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July-August 2014

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Inside

July-August 2014 • Volume 12, Issue 4







Features

12 Thompson in Bloom
Thompson residents are making an impact with the Communities in Bloom program.
Penny Byer

18 Eye Catchers of the North
Do you know the stories behind the North's most famous monuments? Discover them here.
Morley G. Naylor

26 5 Tips for a Healthier Summer
Make this summer your best yet with these five helpful tips.
Shannon Smadella

28 Summer Fun Guide
There's plenty to do on the long days of summer in northern Manitoba and Saskatchewan.
Libby Stoker-Lavelle

32 Potash: Prairie Gold
Deep below the Blairmore shales, you'll find Saskatchewan's prairie gold.
Jim Parres

38 Cheating Death on Mikanagan
A harrowing true story of brotherhood, loss and survival on Mikanagan Lake.
Richard Billy

48 Walking With Our Sisters
How a commemorative exhibit is touching hearts across the country.
Libby Stoker-Lavelle

In Every Issue

4 Editor's Note
5 Contributors
6 Calendar of Events
What's coming up in July & August
7 In a Nutshell
Highlights from the North
17 Poetry Corner
35 A Good Taste
Healthy Hot-weather Treats
53 Wildlife: Robins
54 Q&A: Meet Blogger Brandy Reid



ON THE COVER

This pair of vamps, or moccasin tops, is one of 1,763 pairs created for Walking With Our Sisters. "600+ Sisters" refers to the number of missing and murdered Aboriginal women in Canada, which was believed to be 600, but is now estimated at 1,181. The artist, Carla Hemlock, is a member of the beading group Mohawk Women from Kahnawake.



From the Editor's Desk

Carpe diem. This well-known phrase seems particularly important to keep in mind as we look forward to July and August. Sure, the days seem endless now, but past experience tells me that the summer months will go by quickly, and the chilly days are not so far away. When the leaves start to turn in September, I want to be certain that I squeezed every wonderful drop out of the summer months.

With that in mind, here is how I plan to seize the day this season:
I will make time for long al fresco meals with friends and family, and peaceful paddles on the lake. I will take every single opportunity to go swimming. I will turn off my phone and computer and go outside. I may even try a digital detox (see p.26). Finally, I will curl up in the sun with a book as often as humanly possible. It's going to be tough, but I think I can handle it.

Whatever your plans are for the summer, we hope you take Cottage North with you. We've got a great lineup for dockside reading, from Richard Billy's tale of survival to Penny Byer's look at community improvement in Thompson. Our guide to summer and Morley Naylor's "Eye Catchers" should spark some ideas for weekend adventures, and show you just how much you can pack into those long July days. If you are in Flin Flon or The Pas, I hope you'll visit Walking with our Sisters – it is an exhibit that is sure to make an impact (see page 48).

Above all, no matter what you do this summer, we hope you relish each and every day of it. Have a great one!

E. Stoker-Lavelle

Libby (Elizabeth) Stoker-Lavelle

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We welcome submissions of photos, art and articles at all times. Please contact us if you have something to share!

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interactive online calendar of events • business directory • current & past issues

Contributors

Shirley Barbeau



Shirley Barbeau is a long-time resident of The Pas, and former resident of Cranberry Portage. A recent graduate from UCN, Shirley works for both The Pas Arts Council and The Pas & District Chamber of Commerce. In her free time, Shirley taps into her creative side with crafting projects and art installations; she is also a MS Walk ambassador.

Richard Billy



Richard Billy is the former co-owner and editor of *The Reminder* and editor of Hudbay's *Northern Lights*. He lived in Flin Flon for 50 years before retiring to Calgary in 1999 and is currently working on a number of stories about his time in Flin Flon.

Penny Byer



Penny Byer moved to Thompson in the late '70s to open up the CBC North Country studio. She moved into print as editor of employee publications with a mining company and has freelanced for various organizations and publications. She also teaches courses on communications and leadership.

Gerry Clark



Gerry Clark is a retired schoolteacher whose whole career, starting in 1969, has been at Hapnot Collegiate, Flin Flon. His interests include drawing, mostly portraits and some caricatures; photography, mostly wildlife but also sports, involving his four grandsons; and writing, mostly about local history.

Marc Jackson



Marc Jackson has lived in Snow Lake for 42 years. He is married to Leone and has four children and three grandchildren. For the past number of years, Marc has written, edited, and published Snow Lake's *Underground Press*, as well as a syndicated column that runs Fridays in the *Flin Flon Reminder*, *Opasquia Times*, and *Nickel Belt News*. He has co-written two books.

Sheila Marchant



As a longtime resident of northern Manitoba, Sheila Marchant enjoys capturing the natural beauty of this region in poetry. Sheila gathers inspiration everywhere, but particularly from her scenic views on her monthly bus rides from Flin Flon to Prince Albert. "You can never get bored if you look out the window," she says.

Maryn McKee



Maryn McKee is an 11-year-old crafter from Flin Flon. She has assistant-taught at Flin Flon's NorVA Centre for the past three years, creating items such as duct tape purses, popsicle-stick fruit bowls, and tie-dye shirts. Maryn's passion for crafting has led her to start a small home tie-dye business with her friend Nevada Shirran called TNT Explosive Wear.

Morley G. Naylor



Morley G. Naylor was born in Sherridon and has lived in Flin Flon since. For 32 years, he has travelled all over northern Manitoba and Saskatchewan with CBC TV and CBC Radio. "I've really come to appreciate the beauty and diversity of our area," Morley says. "There are so many stories to tell."

Jim Parres



Jim Parres is a prospector/geologist who was born in Timmins, Ontario, but raised in Flin Flon, Manitoba. He has co-authored two Manitoba mining books, *The Nor Acme Gold Mine Story* and *Headframes, Happiness and Heartaches* along with Marc Jackson. Jim also writes a bi-monthly column in the Snow Lake paper.

Shannon Smadella



As a charitable business professional, humanitarian and former Miss Canada, Shannon has travelled the world aiding various causes. From TSN Sports Host to freelance journalist, the University of Saskatchewan alumni enjoys writing for various publications in her free time. She is working on her third book and is a mortgage specialist with RBC Royal Bank.

Pat Vickery

Pat Vickery was born and raised in Flin Flon. She attended the University of Saskatchewan and obtained a B.A. and a B.Ed, teaching in Manitoba, Saskatchewan, and Wisconsin. Vickery's work for children was published in W.J. Gage anthologies, textbooks, and workbooks and her poetry has been published in Canada and the U.S.

Calendar of Events

The Calendar of Events is now online! Check out more listings and details for the latest concerts, festivals and other local happenings at ***cottagenorthmagazine.ca***

Flin Flon, Creighton & Denare Beach

July 8-13: Million Dollar Hole in One golf competition and fundraiser, Foster Park

July 9: Rhubarb Leaf Stepping Stone Class offered by Creighton Recreation

July 27: Discovery Days at the Northern Gateway Museum, Denare Beach

The Pas

July 26: Gallery in the Garden Tour by The Pas Arts Council

Thompson

July 4-August 29: Concerts in the Park every Friday at noon in MacLean Park (rain location: TRCC)

Snow Lake

Aug 9: Snow Lake Street Party, Snow Lake Motor Inn

Prince Albert

July 17: Kidzfest at the Kinsmen Park

July 29-Aug 2: PA Exhibition Summer Fair

August 22 to 24: Polkafest at the P.A. Exhibition



Celebrate Canada's 147th Birthday

On July 1, break out the flags and birthday candles in your community!

Flin Flon – Once you've recovered from the Trout Festival, enjoy your day off with midnight fireworks on June 30th, then wake up to a free pancake breakfast at Rotary Park starting at 8 am, and a wild west-themed Canada Day Parade at 11 am.

The Pas – Head over to the Sam Waller Museum on Fischer Avenue for face-painting and crafts.

Denare Beach – Head to the main beach at 5pm for family fun, followed by fireworks.

Creighton – Ring in the day at the Creighton ball diamond. The opening ceremony will start at 1:00 with the Royal Canadian Legion Colour Party, followed by stage entertainment, a food court, face painting and family games and races until 4:00.

Snow Lake – The festivities here will include a parade, beer garden, live performers, kids games and fireworks…lots to keep you busy!

Thompson – A full day of family fun can be found at the Thompson Regional Community Centre (TRCC) with a pancake/hotdog brunch, children's musicians, and multicultural entertainment from noon to 11 pm.

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In a Nutshell:



A miscellany of regional news

Debut album launch for Pabianek

~Libby Stoker-Lavelle ~



PHOTO BY C.C. TRUBIAK

Chad Pabianek performs at Johnny's Social Club.

Flin Flon singer-songwriter Chad Pabianek launched his debut album at Johnny's Social Club on June 14th. Pabianek's folky album, *The Arms That Surround Us*, beautifully showcases both his thoughtful lyrics and skilled guitar playing.

Pabianek has been writing his own music since age 12, and plays the didgeridoo and several other instruments in addition to the acoustic guitar. Earlier this year, Pabianek was a contender in CBC Radio's Searchlight competition for up and coming musicians.

In addition to his work as a solo musician, Pabianek has performed frequently with fellow local musicians Ann Ross, Doug MacGregor, Derek Kemp and C.C. Trubiak, as the band Five Easy Pieces.

Listen to singles from Pabianek's album at https://soundcloud.com/chadpab

Thompson hosts Pride Week festivities

~ Ian Graham ~



Thompson is set to become the third community in Manitoba to hold an event to celebrate sexual diversity when Pride North of 55 hosts a daytime mini-festival at MacLean Park and an evening social at St. Lawrence Hall on June 28. The celebration will include a ceremonial Pride flag-raising.

"We've been very well received, which to some of our southern compatriots is surprising," says Michelle Smook, chair of the Pride North of 55 committee. Smook says many of the people they've approached to take part in or sponsor the event know at least one person within the LGBTTQ community, and some are thankful that such an event is coming to Thompson.

"I get a sense of relief from some people," says Smook. "We haven't really received any negative feedback since we started, so it's been awesome."

For more information, visit the Pride North of 55 Facebook page or email northof55@pridewinnipeg.com.

This article was excerpted with permission from The Thompson Citizen



Lauren Wadelius as Ruth, and Beth Burrows as the Pirate King in Theatre 53's performance of Pirates of Penzance

Pirates in The Pas

~Libby Stoker-Lavelle ~

Theatre 53, along with singers from the Pas Community Choir, produced *Pirates of Penzance*, with three sold-out shows at the Westminster United Church in The Pas from May 29 to 31.

The 30-person cast of local performers included three choruses and 10 main actors. Andrew Legeny was the musical director and Kristy Dyck was the stage director.

According to Legeny, the response from the community has been very encouraging. "There are still people stopping myself and other members of the group on the street or in the stores, letting us know how well the production turned out," he said. A hundred and twenty audience members filled the seats each night to watch the comic play.

From Snow Lake to Ecuador

~ Marc Jackson ~



PHOTO BY COLLEEN CAIRNS

The Me to We Committee members received a $500 donation from the Snow Lake Health Auxilliary: standing from left, Phyllis Verbeek, Betty Rudd, Camie Longmuir, Agnes Hornyak, Kyla Spruyt, Mercedes Longpre, Holly McLaughlin, Iona Gaudet, Katie Spruyt, Jessica Longpre, Evelyn Webb, Brady Kowalchuk, Amanda Amorim, Taylor Kowalchuk, Evan Galiz; front, Christian Fisher

A small group of socially minded Snow Lake youth called the Me to We Committee is making a difference on a global basis. They have raised $10,000, which will go towards building a school in Ecuador. Last year some of the same students raised $8,500 in funds to build a school in Ghana.

Amanda Amorim is the counsellor at Snow Lake's J.H. Kerr School and a staff supervisor of the committee. She explained that, motivated by what they experienced at We Day, the local group set a goal for itself at the outset of the school year. The hope was to raise sufficient funds to build a school in a developing country. With a late May donation from the Snow Lake Health Auxilliary, and the proceeds from a recent dinner concert the group catered, they managed this feat.

We Day is an annual event attracting 16,000 students from 408 schools across Manitoba, and it aims to inspire and empower those youth to make a difference. Me to We is a for-profit social enterprise founded in 2008 by Canadian brothers Craig and Marc Kielburger. The initiative provides socially responsible products and services and donates half of its profits to the charity Free the Children.





