekly activities take place around those colours, like Coloured Shirt Day, an opportunity for students to represent their house, and themed treasure hunts. Awards are given to each house based on their participation. By combining 5A, 6A, 7A, and 8A into one house, for example, a camaraderie begins to develop between the different age groups.

Because music instruction has always been a big part of the school's focus, Grades Five and Six classes will get firsthand experience with recorders and guitars. After Christmas, band instruments are introduced to prepare them for the band option in Grade Seven.

The band program is still alive and well, too. Until the completion of the high school's music and drama room, NMS's band room and music instructor will be shared by both schools.

For NMS students not interested in the band program, the school has turned one classroom into an arts room. Here they have options for art, guitar, and photography lessons as well as IT coding and robotics.

In order to incorporate as much physical activity during the school day as possible, a team of staff have organized themselves as active play coordinators.

A fitness program runs for all students three out of every five days. The gymnasium is set up with circuit training equipment and students are provided a special electronic watch that allows them to monitor their own

progress. Regular intramurals also take place in the gym during lunch periods.

As well, twice per cycle, teachers are encouraged to incorporate active play into their regular class times. Homeroom teachers take their students outdoors for cooperative games.

"We now have enough space to have physical activity every day for all of our kids," Koester says about gymnasium availability.

Even the school's basement has been put to new use. It used to serve mostly as storage, but the school has now established it as a lockdown area where students and staff can collect in times of emergency.

"Besides ten fire drills, we have to do two lockdown drills a year and one tornado drill," Koester says.

Plans are being made for the hard-scaped area that will be left behind once all the westerly huts have been removed. Koester investigated various ideas over the summer months and believes that the concept of an outdoor classroom would be well-suited here.

With the introduction of woodchips and decorative rocks, a welcoming setting could be created for instruction periods in sunny weather. Or it could just serve as another outdoor space for students to gather.

While he hasn't received official word, Koester is also hopeful that the science labs will get an upgrade this school year. Much of the equipment dates back to the school's origins in the early 1960s.

To commemorate the middle school transition, a large mural was painted by students last spring. The tribute wall bears the signature of almost every student before the transition and will serve as a lasting memory of the building once known as Niverville Collegiate Institute.

"We've done a lot of heavy lifting with getting this going in order to be a middle school," says Koester. "Some of the projects aren't complete, but it's the same thing as building the middle years culture. It's not something that will happen overnight. It's going to evolve."

Koester reminds NMS parents not to drop their kids off at school too early. Less staff on hand now means less supervision before and after school hours.

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Ritchot Business Community Welcomes Growth Initiatives

By Brenda Sawatzky

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New economic initiatives are underway in the RM of Ritchot, and the news is being welcomed by local business owners, potential investors, and residents alike. On September 11, Mayor Chris Ewen unveiled details of the initiatives to attendees of the Ritchot Chamber of Commerce Open for Business networking mixer.

Delegates at the event included Ted Falk, MP for Provencher, as well as the President of the Manitoba Chamber of Commerce, Chuck Davidson.

"I believe every single one of you are key people in making the future of Ritchot a strong part of Manitoba's economic development," Ewen told the crowd of local business owners. "The opportunities [council is introducing] will ensure the municipality continues to grow sustainably as well as forge stronger relationships between government and business owners... Our council has developed creative ways to ensure that the strength of our commercial and industrial partners continues."

To open, Ewen released details of the first initiative: the Main Street Revitalization Enhancement grant. This grant has been created as a business improvement and beautification incentive for commercial locations existing along Ritchot's main thoroughfares.

Business owners and commercial landlords are encouraged to apply with Ritchot's Community Development Corporation (CDC) to receive up to \$5,000 from the municipality for this cost-matching program. Funding can be applied to improved signage, landscaping, or beautification projects within or outside a building.

Because the total funds are limited to \$50,000, Ewen recommends that business owners apply quickly in order to ensure their acceptance. A similar program was run by council two years ago and funding was fully allocated within a two-week period.

A second announcement made by Ewen covered details of a new business incentive bylaw, adopted by council



Ritchot Mayor Chris Ewen addresses business owners, prospective investors, and residents of Ritchot. **BRENDA SAWATZKY**

three weeks ago. The incentive targets existing business owners who are willing to make substantial upgrades that increase their current assessment values. It also targets new investors to the region.

"After reviewing notes from the past Economic Development Officer's files, council took it upon themselves to stop talking and start acting," said Ewen. "This business incentive bylaw will give opportunity to not only new commercial developers and investors, but current businesses will get a chance to receive a complete municipal tax rebate."

While municipal councils don't have the authority to exempt businesses from paying municipal taxes, Ritchot's council, along with their legal team, have found a creative way to allow a reimbursement of taxes once they've already been paid.

The incentive provides for a sliding scale model where business owners can receive a percentage of their municipal tax back for the first year and up to five years running. The length of term applied to the tax break will be dependent on the amount of the increased assessment value. In the first year, each applicable recipient will see 100 percent of their municipal tax returned. Each year thereafter, a reduced percentage will be applied.

"We have structured this bylaw so that any business, small or large, new and current, can benefit from it," says Ewen. "Our goal as a municipality... is to create long-term, strategic relationships with our commercial and industrial partners and investors... This bylaw is our way of saying thank you for taking a chance on us, and we will continue to work with you year after year to do whatever it takes to grow

in the right direction together." Davidson openly applauded council's new incentive.

"It's not the government's role to create jobs," Davidson told those gathered. "It's the government's role to create the climate... [When] the local government creates the climate, the local business makes the investment to grow their business, expand their business, to hire one more person, to increase those wages. That's what grows the economy."

Ritchot Chamber of Commerce President Marc Palud then took the podium with some exciting initiatives the Chamber has been working on.