2013 Pledge Ride North participants.

PHOTO CONTRIBUTED BY LISA JACKSON

Harleys for health: the Breast Cancer Pledge Ride North

~Libby Stoker-Lavelle ~

On Sunday, August 3rd, northern bikers will ride to raise funds for an important cause. The Breast Cancer Pledge Ride North is a subgroup of the original Breast Cancer Pledge Ride, a project which started in Winnipeg in 2001. Lisa Rogers, organizer for the Pledge Ride North explains, "The Southern Breast Cancer Pledge Ride has raised over $600,000 to fight breast cancer in Manitoba. The money they have raised has purchased a third mobile mammography unit that travels throughout the province, a van to transport the units, a molecular imaging system, upgrades to the mobile mammography units, wigs for the wig loan program and educational materials."

The fundraiser came north for the first time last year, and was a successful event, with over 40 motorcycles in the ride. This year's event will include a poker run from the Gateway Convenience Store to Gyles Park, with a complimentary lunch supplied by the BCPRN at the park. There will be stops along the way to make card draws and enjoy the scenery and the ride will conclude at the Rotary Wheel for an evening of musical entertainment.

All funds raised by the Breast Cancer Pledge Ride North will go to CancerCare Manitoba Foundation to fight breast cancer in the province. Anyone who would like to help with this year's ride or receive a pledge sheet can visit http://breastcancerridenorth.weebly.com or call Lisa Rogers at (306) 362-2979 or Paulette Wotton at (204) 271-2928.

Second annual garden tour for The Pas

~ Shirley Barbeau ~

This summer, the Pas Arts Council will be presenting the second annual Gallery in the Garden, a self-guided tour of floral and vegetable gardens in and around the Town of The Pas. Musicians will perform in many of the gardens throughout the day, and the beautiful landscapes will also provide a backdrop for artists, crafters and bakers to showcase their talents.



PHOTO COURTESY OF SHIRLEY BARBEAU

Andrew Legeny and Geoff Ings performed at last year's Gallery in the Garden

On Saturday July 26th, registered gardens will be open for visitors and residents to tour from 10 a.m. to 4 p.m. Art featured in the gardens will include painting, silk scarves, drawings, ceramics, quilting, photography, stained glass, jewellery, wood-working, and home-made cards.

To register, or for more information, contact Shirley at pasarts@hotmail.com or call (204) 623-7035.

Geocaching takes over Manitoba

~Libby Stoker-Lavelle ~

We all know that technology can lure us away from the great outdoors, but could technology actually help us get outside? Manitoba in Motion and Healthy Together Now are betting that it can, with their new joint initiative, the Geocaching Loaner Program. Geocaching is a real-world outdoor treasure hunting game played throughout the world, where players try to locate hidden containers (geocaches) using GPS-enabled devices. The Geocaching Loaner initiative provides free kits to Manitoba communities, which include GPS units, a guide for leaders, and brochures for participants.

Sharon Blady, minister of healthy living and seniors, notes, "We hope community groups will use geocaching as a way for people of all ages to be more active, learn new skills and experience being outdoors."

Interested? Contact your local regional health authority to find out how to borrow a geocaching kit. Find your local contact person at www.manitobainmotion.ca/communities/geocaching_loaner_program/

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Cranberry Portage Trout Challenge celebrates 25 years

~ Shannon Smadella ~

There's nothing quite like the sight of 50-some boats racing off to get the best fishing spot on an early August morning.

With a shotgun start at 8 a.m. on Saturday, August 2nd, the 25th Annual Trout Challenge will begin. This summer fishing challenge has brought teams to the area from all over the world.



PHOTO SUBMITTED BY KORI JAMES

The Trout Challenge will begin with a shotgun start on August 2.

The challenge will conclude at 3 p.m. on August 3rd, and will be ndfollowed by an awards ceremony. As a tribute to the 25th year, the Trout Challenge will be presenting cash awards to the top 25 finalists, with the grand prize at $5,000 cash.

With 62 boats last year, the challenge is eager to reach its record turnout of over 75 boats (the record was set in the first year of the challenge). Registration is $150 per team. To register, or learn more about one of Cranberry Portage's longest running annual events, see www.cranberryportage.net/trout-challenge.html. Forms can be found on the Trout Challenge website.

Artists invited to participate in a collaborative exhibit and auction

~Libby Stoker-Lavelle ~

The NorVA Centre in Flin Flon, the community's artist studio and gallery space, is launching a unique project this summer called the One Square-Foot Exhibition and Auction. Participants of all ages and levels of experience are encouraged to enter work of any medium into the auction. The only catch: each piece of artwork must be 12" x 12" and no more than three inches thick. Smaller pieces can be mounted on a one-square foot canvas or board to qualify. The event is a fundraiser for the NorVA Centre, and proceeds from each piece sold at auction will be split 50/50 between NorVA and the contributing artist.



PHOTO COURTESY OF NORVA CENTRE

This multimedia artwork by visiting artist Annie Bergen was the first submission to the One Square Foot Exhibition and Auction.

In the coming months, NorVA will host a number of events associated with the exhibition and auction, including coaching workshops for individuals who want help creating their artwork. A separate category for youth in the community is also being offered.

The submitted artwork will be exhibited during Culture Days at the end of September, and visitors to the exhibit will be welcome to bid on pieces through both a silent and live auction. Thirty individuals have signed up so far; to participate or learn more, visit onesquarefoot.norvacentre.com or visit the NorVA Centre at 170 Green St.

Heritage church revived

~ Valerie G. Barnes-Connell ~

As the oldest building still in use in Saskatchewan, Holy Trinity Anglican Church is a popular tourist and historical site. Located in Stanley Mission on the shores of the Churchill River in northern Saskatchewan, the building is a national and provincial heritage site. The church was brought from England, then rebuilt over several years and completed in 1860.

The Province of Saskatchewan took over the care of the church in 1981, when it was included within the boundaries of the Lac La Ronge Provincial Park. Much work was done on the church then, and more recently in preparation for the 150th anniversary of the church in 2010.

In 2011, Stantec, of Saskatoon, conducted a structural assessment of the condition of the church, and determined what was needed to maintain the integrity of the building and its authenticity as a heritage site. The improvements began in 2013, with a new high-end cedar shingle roof, and repairs to sustain the foundation and bell tower, which are close to completion.

For 2014, the hope is to complete repairs to the windows, and repaint the outside of the church.



PHOTO BY VALERIE G. BARNES-CONNELL, THE LA RONGE NORTHERNER

Holy Trinity Anglican Church at Stanley Mission.

The last piece will be work on the interior of the building, including painting it.

The Stanley Mission Working Group, a committee made up of Lac La Ronge Indian Band (LLRIB) Stanley Mission councillors and Ministry of Parks staff, oversees the ongoing care of the church and the local Churchill River.

Thompson in Bloom

Thompsonites are brightening up their city, one flower at a time

Story by Penny Byer

More than 40 people squeezed into the meeting room of Heritage North Museum in Thompson last February to talk about flowers, shrubs, landscaping and lawn care. It was more than just wishing winter would end. It was to help people prepare for spring and get more involved in their community.

It was Communities in Bloom Thompson's first public event of the year—a workshop conducted by local gardener Cliff Colter. The group sponsored a second workshop, on transplanting, in May. "This is the first time the Communities in Bloom Thompson committee has held workshops," said committee member Betty Landego. "It's a good idea to help increase community involvement."

Landego and Roxie Binns are often credited with starting Communities in Bloom in the northern Manitoba city. "We shouldn't really be credited for that," Landego said. "We were working with Thompson Unlimited at the









PHOTO COURTESY OF BT PHOTOGRAPHY

Before *After*

MacLean Park, adjacent to City Hall, was redeveloped to permit more community events. The area was landscaped to create an amphitheatre effect. Drainage was improved, and a fountain and bridge feature were installed. The focal point of the park is the permanent stage area that will feature a canopy that can extend over the stage and partway into the park. The canopy will be installed on the black poles. The site has already been used for Concerts in the Park and National Aboriginal Day celebrations.

time, and every time we made reports to city council on the Downtown Revitalization Committee, they'd say, 'Wouldn't it be nice if we were part of Communities in Bloom'. So, we brought the information forward to that committee, and the city's recreation department was on board. It was a great team."

Communities in Bloom (CiB) is a Canadian non-profit organization committed to fostering civic pride, environmental responsibility and beautification through community participation. The national program began in 1995 with 29 Canadian communities. Today, there are hundreds of communities participating within their respective population categories.

Trained volunteers travel to each registered community to evaluate the overall contributions of the municipality, businesses, institutions and residents in regards to eight criteria. These include tidiness, environmental action, heritage conservation, urban forestry, landscape, floral displays, turf and groundcovers and community involvement. 2014 is the fifth year in which Thompson has participated.

"It's so nice to see more and more involvement over the years," said Landego. "There are more planters, more flowers, and more people coming up with ideas. It's all about beautifying your community, about people being proud of where they live and what they have. I get excited when I think about what we have accomplished and the ideas that are still in development."

Some of the accomplishments in Thompson include hanging planters and banners on the streetlights of major streets, installing planters on major street corners and boulder features along the centre meridian of Mystery Lake Road, and the community clean-up, which saw a record number of community partners this year. A variety of local community groups and families join in the clean-up, picking up litter on streets, boulevards and green spaces. The City of Thompson pays $3 for every garbage bag filled, so the initiative is both a fundraiser and a community clean-up.

"Best of all, when people drive through Thompson, they can see the pride in the community. It looks clean and tidy and people want to be here – both visitors and residents," said Landego.

When the Communities in Bloom judges evaluate each community, they give it a bloom rating. The maximum number of blooms possible is five. Thompson has earned four blooms in the past two years. "We were happy with three blooms the first year, and four blooms were even better," said Landego. "But it would still be nice to have five, only because it shows our community is getting better."

"To me, it's not about the blooms," said Thompson's Mayor Tim Johnston. "It's about the pride you see at all levels in the city. It's the city employees who put in the extra effort, the businesses that add features to their areas, and the residential yards and school grounds that burst out in colour."

Municipal employees' contributions reach farthest corners of the city

"The aesthetics of the city are always a top priority," said John Burrows, director of recreation, parks and culture with the City of Thompson. It is his department's responsibility to ensure that priority is met. However, most visitors and residents do not realize the extent and variety of work required.

Sweeping boulevards, repairing fences, brushing green spaces, levelling and cleaning trails, cleaning parks and playgrounds, positioning planters, hanging banners, purchasing and planting



PHOTO COURTESY OF BT PHOTOGRAPHY

Aurora Place, which houses Thompson Chiropractic and Kendall Pandya Accountants, earned a Business of the Week award in 2013 for its entrance feature.

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Aboriginal/External Recruitment Officer
Eastern Campus
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Phone: (204) 778-1455, Toll Free: 1-877-677-5353
Fax: (204) 778-1477, Email: recruiteast@nrha.ca

After Hours Mental Health Resource Numbers

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- Crisis Line 1-888-322-3019,
- Suicide help line 1-877-435-7170,
- Senior abuse line 1-888-896-7183,
- Manitoba Farm & Rural Support 1-866-367-3276,
- Health Links 1-888-315-9257, and

These people are there to help in times of need. Please feel free to call on them should the need arise. The Region's Community Mental Health staff are available from 8:30 am to 4:30 pm weekdays (excluding holidays) and can be reached at 204-687-1350.

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flowers and trees, landscaping the cemetery and repainting signage are among the annual tasks performed by employees of Burrows' department.

"Really, the credit goes to Jim English, our facilities manager," said Burrows. "Jim has taken this personally. Beautification of the city is his passion. He has lived here many years. It's his home and he cares about it and for it. His team works hard for him."

The department of public works is also part of the process, as it is responsible for street cleaning, road repairs and installing lights on urban paths.

"The last two weeks before the judges' visit are especially hectic," said Burrows. "Our guys revisit areas to ensure they meet standards – everything from the ball fields to the tot lots to the Millennium Trail. And this year we are adding an off-leash dog park. It seems there are 101 meetings in those last few weeks, just to ensure we haven't left out any area."