"Our current [Chamber of Commerce] volunteer board has been working on expansion plans to increase our regional footprint into the RM of Tache, the RM of Ste. Anne, and the town of Ste. Anne," Palud announced. "We fully expect this work to be completed by the end of this year and this will create a regional Chamber which will allow more businesses to be represented with the same resources that we have right now."

Palud introduced the board's newest member, Patrick Trudeau, who will be taking responsibility for member relations and membership sales going forward.

Trudeau will also be providing services for promotional videos shot onsite, upon request, at Ritchot's business locations. The videos will be showcased on the Chamber's social media platforms.

A final invitation was extended to everyone to nominate Ritchot businesses for the upcoming Business Gala Awards ceremony, which is to be held on November 16 at the TransCanada Centre in Île-des-Chênes.

Fire Prevention Week Message: Plan Your Escape

By Evan Braun

✉ editor@nivervillecitizen.com

Fire Prevention Week is coming up on October 6–12, and this year's theme is: "Not every hero wears a cape. Plan and practice your escape."

Once again, fire departments across North America are getting the point across about just how important it is to prepare a home escape plan and test your smoke alarms. Why is this? A 2017 statistic says that fire kills eight people every week in Canada, with 73 percent of cases being residential fires.

"Fires in homes burn hotter and faster now," says Niverville Fire Chief Keith Bueckert. "Your smoke alarms, when activated, give your family 90 seconds to exit your home, in most cases. These fires can produce large volumes of smoke—and that is our big killer."

So how do we increase our chances of getting out of a home fire? Bueckert outlines three key steps everyone can take.

"Number one, keep smoke alarms in working order," he says, adding that the fire



DEPOSITPHOTOS

department is currently offering to install free smoke alarms for people who live in older homes with battery-only alarms. "We are finding homes that don't have working alarms when we are replacing the alarms. People who have smoke alarms going off and who take the battery out of the alarm should also

consider that maybe the alarm is not in the right area of the home."

The second step is to have an escape plan—and practice it.

"Know the secondary exits from bedrooms and how to use them," Bueckert says. "If that is not an option, know how to exit a smoke-deteriorated

environment."

The third step is to make sure that you sleep with your door closed, which can make a life-or-death difference during a house fire. Closing your door does two things: it reduces toxic smoke in a bedroom and helps limit the spread of flames.

Bueckert says the department's annual fall open house will take place on Tuesday, October 8 at 6:00 p.m. A donation supper will be served, with all proceeds going to Helping Hands. The fire department will also be collecting non-perishable items for the food bank.

"The Fire and Emergency Service will be in the elementary school that week to speak to Kindergarten to Grade Four students about fire safety and the contests going on," says Bueckert. "We have had great success with this over the years and will continue to work hard so our community is a fire-safe community."

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Wiens Furniture Unveils New Furniture Showroom

By Brenda Sawatzky

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Just two years after unveiling their new appliance showroom, the Wiens family was proud to invite guests to the VIP grand opening of Wiens Furniture's newly renovated furniture showroom on September 24.

The more than 12,000 square feet of space, once dated, now gleams with a modern look. From floor to ceiling, contractors have worked hard over the past many months to gut and rebuild.

The dropped ceiling was removed to create a more open and airy feel. Suspended LED pot lights have replaced the dated fluorescent bulbs, providing a warm atmosphere much closer to the modern living spaces common to today's homes.

The flooring, too, has been removed, exposing polished concrete overlaid with colourful Turkish rugs. Partitions were also removed, revealing a sea of furnishings which have been smartly grouped to provide customers the full effect of how a set might appear in their own home.

Classy, elegant, and welcoming are just a few words used to describe Wiens Furniture's creative new style.



Dylan and Amanda Wiens, designer Carol Vellier, and Al and Ruby Wiens in the renovated Wiens Furniture showroom.

BRENDA SAWATZKY

And much of it, the Wiens family says, is thanks to the brilliance of Carol Vellier, a designer from Quebec hired to take on the job.

Local contractors were hired for the rebuild, including Heritage Lane Builders and Trotco Electric. Custom finishers included Jeff Steingart and Jake Derksen.

Separating the appliance and furniture showrooms is a feature wall painted with a depiction of the Red & White Store, in tribute to Al Wiens's

grandfather, J.S. Wiens, the first of four generations of Wiens men to carry on their entrepreneurial legacy in Niverville.

"I believe that it's important to honour those of the past, because they're the ones who influenced our future," Al Wiens told attendees. "We didn't get here on our own."

Also recognized by Wiens were the many people integral to the reconstruction, as well as the staff, of whom much patience was required during

the months of upheaval.

"I think we have the best team in Canada of any furniture store," said Wiens. "They really go out of their way and they work so hard."

As for the new furniture displays, previous stock have been sold off and all-new models have taken their place.

Winnipeg-built Palliser furniture comprises much of the showroom. Upon news of the renovation, Wiens Furniture was hand-selected by the

company to be one of their largest galleries in western Canada.

There's leather and cloth, marble and wood, modern and vintage... something for everyone.

Trending right now is furniture with motion. Recliners that recline at the touch of a button, with customizable presets for the user. Coffee tabletops that adjust with the touch of a finger. Dining tables that open to release an extra leaf at the will of just one person.

On display, the customer will also find a wide variety of beds for every preference, from Zed Beds that self-inflate to king-size split mattresses with adjustable head and foot ends. Built-in vibration options and self-cooling mattress layers add a new level of sleep sophistication.

One of the most welcome features of the showroom are the displays providing almost indefinite customizing options on virtually every piece of furniture. A large video monitor allows sales staff to show their clients what their personalized pieces will look like before they buy.

And back by discriminating demand are furnishings made with solid wood, so that they will hold up under use like the furniture of yesteryear.

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Reflections on a Teaching Career: Helen Schapansky

By Liz Byron

For 23 years, Helen Schapansky was a teacher at Niverville Collegiate, working with students from Grade Five to Grade Ten and spending most of her time teaching in her favourite subject area—math. She also enjoyed coaching Grade Seven girls basketball for several years.

Schapansky started teaching in 1981, beginning her career in New Bothwell. She then took some time away from the classroom to have children, and in 1996 she was hired to teach at NCI. For her, it was the ideal situation to be able to live and work in town.

"I had the same schedule as my kids, I taught them and their friends, and also fed them in my kitchen," she recalls.

It wasn't just a question of convenience, though. Schapansky also enjoyed the school and the community in their own right.

"I really enjoyed the support that I got from the community," she says. "And I had excellent colleagues and mentors. I never regretted teaching here—I always loved it."

Spending 23 years at one school gave her the opportunity to watch the place change over time. It was a Grades Seven to Twelve school when she started, and then changed to a Five to Twelve school towards the end of her tenure. She retired this summer, just before the big change to open separate middle and high schools.

The way teachers are assigned courses has changed over time, too, she says.

"When I started, teachers were subject-based. You would be the math teacher or the science teacher. Now, teachers teach not just their specialty but a variety."

Other changes she noticed during her time at NCI



Helen Schapansky, recently retired teacher.

HELEN SCHAPANSKY

included an increased use of technology in the classroom and more interaction between the schools and families.

"Parents are definitely more involved in their kids' school lives now," she notes.

One thing that never changed for Schapansky was the joy she got from watching her students learn.

"I love seeing kids work to their potential," she says. "I loved seeing growth in students in their abilities and seeing them take ownership of their own learning."

Some of her most rewarding moments as a teacher, she says, were when former students came back to tell her that something she had said had stuck with them or inspired them.

"That's so meaningful, because they don't have to come back or reach out again, and if they do and they say that something I said made a difference to them, that's a huge reward for me."

Although she always found teaching fulfilling, Schapansky says that it wasn't always easy.

"It requires patience, firmness with kindness, resilience, and a lot of strength and courage," she says.

She also adds that sometimes people point out how much vacation time teachers have, but that they don't always see all the work teachers put in outside of class time, or realize that when teachers are in the classroom, they constantly have to be "on."

Now that she has retired, Schapansky is looking forward to some well-earned relaxation. In addition to helping plan her daughter's wedding, she will also continue as an assistant coach with Providence College's women's basketball.

As for the rest of her time? In her own words, she is especially looking forward to "golfing, gardening, reading... all the good things!"



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Commentary

Where Is Our Common Ground?

By Greg Fehr

Malcom X spoke passionately in a 1964 speech about finding common ground. As a Muslim minister sharing the stage with Christian ministers and civil rights leaders of all stripes, he suggested that focusing on their differences would get them nowhere, while focusing on their common struggle to obtain civil rights would be more productive.

I would suggest that in our discussions about Mother Earth, our common ground is all at once figurative, literal, and a hell of a lot easier to find than the challenge faced by the leaders of the American civil rights movement.

We have one earth where all of us human beings must live. What happens in one corner of the globe has an impact on every other corner. And the reality is that we are negatively impacting our planet and must change what we're doing.

We may disagree on the extent of the damage, the type and the amount of change, and ultimately who is responsible and who is to blame.

But to look at our differences is to be distracted from any type of productive solution.

I both celebrate and lament the recent climate



DEPOSITPHOTOS

change demonstrations. I celebrate the exposure they've created and the conversations they've started. I lament the finger-pointing and the hypocrisies on display.

Who can be right when everybody's wrong? Quite simply, most of us are a bit of both. This goes for most of life, but when we talk about environmental stewardship we have to admit that most of us are imperfect stewards.

Consider that only the small nation of Bhutan, out of all the 195 countries in the world, has the distinction of being carbon-negative. While this represents 0.5 percent of the world's countries, I suspect the percentage is even lower if we look for individual outliers within our global population.

What we must not do is allow anger, defensiveness, and division to take hold. Youth leaders such as Greta

Thunberg are pointing to the adults in the world. Why? The reason is simple: adults are currently in control of the global systems. Governments, large corporations, and organizations are run by people in my generation. If we're going to bring about large system change requires, my generation is going to have to act.

It's counterproductive for adults to look at the youth's call to action and merely perceive that they're blaming us. It's foolish and immature for my generation to get defensive and point to the hypocrisies of the young. We all fall short.

Will we merely focus on other people's failures to justify our own inaction?

No, I implore you. We absolutely cannot do that. There will always be 1,001 reasons to not care, and perhaps only a handful of reasons to give a proverbial shit. For

me, that "handful" is my five children who will inherit the world I was lent for a fleeting moment.

Our children are receiving an imperfect world, just as we did—a world with both promises and problems, with progress and regressions. Yet the world is mouldable, more flexible than Play-Doh as it changes not only with every squeeze of our hands, but with every step, every word, and every choice we make—the good ones and the poor ones.

Speaking to today's youth, yes, the world is imperfect. Misshapen and abused, in some cases. We smoothed out a few rough spots and unfortunately created a few new wrinkles of our own.

Let us take steps forward together. Compost one extra pound of waste. Drive one less trip and walk instead. Plant one tree. Instead of worrying about varying opinions regarding the urgency and impact of environmental changes, choose instead to be motivated by good stewardship.

Now more than ever we must embrace the old adage that says, "Many hands make light work." Do not critique, but rather encourage. Teach with humility, and be both pupil and instructor. Inspire and be inspired. Our world is depending on us.



Four generations of Fast.

HEATHER FAST

Coming Full Circle

By Heather Fast

It's a September evening and I'm strolling down the path at our beautiful Hespeler Park in Niverville with my husband, daughter, and mother-in-law. I get goosebumps, as I can't help but think this is one of those "full circle" moments.

You see, we're heading to the cute new park by the splash pad so that our Mom/Oma, Emily Fast, can see the Dyck's Hatchery play structure that was just built a few weeks ago.

For those who may not know, Emily's father, William Dyck, was the founder of Dyck's Hatchery in Niverville, now the current site of Wm. Dyck & Sons. Mom has fond memories of working in the hatchery with her father and was thrilled to see the play structure and watch the many kids playing throughout the little buildings that represent her town.