Committee recognizes community efforts through its own program

The appeal of Communities in Bloom is that it requires a community effort. Community includes businesses, organizations, institutions and individuals. And those efforts are being acknowledged now through a local recognition program.

Bea Shantz, a Communities in Bloom Thompson committee member, coordinated the 2013 Thompson Pride/Yard of the Week program. "There were a lot of former garden club members involved at first," explained Shantz, "and we used some of the criteria from their programs. For example, in year one in 2010, people had to enter to be judged, or have someone nominate them. And we judged both the front and back yards."

In 2011, the Thompson Pride/Yard of the Week subcommittee focused on curb appeal. "We judged front yards only," said Shantz. "And everyone became eligible. This way, there was no invasion of privacy with judges going into backyards. In 2012, we added apartment balconies. This year, we will judge townhouses as a separate category. I'm sure there will be more changes as we evolve."

Thompson Pride/Yard of the Week is the largest subcommittee of Communities in Bloom Thompson. In addition to approximately 20 judges, volunteers are needed to contact winners, place signs on lawns, photograph front yards and ensure the local media are informed and promoting both the event and winners.

Criteria for evaluating the Yard of the Week residential areas include design, plant material, yard accessories and overall maintenance. This criteria is also used for evaluating townhouses, balconies, industrial and commercial businesses, with different emphasis placed on specific areas pertinent to the category.

Business involvement increases each year

The Thompson Chamber of Commerce supports the initiative by being involved and by encouraging its members to take part. "The chamber designed four plaques to be presented to the winners in the business, rental property, industry and institutional categories," said past president Keith MacDonald. "Plaques are awarded in each category and the winner gets to keep and



PHOTO COURTESY OF BT PHOTOGRAPHY

Despite an unusually hot summer, the Pereira family kept their flowerbeds and other yard features vibrant. They earned Yard of the Week award for their area.

Want to start a Communities in Bloom initiative in your municipality? Here's how:

Visit www.communitiesinbloom.ca and contact your provincial coordinator

Form a local CiB committee. The committee organizes the local program, liaises with municipal authorities, prepares an itinerary for the judges' visit and produces a community profile. The committee should include: a member of your municipal council, a member of a horticultural society or garden club, and at least one member to represent service clubs and community groups. You may wish to ask your municipality to assign additional staff to the project or hire personnel through a government program or grant. An organization such as the local chamber of commerce may want to take the lead.

Ensure you have financial resources. Draw up a detailed budget for each of the planned activities. Sources of funding could include government grants, sponsorships, sale of merchandise, donations, and fundraising events.

Develop a timeline and calendar of events. This will include events for public participation, preparations for judges' visit, program launch and major events during the judges' visit.

Create your own local CiB contests or recognition programs. Thompson Pride/Yard of the Week is one example of a recognition program.

Do what it takes to create momentum. Hold a media conference, submit press releases, create a website and YouTube account, advertise, send letters of invitation for participation or solicit door-to-door.

Prepare for the judges' visit and evaluation day. Complete information on this step is available through the Communities in Bloom website.

www.communitiesinbloom.ca

display their plaque for one year. We see this as such an important event for Thompson, and last year the chamber increased its participation by scheduling the itinerary for the judges' visit."

Thompson Home Hardware became an active member of Communities in Bloom Thompson this year. "It was a natural fit both on a business and a personal level," said owner/operator Sylvia Zimola. "Home Hardware is a national sponsor, and I want to be more involved in my community."

Zimola's comments reflect a growing trend in the Thompson business community, as there is an increasing amount of colour, floral displays and tidiness in the commercial, light industrial and even heavy industrial areas.

Timing is everything

"Communities in Bloom arrived in Thompson at the right time," said past Communities in Bloom Thompson chairman Bruce Holmes. "We have a new generation of people. They're active. Our streets are busy with walkers, cyclists, people walking dogs, pushing baby carriages – you didn't see that 15, 20 years ago. Are they out there because they want to be active, or because it's more appealing to be outdoors in Thompson? I think maybe both."

"From my understanding, we are the most northern community in Manitoba that the CiB judges visit," said Landego. "They usually evaluate Thompson at the end of July or early August. The community always looks great when the judges get here. And we take them everywhere. Some of the places visited include Wapanohk School's gardens, Northern Spirit Manor's flowers, Boys' and Girls' [Club's] bike repair shop, Vale's recycling program, Heritage North Museum, the cemetery, the miner statue site, Thompson Recycling Centre, waste disposal grounds, water treatment plant, some of the Thompson Pride/Yard of the Week winners, and wherever we hear about initiatives, we either include pictures in our Thompson profile, or we include them on the tour."



PHOTO COURTESY OF BT PHOTOGRAPHY

Institutions and non-profit organizations are also part of the Thompson Pride/Yard of the Week program. Northern Spirit Manor won the award for 2013 with its combination of floral displays and wolf statue features.

Although the CiB committee focuses on preparations for the judges' visit, the real rewards are not necessarily with the announcement in September of the city's bloom rating. "The real rewards are seeing more people getting on board each year," said Landego, "and when a former resident comes to visit and exclaims, 'Wow, Thompson has never looked better,' that's the biggest reward of all."



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Poetry Corner



By Pat Vickery

Meditation I
The slow and silent sweep
Of moon across the deep
And soothing water
As it sings its song of sleep
Forevermore
Along the sand
And rocky shore

Meditation II
The glide of eagle's
Fierce and graceful ease
Beneath the white
Of cloud and hue
Of ageless blue
Sweeping over glacial seas

Meditation III
A dreaming drift
Of ceaseless snow
White and white
Softly through the winter light
In gentle flow
And windy lift

By Sheila Marchant

Out walking years ago, I met Ernie Poirier picking up trash someone had discarded in the street. Ernie remarked that if each one of us strollers would pick up at least one bit of litter, Flin Flon would be a much prettier place. This is for you, Ernie.

I walk our land with glove at hand
And carry an empty sack
For I have found with litter around
That bag will never lack
Sometimes I forget my equipment,
And find empties in the clover
That I can stuff
But they're seldom enough
Usually my cups runneth over.

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PHOTO BY SHANE HUTCHINS

Grand Inuksuk recognizes Churchill's ties to its northern neighbours



PHOTO BY VOLKER BECKMANN

Each of the 53 Spirit Way wolves tells a unique story

Cottage North Country Eye Catchers

– Morley G. Naylor –

All across northern Manitoba and Saskatchewan, cities, towns, and smaller communities have erected unique monuments to distinguish their special place in our area. They attract the attention of travellers and tourists passing by, and share with them a glimpse into each community's past. So, for this issue, we thought that it would be a great adventure to explore these tributes in our area, and honour the community spirit behind them.

Churchill MB

The community of Churchill is rich in history, from nomadic Arctic people hunting in the area around A.D. 1000 to the arrival of Europeans in 1619. In 1717, the Hudson's Bay Company built the first permanent settlement, Churchill River Post, which was replaced later by Fort Prince of Wales. The town was named after John Churchill (an ancestor of Sir Winston) who was governor of the Hudson's Bay Company in the late 17th century.

More recent times have seen the advent of the railroad for a new shipping harbour linked by rail from Winnipeg completed in 1929. Churchill is the terminus of the Hudbay Railroad operated by Omni-Trax with the port facilities handling grain shipments and other commodities around the world. Today, the tourism industry is a major driver of the Churchill economy as visitors flock to the community to view and study polar bears and beluga whales. The town itself has a population of only 813 (as of 2011).

Churchill's **Grand Inuksuk** stands majestic on the shores of Hudson Bay. Whether it is seen against a backdrop of calm or turbulent waters, or by night when it appears almost mystical as the northern lights dance around it, the Grand Inuksuk is one of the community's most sought-after photo opportunities.

The word *inuksuk* (plural: *inuksuit*) comes from the Inuktitut language, meaning something which acts or performs the function of a person. Our subject was built as one of three in the community in recognition of the local relationship and close connections with northern neighbours in Nunavut. The monument most tourists know is the most prominent and largest of the three inuksuit, leading to its unofficial name, The Grand Inuksuk.

The 17-foot, 24-ton icon was erected in 2006, behind the town centre complex, and was the idea of Edgar Botelho, a 58-year-old long-time resident of Churchill. The Grand Inuksuk

was made entirely of local area granite, the same stones used in two local National Historic Sites, Prince of Wales Fort and Cape Merry Battery. The pieces were all specially selected to make up the individual components of the "Inuksuk" based on their dimensions, flatness, and suitability for the project.

Thompson MB

Thompson's life began in 1956 when a major nickel ore body was discovered. The community was founded in 1957 following an agreement between the government of Manitoba and nickel mining firm INCO Limited. Thompson was incorporated as a town in 1967, on Canada's Centennial Anniversary. By 1970 the population reached 20,000 and Thompson was proclaimed a city in the royal presence of Queen Elizabeth II. Nickel mining giant Vale, which assumed control of INCO in 2006, remains the biggest local employer with 1,500 employees, and other agencies such as Manitoba Hydro, Calm Air, MTS, UCN Campus, and the provincial government employ many others.

The city, which was named after INCO president John F. Thompson, is the third largest city in Manitoba, with a population of 13,123 as of 2011. It is known by many as the Hub of the North.



PHOTO BY MORLEY NAYLOR

Thompson's King Miner

The King Miner statue identifies the historical beginnings of Thompson as a mining town. The idea for the statue originated from a casual conversation and grew into the northern icon you can now see near the south entrance to the city. The King Miner contest is a well-loved tradition in Thompson, which began in 1971 and still continues today. In 1979, a committee for the building of a King Miner monument was struck. Major financial contributors to the project included the province, local service clubs, and various corporate donors. Construction costs for the six-metre, two-ton statue of foam, steel mesh, and fibreglass were $33,000, with an additional $9,200 for site development, for a total of $42,200. The King was created by George Barone, one of Canada's foremost community sculptors, acclaimed not only for the quality of his workmanship, but also for the virtual indestructibility of his statues. The statue was erected in 1981 just inside the entrance to the City's recreation complex, in conjunction with the city's 25th anniversary and annual Nickel Days celebrations. In the fall of 2008, the statue was taken down and sent to Winnipeg for refurbishment, and on his return was rededicated at the current location just prior to the 2010 Nickel Days Festival.

Wolves, wolves, and more wolves are involved in efforts to rebrand Thompson as the Wolf Capital of Canada. Those involved in the project say that Thompson could have tourists flocking to the wolf city, in the same way that Churchill attracts people with



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the prospect of sighting polar bears and beluga whales. Of course, the crowning glory of Thompson – and the wolf that started it all – is the dramatic 86-foot high mural, a re-creation of a Robert Bateman painting, found on Highland Tower. This wolf is just one of many found in the city, where you'll find **53 diverse wolf statues**, each measuring 2.2 metres (7.5 feet) and weighing 5,500 pounds. Each of these statues is painted by an artist and tells its own story, and each has been sponsored by a business or agency. The wolf statues are manufactured in Winnipeg using a process involving solid concrete poured in to a fibreglass mould. The $5,000 sponsorship fee covers all the costs for production for one statue, including freight, paint, plaque, and artist honorarium.

To promote the wolf concept, 49 of these statues are part of the Spirit Way GPS Wolf Hunt, a 2.5 kilometre walking and biking route.

For more information on the King Miner contest that inspired the King Miner monument, see Penny Byer's article in the May/June 2014 issue of Cottage North. To learn more on the wolf initiatives in Thompson, see the Sept/Oct 2013 issue. Both copies are available free online at cottagenorthmagazine.ca

Snow Lake, MB

This town was named after the neighbouring lake of the same name, which was named by prospector Chris R. Parres around 1924, because he found the water in the lake as soft as that obtained from melted snow. Snow Lake's history points back to 1927 when prospector Parres staked a gold claim here. That find later became a gold mine, which was opened in 1943 by Howe Sound Exploration Company. The big player in Snow Lake's mining history has been HBM&S (Hudbay) which operated Chisel, Stall, Osborne, Anderson, Ghost, Spruce Point, Rod, and Photo Lake mines.



PHOTO BY PAUL HAWMAN

The sheave wheel at Snow Lake Mining Museum

Recently, nearby Reed and Lalor mines have buoyed the future for Snow Lake, which had a population of 730 in 2006 but has had considerable growth in recent years.