I took a picture of the four generations... the Dyck's Hatchery structure representing the first generation, William and Anna Dyck.

Then on we strolled to the splash pad. She was wheeled around the water, my husband Carl teasing her as water popped up from the ground.

Our 91-year-old Mom/Oma loved it, and I think she was having more fun than the kids!

Emily reminisces about how much Niverville has grown and changed from the small hamlet she grew up in to the bustling town it has become. She doesn't resent the growth but rather comments about how beautiful the new neighbourhoods and parks are. She also recently went for a tour of the new Niverville High School and commented on how great this new school will be for the kids—though in the same breath she asked us, "Does the little stone school still exist somewhere in Niverville?"

We ended our evening at the newly renovated Country Snacks for some ice cream. As we sat at the picnic table, watching the very busy traffic along the Main Street, Mom commented about how she loves ice cream. One of her favourite memories is eating a brick of ice cream with her Dad after working at the hatchery.

Yup, this is truly a full circle moment!

Thank you, Niverville, for our beautiful Hespeler Park and paying homage to those families who helped shape what Niverville is today.

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CITIZEN POLL

Are you concerned about Provencher's lack of political competitiveness?

- ☐ Yes. If our riding was more competitive, politicians and parties would have a greater incentive to pay attention to our issues and concerns.
- ☐ No. I vote for the party that best represents my values and beliefs, and I'm unconcerned about the riding's relative competitiveness.
- ☐ Have another opinion? Share your thoughts in a comment online.

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LAST MONTH'S RESULTS:

Do you think enough has been done by the town, developer, school division, and CP Rail to ensure pedestrian safety around the new high school?

Yes.	No.
73%	27%

YOUR COMMENTS:

More than enough money has been spent on making the area safer for pedestrians. As far as I'm concerned, all you need is somewhere for the kids to walk and you're good. If they really wanted to make things safer, they would outlaw people walking with cellphones. That would make things a lot more safer.
-Gordon Löwenberger

The measures that have been put in place are helpful, of course, but safety starts with you, the pedestrian. Use common sense, and please don't walk around with your face glued to your phone.
-A.Q. Rogulzinski

Regardless of the new crossing at Mulberry, there clearly needs to be an additional crosswalk East of the tracks. Pedestrians, cyclists, and those using scooters/mobility devices that need the safety of a cross-walk, have a fair hike to safely cross Main street.

It is possible that the location of the crosswalk (being so far down towards Krahn) will mean that kids will cross at the tracks, rather than walk all the way down to the crosswalk.

Last minute, that's how things are planned. Then promises that are empty or reworded. Planning has no order of completion. Things need to follow logic in plans not all over the place.

There is no proper crosswalk for kids to cross main street near the tracks.

Life in an Uncompetitive Riding

By Patrick Roland

This may not be exactly earth-shattering to acknowledge, but here goes nothing: rural residents of Western Canada really like the Conservative Party. A lot. Which is sort of like saying that winter is cold.

But the purpose of this article isn't meant to figure out *why* these areas of the country are so partisan (people vote as they do for many reasons). Rather, the question is this: is electoral uncompetitiveness a problem?

It's perhaps helpful to look back at the electoral history of Provencher. Although it may seem to modern voters as though the Conservatives have held this seat since the dawn of time, the reality is that there have been a few key swing eras.

Established in 1871, Provencher's voters kept things fluid for the first few years, alternating between Conservative, Liberal, and Independent MPs until 1878, including a two-term stint by Louis Riel. (Yes, *that* Louis Riel.)

Then, for 26 years from 1878 until 1904, voters settled into a predictable Conservative pattern. But in 1904, voters elected a Liberal in the form of Joseph Ernest Cyr, a politician originally from Quebec who also served for a time as the mayor of St. Boniface and held provincial office for five years.

Cyr's victory set off a Liberal dynasty that lasted a staggering 53 years until Progressive Conservative Warner Jorgenson finally broke through in 1957. The rest has been history, with the Conservatives holding the seat for 51 of the next 62 years.

Since 1957, there have been only two notable breaks in that Conservative



DEPOSITPHOTOS

dominance. In 1962, at the height of "Trudeaumania," Provencher went for a Liberal, Mark Smerchanski, by a narrow margin, only to revert back to the Conservatives one election later. Then, from 1993 until 2000, David Iftody came up the middle, taking advantage of the PC/Reform vote split that marked a decline in the right wing's political fortunes that decade.

But even during the Iftody years, the number of conservative-minded voters didn't change much.

Whenever a federal election is called in Canada, a bevy of politicians, pollsters, and journalists start making lists to identify which ridings could be in play, places where voters might take a chance on someone new, might give a different party a shot at governance. That's where all the campaign dollars tend to go, with candidates eager to court those constituencies' votes.

Provencher is never on those lists.

Lack of competitiveness isn't just an issue in southeastern Manitoba, of course. Canada saw five federal elections from 1997 until 2008, and in each of those elections more than 50 percent of ridings across the country were considered uncompetitive,

meaning that there was virtually no chance any party could expect a substantial shift in political opinion in those places. Even in 2015, when Justin Trudeau's Liberals swept to a majority government, more than one-quarter of Canadian ridings were uncompetitive—Provencher being one of them, of course.

The situation is even more rigid in Alberta, where more than 85 percent of ridings have been consistently uncompetitive since 1997. It could be said that because of this the various political parties have little incentive to appeal to the good folks of Alberta.

Or the good folks of Provencher.

One might fairly ask, does our tendency to elect just one political party, term after term after term, yield any benefits? Is there any tangible upside to this kind of loyalty? The party representing us is often so confident we'll re-elect them that they can lavish their time, money, and attention elsewhere. And the opposition parties are generally so confident they'll lose that they don't bother to court our votes either.

There's a term in the United States for a group of people called "yellow dog

Democrats." The term is an old one, thought to have been coined in the mid-1920s, and it originally referred to Southern voters who were so dead-set on voting Democratic that they would vote for a yellow dog before a Republican.

Is that what we've become here in southeastern Manitoba? Are we yellow dog Conservatives?

Now, none of this is to say that voting Conservative is a bad move. Far from it!

When elections come around, though, it's fair to say that plenty of people in this area probably feel like their votes don't count for much. Although you might see the occasional Liberal, NDP, or Green sign on the edge of the highway during your morning commute, you're not likely to entertain any candidates at your front door. You're not likely to hear about any political forums or debates. Because in uncompetitive ridings, there may seem little point to it.

In short, the result can be political disengagement.

Maybe, instead of assuming that we already know who to vote for, we'd be well served to take a fair and focused look at the other local candidates throwing their hat into the ring. Learn a little bit about who they are and what they're about. See what the other party leaders are saying. Perhaps even take a few minutes to look through the different party platforms (they're all available on the party websites).

Voting should be more than instinct; it should be intentional and considered. When it comes to deciding who's going to lead us for the next four to five years, let's give the question some careful thought. We owe it to ourselves.



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Sports & Recreation

Niverville Celebrates 50 Years in Style

By Evan Braun

✉ editor@nivervillecitizen.com

On Sunday, September 8, residents of Niverville poured into Hespeler Park to mark the fiftieth anniversary since the town's incorporation back in 1969.

The day drew a large crowd that is estimated to have been about 1,500 people, and no doubt the warm weather and sunshine contributed to the event's success.

The celebration began with a community church service in the morning that brought together people from all different walks of life.

"The morning service, which was put on by the Niverville Ministerial, was very well done," says Mayor Myron Dyck. "It was history combined with the spiritual side of life and how it was that the Indigenous, the Scottish, the English, the Mennonites, and the French all came to be to this area."

According to organizer Roger Armbruster, Alisa Tina Moose recited a rendition of the Lord's Prayer in the Oji-Cree language, accompanied by her native hand drum.

Metis elder also Lucy Guiboche then spoke to the crowd about the history of the land and its original inhabitants before the European settlers arrived.

Dyck likened the service to a Thanksgiving event, in that an emphasis was placed on expressing gratitude and blessings for the land.

During the service, local farmer Ken Krahn got up to speak about the Canadian Foodgrains Bank and the work that organization does to grow



Visitors crowd in around the main tent at Niverville 50th anniversary party in Hespeler Park.

■ BEN FUNK

food locally and send it to areas of the world in need.

"There was quite a bit of just being thankful for the land we have here and the abundance that it provides," says Dyck.

Local recording artist Jordan St. Cyr handled the worship service, and afterward the Ministerial sponsored a lunch of farmer sausage patties, frybread, and bannock. Niverville Recreation says that 950 people showed up for the meal.

In the afternoon, activities sprang up for people of all ages.

There were large

bouncers for the kids, bubble soccer, an obstacle course, a scavenger hunt, Sumo-wrestling suits, spikeball, an Accurate Shooter setup from Clipper Ice Sports, circuit training courtesy of the Niverville Skating Club, and presentations by the Niverville Soccer Club and Youth Baseball Club.

Face-painters, balloon artists, and a glitter tattoo booth were all on hand, as well as fire truck tours by Niverville Fire and Emergency Services.

"The comments I heard from people were that they were very appreciative of the number of

activities for families," says Dyck. "It wasn't just for the six and under [crowd], but also for the six and over. There were even things that teenagers could get involved in."

Live entertainment under the main tent included a full musical set by Jordan St. Cyr, performances by Prairie Soul Dance, the comedic stylings of Matt Falk, and music from local trio Wildflower.

Niverville Bigway and the Heritage Centre then teamed up with local firefighters to provide dinner, serving 850 people.

The evening ended with a

magnificent fireworks display lighting up the darkened sky.

"The fireworks exceeded our expectations," Angela Janz of Niverville Recreation. "We actually got a special show, as these particular types are new to Manitoba. I think residents were very impressed with the show and that was definitely a highlight!"

Janz adds that they couldn't have asked for a better day, and that ever since Sunday she's been receiving comments both online and in person about how much people appreciated the opportunity to come together for an event that was really "for Niverville."

"I think it was also a great time to just discover Hespeler Park, because there were those who hadn't been there," says Dyck. "People were saying 'I had no idea the path was lit, I had no idea the parking lot was lit.' Because they come during the day, right? Or they hadn't seen the new play area by the splash pad that's been done now, or they could take in the interpretative centre... So it was kind of a nice chance to show off Hespeler Park."

Dyck points out that the town would like to bring more events to the park, and give people more reasons to visit. Evens so, he says that if they were to throw a community party like this one every year, it might lose its impact.

"Town staff oversaw the entire day, so kudos to all of town staff," Dyck adds. "There's a lot of them that were working on that Sunday, as well as being involved in the planning for the many days leading up to it."

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Jets Seek Stability from Rookies After Offseason Turbulence

By Dan Hoepfner

The turbulence faced by the Winnipeg Jets in the offseason and 2019 training camp has been well-documented. The team saw the departures of defensemen Jacob Trouba (New York Rangers), Tyler Myers (Vancouver Canucks), Ben Chiarot (Montreal Canadiens), and Joe Morrow (unsigned), as well as forward Brandon Tanev (Pittsburgh Penguins).

Add in the announcement of Dustin Byfuglien's undisclosed personal leave and the Jets have significant holes—and these are opportunities for rookies to step up.

While the Jets finished the preseason with a modest 3-3-1 record, coach Paul Maurice used this year's training camp to audition players for different roles on the backend, and a few players surpassed expectations.