Outside the mining museum near the main street area of Snow Lake, visitors will discover the **sheave wheel**, which was in service at one or more of the area mines operated by Hudbay. When using a drum hoist to convey men, equipment, and ore from the depths of the mine, the hoist cables run from the hoist room drum up to the top of the head frame, over the sheave wheel, and down where they are connected to the underground conveyance (cage or skip). The museum itself opened in 1996 and gained Manitoba Star Attraction status in 2006. Housed in a 14,000 square foot facility, the rich history of mining in and around the town is displayed.

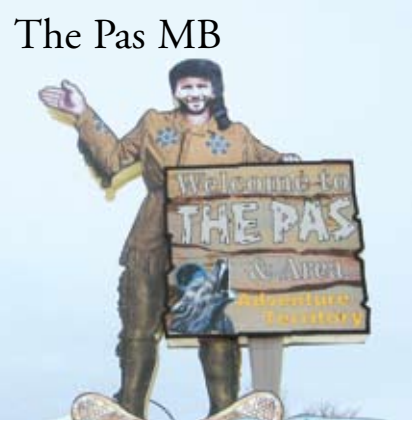


PHOTO BY MORLEY G. NAYLOR

The Trapper greets visitors to The Pas' Northern Manitoba Trappers Festival

The Pas, MB

The Pas was incorporated in 1912, and has been aptly dubbed Gateway to the North. The town is a major service centre and has an economy driven by Tolko Industries, a large UCN Campus, Manitoba provincial offices and services, OCN, railway, fishing and tourism. The population of The Pas in 2011 was 5,513.

The most universally accepted origin of the name is from the Cree *pasquia,* meaning land between wooded banks, as the area was at the junction of the Saskatchewan and Pasquia Rivers.

The first European to encounter the Cree was Henry Kelsey of the Hudson's Bay Company, and



PHOTO COURTESY OF SAM WALLER MUSEUM

The Sam Waller Museum is located in a historic building, the former courthouse for The Pas

The Pas went on to play a huge role in the fur trade. During the years of New France, LaVerendrye directed that a fort/trading post (Paskoya or Pasquia) be built on the lower Saskatchewan River above Cedar Lake.

The Trapper, a prominent sign on Highway 10 south, greets visitors to The Pas, and is a vivid reminder of the community's annual Northern Manitoba Trapper's Festival. The festival features world champion dog sled races, a king trapper contest, and other events such as tree falling, canoe packing, flour packing, bannock baking, and moose calling, which replicate the skills and activities practised by regional First Nations people and pioneers in the area. The Trapper sign was originally a project of the local Chamber of Commerce.

The Sam Waller Museum is a second major eye catcher for The Pas. A lifelong collector, Sam Waller amassed an astounding and eclectic array of unusual items over his lifetime. But more than a mere collector, Sam was also a dedicated and knowledgeable naturalist, a taxidermist, and a serious museum curator and teacher. In 1958, upon retiring from teaching, Sam opened his Little Northern Museum where he hoped to "portray life as it once was in the distant past" and "give the young the opportunity to see visions, and the old to dream again their dreams."

The museum is located on Fischer Avenue, in a historic 1916 building, the town's former courthouse. Located on Fischer Avenue, the Sam Waller Museum boasts over 70,000 items from natural to human history, and ancient archives from the rich history of The Pas. Temporary exhibits are also often on display.

Cranberry Portage, MB

Cranberry Portage is historically significant as a route used by trappers and traders travelling from the Grass River watershed to the Saskatchewan River watershed. The Cranberry Portage town site sprang up thanks to prospectors who came by rail around 1928 due to huge mineral finds at Flin Flon and Sherridon. The town became a distribution centre for the railroad and grew quickly to a population of 2,000. In 1929, Cranberry burned to the ground and was relocated at a site further from the lake.

After the railroad boom, the town transformed industrially into fishing, prospecting, and logging. The Mid Canada Line (radar) construction provided a boost with Cranberry becoming a sector control station, and when that advent closed, the military facilities were converted into a campus, Frontier Collegiate Institute, which now serves students from remote areas of the north.

Originally named because the watershed portage route was so lush with wild cranberries, the community looks forward to the opportunities provided by a major expansion and modernization of the Frontier Collegiate facilities. The current population is 572.

The **canoe cairn and plaque** near Lake Athapapuskow in the park area of Cranberry Portage commemorates the area's early history. The cairn was constructed by local volunteers in conjunction with Project Discovery for the Cranberry Portage homecoming and 75th anniversary in 2003. This monument connects the community with the past – the fur trade, and the fact that the route has been used for over 2000 years by Metis people to reach Hudson Bay. An upcoming attraction is in store, as the Cranberry Portage Heritage Museum located in the old railway station (erected 1929 after the infamous fire) is scheduled to open in the near future.



PHOTO BY MORLEY G. NAYLOR

This monument documents Cranberry's heritage as a key portage on a 2000 year-old canoe route



PHOTO BY MORLEY G. NAYLOR

The city's namesake greets visitors to Flin Flon

Flin Flon, MB

Flin Flon was founded in 1927, with the city's founders looking ahead to the construction of a huge metallurgical plant in conjunction with the construction of a hydro generating station at Island Falls, Saskatchewan. The huge ore body discovered here in 1915 was to have an enormous impact on the economy of the north. A railroad line from The Pas was completed in 1928.

Flin Flon and area have been in mining ever since, with the flagship 777 mine and metallurgical plant forming the backbone of the economy today.

Flin Flon was incorporated in 1933 and achieved city status in 1970. The current population of the city is 5592 (2011).

The name of the city is a contraction of Flintabbattey Flonatin, the name of a prospector from a dime store novel *The Sunless City*, a book that was found on the trail by the area's first prospectors.

The City Built on Rock has a long history of publicizing the area and its annual Trout Festival with a **large statue of Josiah Flintabbatey Flonatin**.

Originally designed by the famous American cartoonist, Al Capp, the statue was proposed as a publicity initiative around 1956. The statue was a dream of the Chamber of Commerce and the Trout Festival Association. The whole project came together over five years or so, and the official unveiling took place in conjunction with the opening of the Trout Festival on June 9, 1962.

Flinty underwent extensive renovations in 1989, and at a later date was relocated from the former arch way leading into the city to his present home near the Station Museum.

Pioneer Square is an attractive park space located at the north end of Main Street exemplifying the rich cultural presence in the city. The property was donated for this worthy project, which opened in the fall of 2011. It is a centrepiece for events such as the City of Flin Flon's 80th anniversary ceremony, the Queen Elizabeth II Diamond Jubilee celebrations, and the annual Christmas tree lighting ceremony. The area is becoming more of a focal point as various groups begin to use the area, and the park is a pleasant attraction for visitors and travellers touring the uptown area of the city. The park features a large town clock and a dynamic piece of artwork in copper relief which celebrates the town's history. The multi-panelled copper artwork was created by local artist Doug Dmytriw.



FILE PHOTO

Pioneer Square is a new park space in downtown Flin Flon



PHOTO BY PAT DMYTRIW

Artist Doug Dmytriw with his copper artwork at Pioneer Square



PHOTO BY PAT DMYTRIW

Detail of one of the panels from Dmytriw's work

Creighton, SK

Tom Creighton was led to the outcropping of the massive Flin Flon ore body by a trapper and prospector from Sturgeon Landing named David Collins. Creighton had explored the Amisk Lake and Flin Flon areas extensively, and contributed significantly to the development of northern Manitoba and Saskatchewan.



PHOTO BY MORLEY G. NAYLOR

Tom Creighton Cairn

After World War II, the Saskatchewan Department of Natural Resources surveyed a town site and residential and business property became available. The community was incorporated into a village in 1952, and was raised to town status in 1957. The town of Creighton's official naming took place on June 18th, 1955 during Saskatchewan's Golden Jubilee year, about six years after Thomas Creighton had passed away. Although Mr. Creighton sold out his shares in the massive Flin Flon ore body in 1922, he continued to seek out new mining adventures, and spent the latter part of his life in the community named after him.

Today Creighton's population is around 1,500, with the mining industry being the main employer.

Tom Creighton is recognized with "a simple cairn representing a man of simple demeanour, yet extremely important accomplishments." The **Tom Creighton cairn** stands on Main Street near the community school in Creighton, Saskatchewan.

Denare Beach, SK

The Village of Denare Beach is located 18 km south of Creighton, on the shores of Amisk Lake. The history of Amisk (Beaver) Lake goes back to the 1770s, when it was a key stop on the fur trade route from Cumberland House. The 1819 and 1827 Franklin expeditions across the lake were also an important part of the area's history.

The Denare Beach area was the scene of Saskatchewan's first gold rush in the early 1990s and the establishment of Beaver City on the south end of Amisk Lake near the old Fort Henry trading post.

Nestled in a blanket of history, Denare Beach (originally Beaver Lake) established a road connection with Creighton, in 1937. Of course, a modern paved highway is now in place, and the village has managed to retain its resort atmosphere while growing with the development of new homes. Named for the first two letters in the words *De*partment of *Na*tural *Re*sources, the village has a population of around 820, which doubles during the summer with the influx of cottage owners. The mining industry remains the major employer.

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The village prominently displays a **cairn to Mr. Harry Moody** at the entrance to the **Northern Gateway Museum**. The inscription on the memorial is self explanatory: "Born in Selkirk, MB, in 1888, Richard Henry Moody was a pioneer prospector and merchant of Amisk Lake where he settled in 1928. Through his study of Indian handicrafts and collection of artifacts he contributed to the development of the Denare Beach Museum. For many years he searched out local historic sites, his most important discovery being the 1775 Henry-Frobisher fort on Amisk Lake." (Department of Natural Resources 1967)

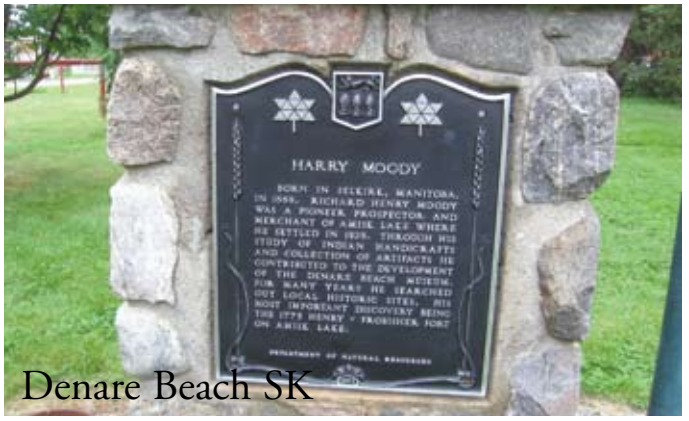


PHOTO BY MORLEY G. NAYLOR

A local collector is honoured with this cairn in Denare Beach

Prince Albert, SK

Prince Albert's beginnings go back to the late 1600's and the fur trade era. The first white man to travel through the area was Henry Kelsey in 1692 and Peter Pond set up a trading post in 1776.

Originally named by the Cree as "a great meeting place", the community was founded in 1866 by Reverend James Nisbet, a Presbyterian minister who came to establish a mission for the Cree and named the community after Albert, Prince Consort, husband of Queen Victoria, who died in 1861.

During the Northwest Rebellion of 1885, the Prince Albert Volunteers bore the heaviest casualties of the fighting at Duck Lake.

In 1904 the settlement was incorporated as the City of Prince Albert. Today, the city is located on the banks of the North Saskatchewan River and has a diverse and stable economy encompassing a large trading area. As a service centre with multiple industries including agriculture, forestry, and tourism, the city is well-placed to develop newer industries such as uranium and diamond mining, and bio-fuel technology. The present day city population is 35,129. (2011)

What could be more historic and eye catching than a former prime minister of Canada? Partisan politics aside, John George Diefenbaker, also known as Dief the Chief, is honoured with a beautiful **statue** outside of City Hall. The memorial was commissioned by the Prince Albert Chamber of Commerce and presented as a gift to the city. This is a fitting tribute to a man who was the 13th prime minister of Canada from 1957 to 1963, and the MP for the city from 1953 to 1979. Although he passed away in 1979, this flamboyant gentleman still grabs the headlines today.



PHOTO BY DONNA THIELS

Diefenbaker's former residence is now a museum furnished with artifacts from the Prime Minister's life.