DEFENSIVE SURPRISES

The first defensive surprise is Ville Heinola. Cheveldayoff faced some criticism for reaching and drafting Heinola with the twentieth overall pick, but Heinola surpassed expectations and looks ready to jump into the NHL. He's a smooth skater with strong hockey IQ and above average defensive awareness for someone his age. He looked at home quarterbacking the powerplay and looks like a good pickup from the Trouba trade.

Another defenseman to look out for is Tucker Poolman. Last year, Manitoba Moose head coach Pascal Vincent made a bold statement, proclaiming that Poolman looked like he was



Fans celebrate a Jets victory at Bell MTS Place in Winnipeg.

SHAYLIN FENTON

playing in the wrong league. Poolman came to camp this year looking bigger, stronger, and smarter than last year and should be ready to transition into a dependable NHL defenseman.

Given Neal Pionk's low analytics during his tenure with the New York Rangers, expectations of him have been low. In his first few games with Winnipeg, however, he appears to be a solid defenseman with the ability to get his shot on net from the point. He can also move up and down the line-up depending on injuries.

FORWARD SURPRISES

Considering the team's many offseason departures, there will undoubtedly be times this year when the offense will be counted on to make up for defensive lapses. Even though the Jets were prepared to start the season without Patrik

Laine and Kyle Connor, getting them signed before the season adds to the team's already potent offense.

Going into training camp, many people assumed Kristian Vesalainen was a lock to make the opening roster. Throughout camp, though, Vesalainen appeared invisible and apparently played himself out of a spot. This doesn't mean the organization has given up on him, but it does mean he may need more seasoning with the Manitoba Moose before he's ready to earn a place with the Winnipeg Jets.

After signing a two-year deal this summer, Andrew Copp came to camp looking ready to take on a larger role. While I currently have him pencilled in for the third line (with Adam Lowry and Jack Roslovic), I would not be surprised to see Copp move up the line-up this season.

SEASON WILL TELL

Throughout the upcoming season, many people will be comparing the new faces to those who have departed, and head coach Paul Maurice will need to answer several key questions. Who's going to replace Trouba? Who's going to replace Myers and Chiarot?

It's not about replacing those players but designing a perfect system to utilize the strengths of Pionk, Niku, Poolman and Heinola.

The Winnipeg Jets have made the playoffs for consecutive years, but is it because of Maurice or despite Maurice? This season will tell.

As we drop the puck on a new season, let me finish with a bold prediction: the Winnipeg Jets will finish the season with 88 points, good enough for the second wild card spot.

IN BRIEF



Bryan Trottier and Ray Dowse hoist the ODR men's league championship trophy.

RAY DOWSE

Golf Duo Claim Third ODR Men's League Championship

By Evan Braun

editor@nivervillecitizen.com

Another golf season has come and gone at Old Drovers Run, and a new pair of golfers has been named champions of the course's men's league—or rather, an old pair.

Ray Dowse and Bryan Trottier of Niverville came out on top of the league for the second year in a row, and the third time in four years.

The pair finished the season in the middle of the pack of the 32 teams who made the playoffs. Those 32 teams were a combination of both Wednesday and Thursday night men's league teams.

In the first playoff round, the Dowse-Trottier team defeated Kingsley Priest and Patrick Suppes, advancing in the next round to face Collin Funk and Steve Fast, who they also beat in order to advance.

Dowse and Trottier then went up against the formidable duo of Joel Martens and Stanly Hiebert. The match was extremely tight, and after tying it up through nine holes they advanced to playoff holes. Two holes later, with the teams still tied, the match had to be called due to darkness, deferring Trottier and Dowse's third-round victory, which they won a subsequent day with the third playoff hole.

Next, they advanced to the semifinals and faced

the team of Kurt and Cory Funk. The match was once again tight, with the Funk team leading by two strokes with three holes yet to play. Dowse and Trottier fought back, winning the final three holes to secure their place in the final.

In that 18-hole final, they played the team of Dan Kosman and Grant Worrell. This match went the distance, with Dowse and Trottier winning on the eighteenth hole, two up.

"The course conditions improved dramatically over this season and the league was run extremely well," says Dowse. "Accolades to the new pro, Brad Poleschuk, who made a significant impact at the local course and facilitated a great season overall at ODR."

Poleschuk points out that the men's league was only part of that great season.

"The evening ladies program had more laughter than any other night of the week," Poleschuk says. "We look forward to an even more fun 2020 program!"

According to Poleschuk, the course will officially close on Sunday, October 6.

"As challenging as Mother Nature was at times, another summer season of growth and maturity brought Old Drovers Run to its best condition yet," he adds. "Thanks to all our players for making 2019 our busiest season. See you all in spring 2020!"

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Health & Wellness

Getting Fit and Staying Active

By Brenda Sawatzky

✉ bsawatzky@nivervillecitizen.com

FOR KIDS

Just like adults, kids need to stay active. The difference is that kids are usually quite willing to participate if Mom or Dad is willing to arrange it. Before driving your children to organized activities in Winnipeg, take a look at the wide range of fun programming close to home. Save the time, save the gas, and invest in your local community.

Ritchot. As the Director of Recreation Services for the RM of Ritchot, it's Amber Mamchuk's job to keep your kids active right here at home.

"According to the ParticipACTION Report Card on Physical Activity for Children and Youth, only 35 percent of children ages five to 17 years are meeting the recommended physical activity levels set by the Canadian Society for Exercise Physiology," Mamchuk says. "These staggering stats are due, in large part, to time spent on devices and in front of screens."

Moderate to vigorous physical activity, she says, isn't just about muscle tone and strength. It also contributes to better brain health.

"When children meet the recommended amount of physical activity, they tend to score higher on tests, participate better in class, have better problem-solving capabilities, and higher self-confidence."

As well, studies show a strong correlation between physical activity and a reduction of the symptoms



DEPOSITPHOTOS

of depression, anxiety, and stress. And because parents need to model physically active lifestyles for kids from a young age, Mamchuk puts a lot of emphasis on programming that includes the parent and child together.

Shake, Rattle and Roll provides toddlers and their parents a time of shared physical activity. You'll find it in Île-des-Chênes on Monday nights at the TransCanada Centre, and at École St. Adolphe School on Wednesdays at from 5:45-6:45 p.m.

A wide variety of physical activities are available for children and youth all over the municipality, including gymnastics and stunting, fitness kickboxing, karate, taekwondo, lacrosse, and youth badminton.

Of course, it wouldn't be rural Manitoba without minor hockey, ringette, and skate club.

Niverville. Angela Janz is the recreation programmer for the Town of Niverville, and she says the town recognizes the importance of keeping kids physically active. Her department makes every effort to provide as many free or low-cost options as possible for kids and families.

Every winter, free public skating at the arena's indoor and outdoor rinks provides opportunities for families to stay active together.

Inside the arena's south end, you'll find the Niverville Happy Kidz Stay and Play on alternating Thursday mornings as well as Toddler Shenanigans, which provides little ones with the chance to explore and experience the world through messy play, on Saturday mornings from October to December.

Tot Gymnastics focuses on games

and basic gymnastic skills on Tuesdays and Thursdays. On Saturdays, Sports Clubs for Young Children is where three to six-year-olds can discover the thrill of organized sport in a fun, positive, and affirming atmosphere.

Youth curling begins at the Niverville Curling Club in January and taekwondo is available at the Golden Friendship Circle on Monday and Thursday nights.

Move 'n' Groove, a program run by local parents, provides opportunities for physical activities and socializing for children who live with disabilities. The times and locations change, so check out their Facebook page for details.

With the addition of minor hockey, ringette, and skating club, there's no shortage of options to keep your kids active this winter.

FOR ADULTS

We all know the health benefits that come from physical activity. It combats weight gain and disease, provides an energy boost, helps bring down stress levels, and promotes better sleep. But when work, family, and household duties all vie for our limited time, squeezing in another thing is difficult.

At some point, we just need to ask ourselves, "Am I worth it?" If you agree that some healthy me-time is overdue, look no further. There are plenty of options to fit every activity preference.

ShopGym. ShopGym, located at 1789 Main Street Niverville, offers a wide range of classes including group strength and conditioning, ShopGym Kids, boot camps, kettlebell, and a Silvers classes for seniors. They're open seven days a week with hours that vary between 5:00 a.m. to 9:00 p.m.

They also provide open gym time for those who want to use the workout equipment independently. On-site equipment includes a 30-foot monster rig, free weights and bumper plates, strongman equipment, and ninja implements.

New this year is a spin class that uses stationary bikes to provide a full cardio workout, and it's appropriate for all fitness levels in 30-, 40- or 50-minute time increments.

(continued on page 26)

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Wednesday 8:30 am to 9:00 am AND 5:30 pm to 8:30 pm
Thursday 8:30 am to 9:00 am AND 5:30 pm to 8:30 pm
Friday 7:00 am to 9:00 am

Limited spaces available in our Drop in - Hours subject to change


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204-388-6626 www.OpenHealthNiv.com



Weekly Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 AM	DROP-IN	DROP-IN			DROP-IN
7:30 AM					
8:00 AM					
8:30 AM			DROP-IN	DROP-IN	
9:00 AM					
9:30 AM					
10:00 AM	REGULAR HOURS	REGULAR HOURS	REGULAR HOURS	REGULAR HOURS	REGULAR HOURS
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM	REGULAR HOURS	REGULAR HOURS	REGULAR HOURS	REGULAR HOURS	REGULAR HOURS
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					
5:30 PM		DROP-IN	DROP-IN	DROP-IN	
6:00 PM					
6:30 PM					
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					



Call 204-388-6626 for SAME DAY DROP-IN appointment

Updated Sept 23, 2019

(continued from page 24)

"These classes are a perfect way to get a great cardio workout," says owner Crystal Stott. "Our instructor will encourage and motivate you throughout the workout and keeps things fun."

An Olympic weightlifting class is also new this year, instructed by world champion weightlifter Terry Hadlow. This class provides specialized training for everyone from beginners to those who are at a more advanced level.

ShopGym offers team training for sports groups, Ninja Warrior parties for kids, customized workout programming, professional nutrition and hormone coaching. You'll also find a full stock of supplements including protein powder, collagen powder, and bone broth.

If you just can't decide which gym to take a membership with, ShopGym and Average Joe's Fitness have recently collaborated to bring you hybrid memberships, providing fitness options at both locations.

"The biggest thing that sets us apart is our community," says Stott. "Group classes allow you to meet other people and give you an instant support system. Our coaches are invaluable. They teach proper movement and always provide appropriate modifications for every fitness level so you don't have to be fit to start, and your first class is always free."

Average Joe's Fitness, at 10 Cedar Drive in Niverville, provides 24-hour member access, seven days a week, 365 days of the year. The gym is fully equipped, providing low-cost membership rates for individuals as well as discounted rates for families, couples, seniors, and students. A membership includes a fitness consultation and a personalized training program.

Online training options are also available. These include the 28-Day Shredder and Fit Mom Method.

Members will soon be able to take advantage of an online customizable



DEPOSITPHOTOS

app which will include free and paid training programs, nutritional recommendations, and fitness stat tracking. The program will integrate with Fitbits.

"I want to help people see that simple but consistent behaviours are the key to achieving [their fitness and weight loss] goals," says owner Chris Friesen, "and that spending a ton of time in the gym and elaborate meal prepping isn't necessary to achieve their goals."

Soul Family Fitness. Soul Family Fitness opened earlier this year at 9 Heritage Trail in Niverville. Classes run from Monday to Saturday and hours are posted on their Facebook page. The gym offers resistance and strength training classes, kickboxing, and will soon introduce yoga classes as well. Local nutritionist Susan Watson of A Little Nutrition provides in-house consultations.