The Diefenbaker House, on 19th St. was the residence of Mr. Diefenbaker before he became Prime Minister. It is furnished as it was in Dief's day and contains artifacts, documents, and photographs.

The house was built in 1912, purchased by Diefenbaker in 1947. The home was donated to the City of Prince Albert in 1975, to be converted to a museum. It has been open to the public since 1983.



PHOTO BY MELANIE JOHNSON

Former PM John George Diefenbaker is celebrated with this statue in Prince Albert

La Ronge, SK

The history of La Ronge dates back to the early days of the fur trade when, in 1782, the Swiss-born fur trader Jean-Etienne Waddens had a fur trade post on Lac La Ronge. The name "LaRonge" was given by early French trappers meaning "The Chewed" because of large amounts of beaver activity of the shoreline of the lake.

In 1904, La Ronge was a fur trading post and meeting place, in 1905 was a Northern Village, and became an Industrial Town in 1965. La Ronge received town status in 1976 and became a Northern Town in 1983.

With the decline of hunting and trapping and the fur market, La Ronge has diversified into other areas. It has become a northern leader in business, infrastructure and social services, and a centre for education and health with an economy based on tourism, forestry, mining, commercial fishing, trapping and wild rice.

Many Dene, Cree, and non-aboriginal trappers used LaRonge as their central service point.

With the extension of Highway 2 from Prince Albert in 1947, La Ronge became a major tourist fishing area. Surrounded by several First Nations communities and the Northern Village of Air Ronge located just south of the town on Highway 2, LaRonge has become a northern hub for the Saskatchewan provincial government. La Ronge's current population is approximately 2,743.

Portage is a larger than life steel and ferro cement sculpture that stands in Patterson Park in downtown La Ronge. The monument is one of four built in Saskatchewan in honour of the province's centennial in 2005. A number of text panels on metal paddle mounts surround the sculpture, each written by a Saskatchewan resident, telling a story about their travel and experiences.

Portage captures the spirit of adventure. Chris Armand, the artist who created the statue has stated, " The work is about story telling and experience. My hope is that this interactive piece becomes integrated into the community and stimulates additional storytelling. I am interested in the piece being a starting point for people and their trips whether by canoe, camping or travelling from one locale to another."

And so, as our tour of Cottage North Country draws to a close, we hope that readers will take the time to visit our communities and check out the eye catchers and many other attractions right here in central and northern Manitoba and Saskatchewan. Special thanks go out to those good people in each community who went out of their way to provide information to make this article possible.



PHOTO BY GAVIN WILLINS

Portage celebrates the spirit of adventure in La Ronge

Five Tips for a Sensational Summer

~ Shannon Smadella ~

As a northern girl, I've come to appreciate the richness of the summer months in the place I call home. This is the time when the luxurious lake days and warm breezes grace our daily beings. Here are a few ideas & activities to help you make a healthy and happy transition into the sizzling days of summer.

1: Indulge in the tastes of summer with salads

Experiment with garden-fresh veggies, or give this recipe a try.

Cucumber Radish Carpaccio Salad

You will need:
2 cups very thinly sliced radish
2 cups very thinly sliced cucumber
2 Tbsp extra-virgin olive oil
1 Tbsp white wine vinegar or white balsamic vinegar
¼ tsp. black pepper
1/3 cup grated feta cheese
2 Tbsp. chopped mint

Arrange radish and cucumber slices on serving plates, alternating radishes with cucumbers so they will overlap slightly. In a small bowl, whisk together oil, vinegar and pepper. Drizzle dressing over vegetables and sprinkle feta cheese and mint on top. Serves 4.

Each serving contains: 111 calories; 3g protein; 10 g fat; 5g carbohydrates; 163 mg sodium.

2: Lather up!

As the beautiful summer rays shine down to warm us, we need to remember to lather on that sunscreen. Use good quality broad-spectrum sunscreens that filter UVA and UVB rays, with an SPF of at least 30. Avoid chemicals in sunscreen such as oxybenzone, which is found in 80 per cent of sunscreens. It penetrates the skin and can cause allergic reactions and hormonal disruption.

Natural and organic sunscreens contain less harmful chemicals than conventional sunscreen products. Choose a sunscreen that uses minerals to filter UV rays, such as zinc oxide.

Remember that the sun's rays are reflected by sand, water, and pavement and can penetrate clouds and windows. Protect yourself!

3: Try a digital detox

Socrates predicted that people's use of the written word over speech would "implant forgetfulness in their souls". More and more studies confirm that overuse of smartphones and computers can result in stress, depression, and other emotional health issues. Our ever-present cell phones have been shown to interfere with levels of trust and empathy in face-to-face conversations. This will come as no surprise to anyone who has ever sat across from a texting dinner companion! Tweets, Instagrams, and status updates keep us connected, but overusing technology may affect our health.



Easy outdoor meditation

Find a nice piece of grass under a tree or at a peaceful location of your choice and sit cross-legged with a nice straight back. Be mindful of your breath. Every time that your thoughts race off somewhere (and they will, along with song jingles, to-do lists and all manner of unwanted chatter), come back to your breath. Don't berate yourself if you begin wandering, just circle back to your breath. Start with five minutes and practise daily.

- Breathe deeply in and out.
- Seek to be aware of the different physical sensations you're experiencing as you breathe deeply in and out.
- Notice how your body expands with an inhalation and contracts with exhalation.
- Experience the breath coming in through your nose, out through your mouth and experience how it feels through other parts of your body.
- Notice the stillness around you before and after each breath.
- Come back to your breath whenever other thoughts try to take over.

Going screen-free for a weekend or an entire vacation can be as revitalizing as a breath of fresh air. Put your phone away, turn off the TV, and get out of your house for some fresh air. You'll be glad you did.

4: Get outside!

Weather you enjoy fishing, softball, or soccer, being outside in the fresh air will cleanse your soul and refresh your mind. Try practising yoga or meditation outside to de-stress.

In holistic arts, summer is a cycle that is all about robust energy and creating abundance. Use its high energy to help focus on, expand and coordinate the pieces of your life, especially those that can manifest themselves, into a new you. So get out and enjoy the fresh air!

5: Spend quality time with kids & loved ones

Commit to just enjoying your life this summer. Kids pick up our attitudes. If you're feeling stressed, they'll be stressed. Your positive attitude will create a relaxed, happy mood in your house. Set aside some time every day to have fun with your child and loved ones. Whether it's running through the sprinkler together on a hot afternoon, or counting the stars on a blanket in the backyard before bedtime, do at least one thing a day to connect and have fun.

Remember, what matters is always how it feels, not how it looks. Your child doesn't need a Martha Stewart activity, just a loving connection with you.

Fun Family Project: Summer Album

Collect your photos throughout the summer and, in the last week, **print out your favourites and make a summer album.** You might want to host a celebration on Labour Day weekend where you look at the album with family and friends. Remind each other of the things that seemed like disasters at the time but are now funny (every family has some of those). This is a great project to build upon every year!

So as you head out to catch a few luxurious summer rays and get your supply of freezies ready, remember to eat well, lather up, put away your phone, get outside, and spend time with your loved ones. Have a sensational summer!

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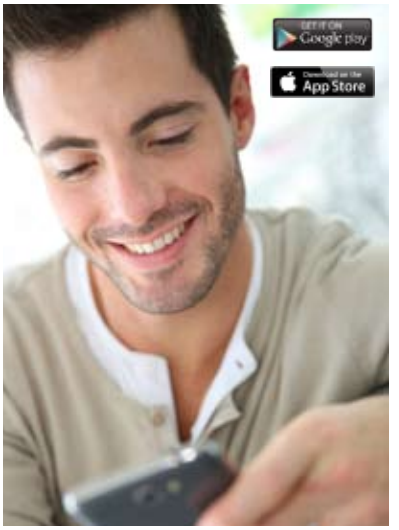
As we move through life our needs change. But that doesn't mean you need to change who you turn to for health care and advice. Pharmasave has been a part of Canadian communities since 1981, and Pharmasave pharmacists have been there every step of the way.

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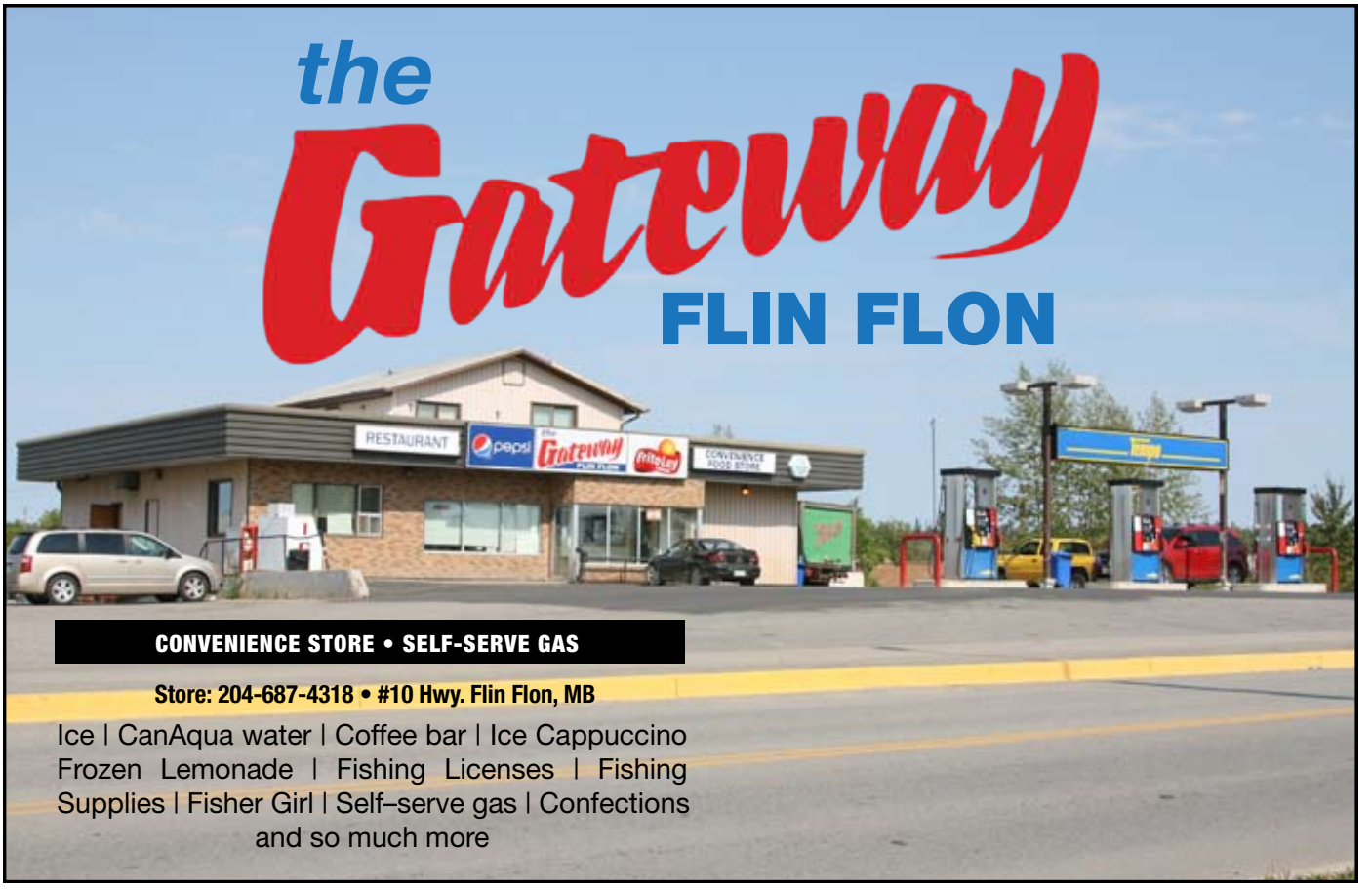
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Summer Fun in Northern Manitoba & Saskatchewan



Story by Libby Stoker-Lavelle

We know you want to take advantage of those endless sunny days this summer, so here are a few tips to get you started!




Flin Flon Trout Festival

1. Discover a Summer Festival

Summer is made for new experiences! Take a weekend to visit a new community and discover one of these unique festivals.

Flin Flon Trout Festival – June 27 to July 1, 2014

With varied live music performances on Main Street, the annual Cabar-eh concert at the Flin Flon Community Hall on Friday night, and the famous Saturday night Fish Fry, there's lots of entertainment all weekend here – not to mention canoe races, family activities, rides and a Canada Day parade.

www.flinflontroutfestival.com

Winnipeg Folk Festival – July 9 to 13

An epic five-day festival with over 80 performers, 10 stages, food vendors, family area and campsites. Birds Hill Provincial Park.

www.winnipegfolkfestival.ca

Taste of Saskatchewan – July 15 to 20

Enjoy non-stop free entertainment along the riverbank and taste the myriad flavours of Saskatoon's restaurant scene, including Greek, Italian, Indian, and Cajun cuisine.

www.tasteofsaskatchewan.ca

Brandon Folk, Music & Art Festival - July 25 to 27

This year marks the 30th year for this festival featuring live music and entertainment, and the Under the Canvas Makers Market, celebrating innovation and experimentation in science, engineering, art, performance and craft.

Brandonfolkfestival.ca

Prince Albert Exhibition Summer Fair – Jul 29 to Aug 2

Go back in time at this annual fair with a parade, midway, livestock shows, chuckwagon races, petting zoo, demolition derby, musical acts and fireworks

www.paexhibition.com

Opaskwayak Indian Days (OCN Days) – Aug 13 to 17

This week-long annual social, spiritual and community event includes dancing, singing, arts and crafts tables, and diverse activities for families.

www.opaskwayak.ca

2. Develop a new skill

Flin Flon - The **NorVA Centre** is offering **workshops for kids & adults** all summer long, including tie-dying, photography and more (class fees vary). Artists of all media can also sign up for a week away to work on their art at the NorVA Artists Retreat at Bakers Narrows Lodge from August 17-24. Visit norvacentre.com for information.

Flin Flon kids aged 5-8 can enjoy sports, crafts and games at the **Summer in the Parks Day Camp** in July and August. For more information, call 204-681-7542.

Denare Beach - For the sixth year, the Precambrian Sailing Club in collaboration with Sail Manitoba will offer a **sailing school for kids** (aged 7 and up) and adults from July 8 -July 11. Two sessions will be available, from 9 a.m. to noon and 1 to 4 p.m. For more information, contact Dave Price at 204-687-8653.


Denare Beach sailing school for kids

PHOTO BY DAVE PRICE

The Pas - Kids aged 6-10 will love the **children's activity days at the Sam Waller Museum** in The Pas. Theme-based activities will include crafts and lots of diversions for busy hands. This full-day program will be available weekly from June to early August, and costs $5 per child per day. Visit samwallermuseum.com for information.

Thompson - The City of Thompson will be running **drop-in half-day camps** for $2 per half day, as well as specialty camps like Construction Camp and Disney Camp. Prices vary depending on length. Camps are designed for kids ages six to 15 and will run from July 2 to August 22. Call 204-677-7952 for information.

Summer programs throughout the north

Summer is the perfect time for kids to develop their reading skills and find books they'll love. The free **TD Summer Reading Club** is offered at libraries across Canada every summer. Kids who join the club get a special sticker for every book they read during the summer. Some libraries also offer fun summer camps. Contact your local library or visit www.tdsummerreadingclub.ca.

Have a World Cup fan at home? Young athletes can learn new skills at the **British Soccer Camp**, with sessions being held in multiple communities throughout northern Manitoba. For dates and information for your area, visit www.challengersports.com.



WISE Kid-netic Energy Science & Engineering Camp

PHOTO COURTESY OF WISE CAMP

Science comes alive for kids at the **WISE Kid-netic Energy Science & Engineering Camp**. Day campers will learn about nutrition, engineering, sports science and more through fun hands-on activities, like making bubblegum, building a robotic hand and designing a mini-luge track. Parents, prepare to be jealous. Camps will be offered in several communities including Thompson (July 7 to 11), The Pas (July 28 to August 1), and Flin Flon (August 19 to 23). Camp fees vary. For information, visit www.wisekidneticenergy.ca/kidnetic-camp.

3. Visit a unique exhibit at your local gallery or museum

Flin Flon

Jerry Hamm Retrospective showcases work by a local painter.
NorVA Centre — Flin Flon, July 16 to August 5





ART BY JERRY HAMM / COURTESY NORVA CENTRE

Walking with our Sisters is a commemorative exhibit and memorial for missing and murdered aboriginal women. See article pages 48 to 51 of this issue.
Elks Hall — Flin Flon, June 23 to July 5

The Pas

Flux: Continuous Change featuring work by nine local artists.
Sam Waller Museum — The Pas, June 7 to August 2

Walking with our Sisters
Location TBA — The Pas, July 12 to 25

Thompson

A Sad Sort of Queen exhibit by Mathew Sawatzky.
Heritage North Museum — Thompson, August 1 to 31

4. Go Back in Time

The Pas

Discover the town's rich history with a guided tour offered by the Sam Waller Museum. Tours start at the museum every Friday at 2pm, and can be arranged for other days by appointment. Fees are $5 for adults, $2.50 for students and seniors.

Snow Lake

Check out the weekly lunch theatre performances on Saturdays this summer at the Snow Lake Motor Inn. These free productions will feature local actors performing the roles of historical figures such as early prospector Kate Rice. Shows begin on June 28th.

Prince Albert

Let the PA Historical Society Interpreters show you a new side of Prince Albert this summer. They will be offering free historical walking tours of the city on Sundays and Thursdays in July and August at 11 a.m. and 2 p.m. For more information, call the Historical Museum at 306-764-2992.

5. Camp, hike, or picnic in a park

Manitoba and Saskatchewan boast numerous well-maintained parks, many of which have camping facilities and groomed hiking trails. Here are a few to try:

Splash around at the beach at **Bakers Narrows Provincial Park**, or climb the viewing tower for a spectacular 360-degree view of beautiful Lake Athapapuskow.

With impressive waterfalls, rapids, and extensive groomed trails, **Wekusko Falls Provincial Park** is the perfect spot for a weekend adventure, or a short day trip from Snow Lake.

Just north of The Pas, **Clearwater Lake Provincial Park** boasts beautiful blue water and great spots for boating and volleyball. Don't miss the self-guided tour of the caves here.

The breathtaking views at **Pisew Falls Provincial Park** are well worth the short drive from Thompson.

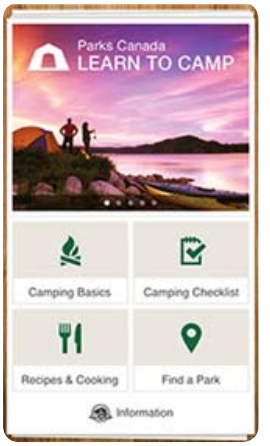
Heading south? Take a few hours out to explore **Prince Albert Provincial Park**, visit the cabin of the famous conservationist Grey Owl, and learn more about local wildlife in the interpretive centre.

Find more parks to visit:

Manitoba Provincial Parks
www.manitobaparks.com

Saskatchewan Provincial Parks
saskparks.net

National Parks: www.pc.gc.ca



New to camping or feeling a little rusty? Learn how to start a campfire, set up a tent and stay safe while camping: Download Parks Canada's Learn to Camp app or check out their online resources at www.pc.gc.ca

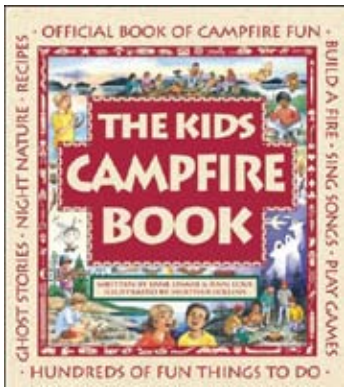
6. Get crafty

Never hear "Mom, I'm bored" again! Try these books on crafts & summer activities for kids, recommended by Cindy McLean, library administrator at the Flin Flon Public Library.

Best Ever Craft Book for Kids
by Jane Bull

Summer Things to Make & Do
by Leonie Pratt & Katrina Fearn

The Kids' Campfire Book



Crayon Art on Canvas

A Step-by-Step Tutorial

A summertime craft by young Flin Flon crafter Maryn McKee. Maryn will be at the NorVa Centre this summer, where she will be assisting her mom in various arts workshops.



Materials:

- Canvas or painted piece of board
- Hot glue gun
- Blow dryer
- Newspaper (for cover)
- Cover cloth for under the canvas
- Wax crayons

Remember:

Cover your table well on each side of the canvas, as the crayon splatters a bit.

Be sure to have a parent supervise this craft and handle the glue gun as necessary.

1-Sort the crayons out. Sort depending on how you want your finished art to look: rainbow, lightest to darkest, repeating colors or different shades of the same color. Whatever you come up with will look beautiful.

2-Hot glue each crayon in order on the top of your canvas. Some people keep the wrappers on and some take them off, but either way works. You can opt to unwrap the crayons and cut them in half if you want.

3-Slant the canvas so that the wax will drip. A common idea is to lean it against a wall. If you do lean it against a wall, tape newspaper onto the wall to avoid any accidents.

4-Use your blow dryer to dry the crayons. It's best to point the blow dryer downward so that the wax will drip. Take note that this will get messy! Let your work dry. A heat gun is also an alternative and can be picked up at a hardware store.

5-Add final details. Clean up your work. Remove the crayons and collect the dried bits of wax that have seeped onto areas where you don't want them. You are done!

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Healthy eating is important to good health. Food nourishes your body and gives you energy to maintain a healthy, active lifestyle. Eating the right foods can also help reduce risk of many chronic diseases.

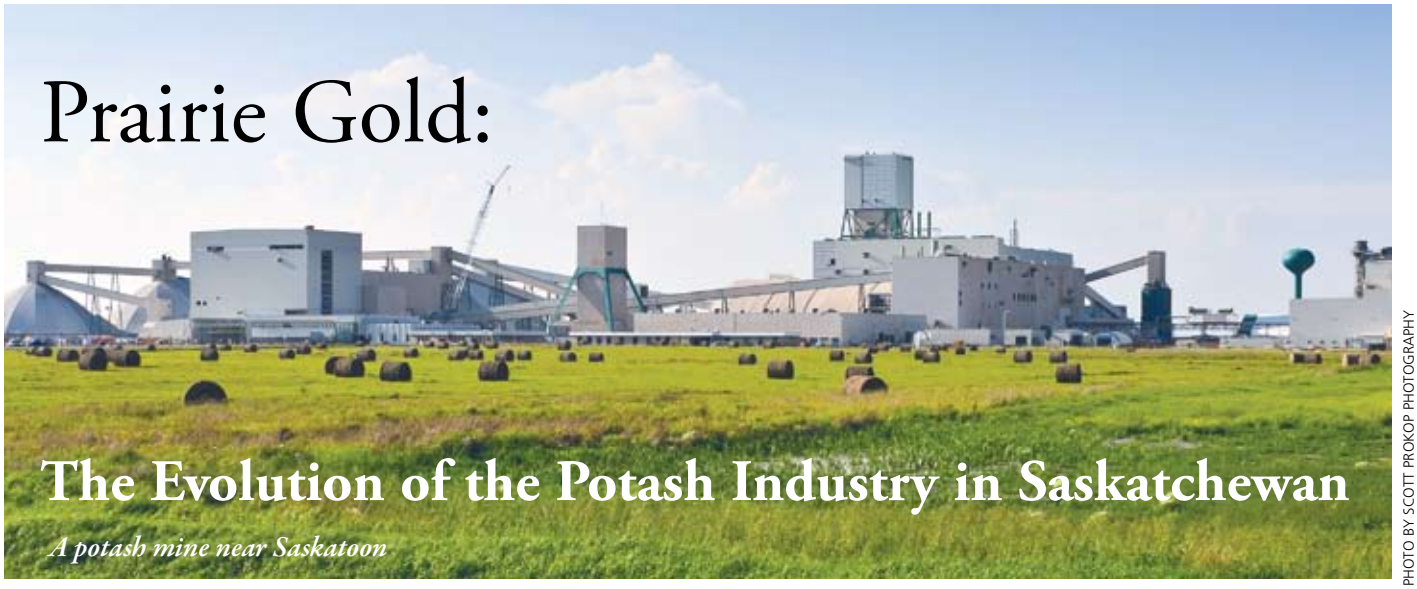
Eating well doesn't mean giving up foods you love; it means choosing food wisely. Try some of the following suggestions when making food choices:

- Select a variety of foods from all groups such as fruit, vegetables, dairy and grains;
- Emphasize cereals, breads, other grain products, vegetables and fruit;
- Choose lower-fat dairy products, leaner meats and foods prepared with little or no fat;
- Achieve and maintain a healthy body weight by enjoying regular physical activity and healthy eating; and
- Check the Nutrition Facts table on food labels to compare products more easily; determine the nutritional value of foods; better manage special diets; and increase or decrease your intake of particular nutrients.