What makes this gym unique is the family-friendly environment. Busy parents can attend the gym and bring their little ones along to have fun in the nearby play area while Mom and Dad workout. Parents can forgo the guilt of leaving their kids at home, and kids in turn get exposed to the idea of pursuing an active lifestyle.

"My goal for Soul Family Fitness is to make it a peaceful and serene environment... a place for people to come and realize their full potential at work, home, and gym," says owner

and fitness trainer Christine Toews. "Being a mom, I get that it is not easy committing to a gym. We want to be with our kids, not take valuable time away from them."

Of course, taking a membership at a local fitness centre isn't your only option to stay active this winter. A variety of independent fitness instructors hold classes in facilities around our communities. Most communities offer adult sports programming as well.

FOR SENIORS

The need to stay healthy and active never stops. Keeping the limbs limber and the heart pumping is good for everyone, including seniors.

Niverville. One of the roles of the Niverville Service to Seniors Coordinator, Damien Gagné, is to provide year-round programming to help seniors stay fit in an atmosphere that also provides a social outlet.

He says he's seen the benefits gained as seniors lose excess weight, improve their mobility, gain confidence, and make new friends, which helps prevent isolation. All of these factors contribute to better mental health, too.

"Active seniors have stronger hearts and bodies and this will help them stay stronger for longer as they age," Gagné says. "[Physical activity] improves balance, coordination, and bone and joint health. It also helps to

keep the mind sharper for longer. Frailty happens when seniors stop being active for various reasons such as injury, operations, etc. Frailty is a dangerous state for seniors to be in."

Gagné's organized activities include a walking club, which meets at the Niverville Heritage Centre atrium every Wednesday morning. Fitness classes take place on Friday mornings at the Silver Courts common room with fitness instructor Stephanie Gerbrand. Both are free of charge.

Monthly outings also provide opportunities for seniors to stretch their legs and get some steps in. These events might include trips to Folklorama, Goldeyes games, flower gardens, and A Maze in Corn.

Ritchot. Janice Burnett, resource coordinator for Ritchot Senior Services, has been a firm believer in the importance of physical activity for the majority of her life. Since 1991, she's been working as a certified fitness leader in group fitness and resistance training.

Eschewing the term "seniors," she prefers to view them as active older adults.

"When people hear the word seniors, the stereotype is not what we find in today's world," says Burnett. "I am very fortunate to work with many different older adults. Some may live with one or more chronic conditions, so, in their case, just coming to my

workspace and participating... is what is beneficial to them."

Burnett adds that the initial benefit comes from simply leaving the house for a time of socializing with peers. Many of them walk to Burnett's programs, providing the added benefit of simple and enjoyable exercise en route.

"I also work with another group of older adults that are considered 'elite' by Manitoba Fitness Council standards," Burnett says. "They work out with me three to four times a week, plus many also have other weekly activities such as golf, pickleball, Pilates, and daily walking. There are sore knees, backs, and shoulders, of course, but they are keeping a very high level of activity and therefore improving their quality of life."

Building muscle tone and core strength through regular exercise, she says, creates so many practical, day-to-day benefits. Seniors find that they are able to move from sitting to standing more easily, allowing them to stay independent longer in terms of bathing and washroom use. This helps them maintain a higher level of dignity.

For many seniors, maintaining independence also means carrying their own groceries or laundry basket, reaching items on cabinet shelves, or stooping to retrieve dropped items.

Burnett's fitness classes include chair fit and yoga, stability ball (which focuses on core strength and balance), Tai Chi, Drumming for Fitness, and intervals and circuits for cardio and strength training.

Funded by Southern Health, seniors will also be able to access the Strength and Balance Falls Prevention program. Classes take place at the Ritchot Senior Services location at 457 Main Street, St. Adolphe from Monday to Friday.

"I very often say the hardest part of any class is just getting there," says Burnett. "Once you're there, the positive energy that is shared by everyone is the most contagious bug you will ever catch."

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ANNOUNCEMENTS

CALL FOR NOMINATIONS

The Board of Directors for Niverville Heritage Holdings Inc. are looking to grow a diverse board from all sectors of the community and surrounding areas including new and growing families. All are encouraged to apply.

An independent Nomination Committee has been established to guide the selection process of qualified candidates for recommendation for 3-4 available board positions. The board positions are exciting and challenging as they deal with the complexities of operating a multifaceted, not for profit social enterprise campus with a staff of over 245 team members.

We are looking for individuals with strengths in Healthcare, Human Resources, Spiritual Care, Marketing, Business and Fund Development or Information/Communication Technologies.

This is a volunteer position with no remuneration.

If you have questions, or you are interested in serving in this capacity or would like to recommend an individual for consideration please email andynhhi2017@gmail.com.

Deadline for application: October 30. Pick up applications at NHC Administration Office and the Town Office.

Thank you!



New stories published daily!

The Citizen

www.nivervillecitizen.com

PUBLIC NOTICE

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Please contact the Liquor, Gaming and Cannabis Authority of Manitoba at 204-927-5300, if you have questions about this application.

Please contact your municipality if you have questions about zoning bylaws and requirements.

If you want to make a formal objection to this application, please send us your objection in writing by 4:30 p.m.

14 DAYS FOLLOWING THE PUBLICATION OF THIS ADVERTISEMENT

You can email, mail or fax your objection. Please include your contact information.

Email: objection@LGCamb.ca
Mail: LGCA Objections
1055 Milt Stegall Drive
Winnipeg, MB R3G 0Z6
Fax: 204-927-5385

- We respond to all formal objections and will work to resolve objections before issuing a licence.
- A copy of the objection, including the name of the person who submits the objection, will be provided to the licence applicant.
- Each person who submits an objection will be advised in writing of the outcome to the licence application.

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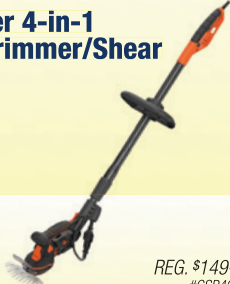


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