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Prairie Gold:



The Evolution of the Potash Industry in Saskatchewan

A potash mine near Saskatoon

PHOTO BY SCOTT PROKOP PHOTOGRAPHY

– Jim Parres –

Gold has always been valuable, not only for its rareness and versatility as a metal, but also for its function as the backing for currency. The popular term black gold identifies oil, an essential commodity for our modern lifestyle, as another high-value product. I propose that it wouldn't be a stretch, then, to use the term prairie gold when discussing potash.

As one of the world's big three agricultural fertilizers, potash is incredibly important to the well-being of both humans and animals, and as a resource, potash is particularly valuable to the province of Saskatchewan.

Discovering Potash

Who would have guessed that a commodity that was formed naturally from seawater would become a significant player in the economy in a land-locked province (and the official mineral of that province, no less)?

During the mid part of the 20th century, around 1942, geologists in Saskatchewan were logging the drill core from holes bored through the sediments, in search of oil and gas, when they noticed some very interesting sections of an evaporite mineral identified as KCl (potash).

At that time, potash wasn't as valuable as a commodity. The soil was still rich in most farming areas, and farmers didn't need to replenish soil nutrients very often. However, by the 1950s, the usefulness of potash was realized, and many companies began exploring for these beds of potash. Some of the potash deposits were as deep as 3,400 feet below the surface. Getting down to the potash deposit was no easy chore either, as the shaft had to be sunk through the water-laden Blairmore shales.

What is Potash? Quick Facts



PHOTO BY JIM PARRES

The term potash is often used to refer to fertilizers made from potash, but in general the term refers to salts that contain the element potassium in water-soluble form.

Potash is extracted from minerals, including carnallite and silvinite.

Human populations have been using potash since at least 500 A.D., as an important component in the creation of products such as soap, glass, and gunpowder

The word potash is derived from the original method of producing potash: leaching potassium by soaking plant ashes in water, then evaporating the solution to create, literally, pot ash.

Potash is used as a fertilizer to increase crop yields, improve water retention, and increase a crop's resistance to disease. After nitrogen and phosphate, potash is the world's third major fertilizer.

The production of potash as a fertilizer product entails mining phosphate rock, then dissolving the rock in a mixture of acids. The resulting phosphoric acid can be combined with ammonia to produce solid fertilizers, or evaporated for conversion into liquid fertilizers.

Over time, a freezing process was developed, allowing mining contractors to sink reinforced concrete walled shafts down through the Blairmore, making the extraction process more efficient.

The Potash Industry Today

At one point in time, if you wanted to find your own potash deposit all you had to do was set up your drill rig almost anywhere in southwestern Saskatchewan (think Regina and Saskatoon) and bore down vertically into the underlying sediments. Chances were, you'd hit some potash in your drill cuttings, and if the potash was thick enough and of good quality, you'd be in business. Then all you had to do was find a buyer, set up a contract to sell the buyer your potash, and *voila*, you were rich. It was almost that easy.

With 75 billion tonnes of potash reserves, Saskatchewan currently possesses 50% of the world's known reserves of this important commodity. However, if you want to jump on the potash gravy train now, you'd better hurry, because the land is getting all staked up. There are other people who already have their mines in production, prospectors who got rich when the market was up. As I write in May 2014, the market is down from its amazing high of $1,150 a tonne in 2008, to just above $300 a tonne. The market could certainly rebound some time in the not-too-distant future, as the commodity's reduced value right now is largely a result of the actions of major players on the global market.

In July 2013, a Russian company called Uralkali, the world's biggest potash producer, pulled out of the Belarusian Potash Company (BPC). BPC, a business partnership between Uralkali and Belaruskali, the Belarusian state-owned potash company, had a huge influence on the global market, controlling nearly half of global exports.

When Uralkali left the BPC partnership, it announced plans to boost output and increase market share. This caused widespread concern that Uralkali would flood the potash market with their product. The result was a drastic price drop around the world.

In December 2013, Potash Corporation of Saskatchewan Inc, Canada's largest potash producer, announced that it was cutting its workforce by 18 per cent, including more than 1,000 Saskatchewan employees. This was a painful reminder of how changes in the global potash industry impact the Saskatchewan economy—for better or for worse.

Saskatchewan's Potash Deposits

Saskatchewan is the second largest potash producer in the world, with 10 mines in operation today.

Saskatchewan's vast potash deposit lies deep below the surface. According to the Saskatchewan Mining Association, the deposit lies diagonally across the southern plains of Saskatchewan, gently sloping southerly from a 1,000 metre depth along a northwest line through Rocanville, Esterhazy and Saskatoon to more than a 1,600 metre depth at Belle Plaine. In northeastern Montana and North Dakota, potash deposits reach depths of up to 3,000 metres.

Some potash extraction in Saskatchewan is by underground mining at depths between 1,000 to 3,000 metres and some production is by solution mining.

In 1996, Sylvite (potash) was proclaimed Saskatchewan's Mineral Emblem.

The Business of Prairie Gold

In 2013, global potash demand was at approximately 53 million metric tons (Kiril Mugerman, March 2014 interview, Resource Investing News).

The potash business consists of eight main producers in several countries around the world. Yearly production is around 30 million tonnes.

In 2008, Canada made up 35 per cent of the global potash capacity.

Saskatchewan's production of minerals is in the many billions of dollars, largely due to potash.

From 2003 to 2012, mining contributed $71 billion to Canadian governments from taxes, royalties and income taxes (corporate and personal).



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In an upcoming issue, I will take you underground, into a potash mine southeast of Saskatoon in the 1970s, when a group of students from the Geology Department's Ore Gangue visited one of the earliest potash mines in the province.

Quite often there is salt (NaCl) associated with the potash beds, so the dust in the air of the mine can be quite salty. Be sure to wear a mask on our tour.



Potash is an important fertilizer for the world's crops

PHOTO BY IVAN RU



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Equip your fridge and freezer for the summer with these nutritious & delicious treats.

Low-Calorie Summer Drinks

Add cucumber and/or lemon slices to water to add flavour and some sneaky health benefits too – lemon is a great detoxifier and cucumber is packed with Vitamin C. For a one-two punch add ½ a lemon and a ¼ cucumber, both thinly sliced, to a pitcher of water and let it sit in the fridge for at least ten minutes before serving. Add ice if desired.

Mix up some iced tea by steeping a double-strength pot of regular or herbal tea, cooling it completely, then adding the tea to ice. Add lemon and/or mint leaves, and sweeten to taste. Try honey or agave syrup as sugar substitutes.

Frozen Fruit

Frozen seedless grapes are great snacks any time. Keep them in a sealed bag or Tupperware container in your freezer & enjoy them like candy (guilt-free!) Add frozen berries or grapes to your favourite summer drink – they'll add colour, cold & flavour, and won't water down your drink



Frozen Banana Smoothies & Shakes

When frozen, bananas add a smoother texture to blended drinks. Try these mixes:

Frozen bananas + berries + orange juice make a delicious sorbet-like treat.

Frozen bananas + yogurt + milk make a creamy substitute for your favourite milkshake. Milk allergies? Try soy or almond milk. Make it your own by adding your favourite flavoured yogurt or additional ingredients like peanut butter, chopped fruit or berries, cocoa powder, or vanilla.

Quick tip: protein powder, ground flax or chia seeds bump up the nutritional value for these drinks – add a little at a time until you reach the consistency you like.

Quick tip: Be sure to peel your bananas before you freeze them!

Easy Frozen Yogurt

Have a weakness for ice cream? Keep your favourite yogurt in the freezer – it's a great substitute with a lot more health benefits. Individual containers or yogurt tubes are great for kids' snacks too. Let the yogurt sit for about 10 minutes to soften before eating. If freezing a larger yogurt container that you've already opened, keep ice crystals at bay by pressing a piece of plastic wrap down into the surface of the yogurt before it goes in the freezer.

Eddie's FAMILY FOODS

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Cheating Death

Art & Story by Richard Billy



At 14, Richard Billy suffered a tragic accident at Mikanagan Falls. Decades later, he is sharing his story, beautifully illustrated with his own oil paintings.

I awoke to the sound of the wind whistling through the trees and the rhythmic slapping of gentle waves breaking over the shoreline. I opened my eyes, and found myself face down in dried leaves and pine needles. Unable to move for the moment, I lay there for some time as the memory of what had just transpired came back to me slowly. I was hoping it was only a bad dream.

It was the 1958 Victoria Day long weekend in Flin Flon, and my brothers Fred and Bill were planning their annual three-day fishing trip to Mikanagan Lake.

It was the first big fishing trip of the year and one that they looked forward to most, but their plans hit a snag. Fred's friend Pete Wall, who was to be the third on the trip, cancelled just days before the weekend. As Fred and Bill mulled over their options, my mom suggested that they take me along.

I was only 14 at the time, and, of course, I looked up to both of my big brothers. Twenty-eight year-old Bill worked in the Hudson Bay Mining & Smelting Company's mill department as a thicker operator. He was a talented artist, cartoonist and wood carver; he loved to draw cartoons of his co-workers and many of his drawings hung on the wall of his workplace. He and his wife Doreen had three young children.

My oldest brother Fred was 29, single and still living at home. He was also an up-and-coming artist. Fred loved the outdoors, but especially loved to play his guitar, a Gibson 400, one of only four in America at the time. He was also a curler of note, winning the prized HBM&S watches the previous two years.

At first, Fred refused my mom's suggestion that I join my brothers in Mikanagan, saying that I was much too young to handle a three-day camping trip. His second concern was that it was to be my first time away from home and I would become homesick. But after a lot of coaxing from Mom and Bill, he finally allowed me to go along. This weekend fishing trip was to be my first.

The week leading up to the trip was wet and cold. Spring had come late that year, and there was concern that the ice would not be completely off the lake by the weekend. Mikanagan Lake was so isolated that there would be no way of knowing if the ice was gone until we got there, but we decided to make the trip anyway.

The surface of the water was like glass as we made our way up the channel.

On Saturday morning we left home in the dark. We arrived at Whitefish Lake at daybreak. It was a beautiful morning as we launched our 12-foot car-top boat and made our way up the lake to the pine route that joined Whitefish with Mikanagan. The pine route was an eight-kilometre waterway, a narrow, slow-moving river that varied in depth and sometimes narrowed to a width of only 10 feet. Upon entering the pine route, my job at the front of the boat was to keep an eye out for rocks or logs which could damage the boat or the motor propeller.

I remember the surface of the water was like glass as we made our way up the channel. All around us was an abundance of wildlife — ducks, muskrats and birds of all kinds, plus the occasional beaver slapping its tail to warn us that we were getting too close to its house.

After two sets of portages, we set out on Mikanagan Lake. We were glad to see there were no ice floes in sight. The ice had broken up just two days before, and a strong north wind had pushed it into a large pile at the south end of the lake.

Mikanagan is truly a fisherman's paradise. Although the lake is located only 16 kilometres north of Flin Flon, it could only be reached by water (portage), and plane. Mikanagan is said to be from 15 to 30 metres deep in places, and because it was fished very little, it was teeming with many species of fish. In the spring, with the water still cold and the lake trout up near the surface, you could catch walleye, northern pike and lake trout all at the same time.

We continued up to the north end of the lake to set up camp on a large island, then headed out for some fishing. The morning had been warm, but in the afternoon the weather started to turn, with a mixture of snow and rain falling. This didn't deter us. The fish were biting great and it seemed like at least one of us always had a fish on the line. I was eager to catch a lake trout because I had never caught one before, but Fred's green spoon with black spots and brass underbelly was the lure of choice for the trout, and he had them jumping into the boat after his hook.

Just before supper, something happened that could have changed the course of events. Fred was landing yet another trout, but as he reached to grab the fish, it shook free and the hook sprang up into his face, lodging near his eye. Bill carefully removed the barbed hook, which had caught the corner of his eyelid. At the time, we felt that Fred was lucky to end up with only a bloodshot eye for the rest of the day. If the hook had done more damage, we would have gone home immediately, and things might have turned out differently.

After a successful afternoon fish we enjoyed a supper of pan-fried pickerel filets, pre-cooked fried potatoes (courtesy of mom) and pork and beans. Fred filleted the fish while Bill did the cooking and I washed the dishes.

As soon as supper was done, we headed across to the Aimee Lake dropoff for the evening fish. The four-foot falls that separate the two lakes empty into a pond where the fish congregate to feed on whatever Aimee Lake offers over the



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2014 Tournament Schedule

JUNE

June 21st
Mixed 2 Ball
9 Holes
Alternate shot format
Tee times: 3 pm till 7 pm
$30 per person
Meal and prizes incl.

June 28th
Phantom Lake Open
18 holes
Men's, Ladies & Junior div.
11 am shotgun start
$60 per person
Dinner and prizes incl.
First 80 paid registrations guaranteed entry

JULY

July 19th
Mixed 2 Ball
9 Holes
Alternate shot format
Tee times: 3 pm till 7 pm
$30 per person
Meal and prizes incl.

July 20th
Ladies Open
Tee times: 12 pm till 2pm
All Ladies welcome

AUGUST

August 13th
Seniors Open
10 am shotgun start
All Seniors welcome (age 50 and up)

August 16th
Mixed 2 Ball
9 Holes
Alternate shot format
Tee times: 3 pm till 7 pm
$30 per person
Meal and prizes incl.

August 18th
Junior Club Championship
Tee times: 11 am

August 29, 30 & Sept 1
Labour Day Walt Cunningham
$120 per person
Golf, 4 meals & prizes incl.

Every Wednesday
Sandy's Buffet
Different theme each week
includes dessert & fountain drink, coffee or tea
$17.99

Every Friday
Surf & Turf steak and jumbo prawns
salad bar, baked potato, garlic toast, dessert
& fountain drink, coffee or tea
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falls. Many other evening fishermen were there, with a number of fires going to keep everyone warm.

We must have caught 100 fish that first day. As usual, we threw all the pike back into the lake along with the smaller pickerel and trout. Even after eating a number of them for supper, we were still at the legal limit of fish that we could take home, and we had another day of fishing left.

On Sunday morning we awoke to more inclement weather, so my brothers decided to head home a day early. We fished our way back down the lake, hugging the west shoreline to keep out of the wind and the rough water. At the south end of the lake we still had to get over to the east shore, and that meant crossing some ugly-looking waves. Not willing to challenge rough water at this time, my brothers decided to duck into a sheltered bay to have lunch and wait for the wind to die down. The weather was breaking some, and although it was still very windy, the sun shone through the clouds and it was starting to warm up.

When I had a chance to look for my brothers, I saw Fred clinging to the gas can to keep afloat, but I couldn't see Bill.

The water was calm in the bay. I spotted a small island and asked to be dropped off to do some offshore casting while my brothers continued to troll down the bay. My first cast produced a hit and as I reeled the fish in I remember thinking it was just another pike. I let it swim around for a while, hoping it would free itself from the hook. When it didn't, I reeled the fish in. To my surprise it was not a pike after all — I had caught my very first lake trout.

After lunch we took some photos and sat around, waiting for the wind to die down. At around 1:30 p.m. we went back out on the water, heading out to the entrance of the bay to see what the conditions were. The lake was still very rough, but only 500 metres across the lake was the shelter of the pine route. It would have been easy to go back into the bay and wait for the wind to die down, as we still had another day to get home, but for some reason, my usually cautious brothers made the risky decision to cross.

Rather than go straight across, Fred decided to backtrack 100 metres up the shoreline and come with a little less angle and ride the waves. I tried to put on my lifejacket, which I had been using as cushion all weekend, but it was much too small to get on over my heavy coat so I had it slung over one arm. And I was lucky I did.

We turned and started down the lake with the motor almost idling as the waves carried us along. The overloaded boat was riding the waves quite nicely. We were about halfway to our destination when trouble hit.

I was sitting at the front of the boat, and without warning the bow of the boat plowed into the wave in front of us and the water started coming over the sides. Fred tried to gun the motor and pull the nose up, but it was no use. The boat quickly filled with water and started to sink. The ice-cold water rushed up around my legs and up my back as the boat disappeared beneath my feet.

The waves scattered the equipment in all directions. Unable to swim, I scrambled for something to keep me afloat. The nearest floating object I could grab was the large packsack; it saved me for the few precious moments until the boat resurfaced. When I had a chance to look for my brothers, I saw Fred clinging to the gas can to keep afloat, but I couldn't see Bill.

I remember, as I waited for the boat to resurface, glancing towards the east shore, which looked quite near, and thinking for a second that it would be just as easy to paddle to shore as to go back to a boat that was still below the surface. Then I remembered people saying that you should always stay with the boat. Even though it was hardly visible I headed back toward it.

As I neared the submerged boat, a giant wave lifted it back to surface, flipping it bottom-up. I immediately left the packsack and grabbed the boat. Within minutes the packsack filled with water and sank. It had kept me afloat long enough and without a doubt saved my life, for the moment.

When I got back to the boat, Fred was already there, but there was no sign of Bill. When I asked where Bill was, Fred told me not to worry about him. He told me to just hang on to the boat and not let go no matter what happened. I kept looking for Bill and I thought I saw the top of his head in the water among the floating objects. I don't know if it really was what I saw or just my imagination. But there was no time to think about anything else except hanging on to the boat.

The rolling waves were now pushing the boat sideways down the lake, rolling it over and over like a big log. Maybe the weight of both of us hanging on to the same side of the boat caused it to continue to roll. If we had been able to get one of us on either side of the boat it might have stopped rolling, but neither one of us could swim and it was all we could do just to hang on.

The waves were hitting us hard, washing over the boat and completely burying us at times. I usually had just enough time in between waves to catch my breath and brace for the next one. The canvas-covered boat had four one-inch wood strips running the length it to protect the bottom of the boat. These strips, along with the keel, gave me something to hang onto. Without them, I would have been washed off the boat when the first big wave hit.

Each successive wave rolled the boat slowly over, and I walked these strips with my hands until I got to the open part of the boat. Then the boat would be floating open side up just under the surface and we were left holding on to the edge with each wave washing completely over us until a larger wave would come along, lifting it and rolling it on top of us. When this happened, it was very difficult to catch the far edge of the boat and

Kicking and thrashing, with my lungs bursting, I fought my way up and with my last inch of reach managed to grab the boat and pull myself up, gasping for air.

keep it from burying us underneath it. On one occasion I missed the edge coming at me and was pushed below the surface. Opening my eyes underwater to locate the boat, I saw my brother's legs hanging above. I had never been that far below the surface and I recall thinking how green and peaceful the water looked from just a few feet below the boat, compared to how violent it was at the surface. But I had to get back up to the boat. Kicking and thrashing, with my lungs bursting, I fought my way up and with my last inch of reach managed to grab the boat and pull myself up, gasping for air. I'm sure that if one of those bigger waves had hit me at that moment, it would have been the end.

When we first hit the water, I remembered hearing Fred's advice and encouragement. Somewhere during the struggle his voice went silent. It was so difficult maintaining contact with the boat and trying to measure my breaths with the waves hitting me in the face that I didn't realize he was no longer with me.

I can't remember how much time had passed when things seemed to change. The boat stopped rolling and the waves were less violent. Although the odd wave was still washing over the boat it was much easier to hang on.

This was the first time that I realized Fred was gone. I thought he must be on the other side of the boat, so I called out but received no answer. I worked my way around the back of the boat to the other side, but he was gone. He had probably been on my side of the boat when he slipped away without a sound. Maybe it was the loss of his weight on the side of the boat that had stopped it from rolling. I overheard them say later that when they found his body, he was in the same position he had been in while hanging onto the boat. I guess the icy water became too much for him, and he just froze up and was unable to hang on any longer. I'm sure that the weight of the waterproof hunting jacket and pants, plus the lace-up leather boots he was wearing didn't give him much of a chance to fight off the waves. In contrast, I was wearing my black winter convoy coat with bullet-shaped wooden buttons and a hood, which kept my sailor's hat from coming off my head. The hood and hat helped me retain precious body heat and kept me from succumbing to hypothermia. Soon after we hit the water I had kicked my rubber boots off, which gave me a lot more mobility.

> Somewhere during the struggle Fred's voice went silent.

Soon the waves died down. The boat was drifting quite slowly. Apparently, when we swamped, Fred loosened the motor and threw it off the boat but did not get a chance to unhook the safety chain. The dragging motor acted as an anchor, slowing the boat as it drifted to shore. It was speculated later that if he had gotten the motor completely off, he might have had a chance to make it to shore. Fred's body was found only 50 metres from the shoreline.

As the boat stabilized, I made a second decision, one that went a long way to saving my life. I climbed up on the boat and



out of the ice-cold water. The warm sun felt so good after being in the water for such a long time. I finally had a chance to look at my Timex watch, my very first watch that Fred had given to me only months before for Christmas. The crystal was a little foggy, but I could see that it was almost three o'clock. Well over an hour had passed since the boat swamped.

The boat seemed to take forever to drift to shore, but when it got there I realized I had another problem. The boat was drifting into the bay filled with a mountain of ice. Before entering the bay, I passed within 10 feet of a flat rocky peninsula. I had no intention of visiting the ice pack, so I got up on my feet on top of the boat and, mustering all my strength, dove back into the icy water. I dog paddled as hard as I could toward shore. The last thing I remember was reaching the rocky point and pulling myself out of the water.

I came to hours later, with my face in the leaves.

After I woke it took a few moments to get my bearings. I was back in the bush a fair ways from where I had scrambled out of the lake. Initially, I had difficulty moving, as the cold water had numbed my body. I was unable to straighten out my legs completely and stand up, so I started to crawl. After crawling a few feet, I realized that I had a fish line tangled around my leg, with the hook still caught in my pant leg. I removed the hook and continued to crawl. When I arrived at the point, I looked to my

right and saw the gas can that had accompanied me as I floated down the lake. It had floated across a small bay and was drumming up against the rocky shoreline. When I saw the can, I knew that this was no dream, and the nightmare had become reality.

Thinking back on my ordeal, I cannot remember crying or even feeling really scared. Maybe I was too busy trying to hang on to the boat to think about anything else. Maybe I was in shock, or maybe I just thought it was no use because there was no one there to hear me.

I sat on the rock to warm up and assess my situation. I knew there were a number of fishermen camping up the lake and they would all be coming home the next day. To get to the portage and into the pine route, they had to pass right by my rocky point. But that would be tomorrow, and I had to survive the night ahead. I managed to get to my feet. After walking gingerly for a few moments, my legs went back to normal.

My survival instincts began to kick in and I started to formulate a plan. The first step was to explore the peninsula that I had landed on. The boat had not continued into the bay full of ice as I thought it would, but instead had washed up against the shoreline not far from where I had jumped off. I went back and found the hook that I had removed from my pant leg. I intended to try to catch a fish after I got my fire going. Finding the hook, I tried to untangle the line still attached to it and I found something I can't explain to this day. The line was wound around a number of trees stretching back to the point where I had pulled myself up onto the rock. The only way it could have been wound around all those trees was if, when I hit the shore, I wandered around in circles before I passed out. With the line so tangled and no way to cut it, I abandoned my plan for food and started on more important things.

> All the time I was thinking it would be the animals I had to fear, but it was the cold that was my greatest enemy.

Days later, members of the search party dragging the lake would find the hook and line, follow it back into the lake, and find a rod attached at the other end. I must have dragged the rod along with me as I floated down the lake. It was Bill's rod with his name "W. Billy" engraved on the reel. I saved the rod and reel and used it for many years.

The point that I was on was long but quite narrow, and in the middle there was a small clearing with a huge rock. The rock was shaped like an egg and stood about my height, with three round sides and one side squared off like it was sliced off with a knife. My initial plan was to sit against the rock to provide protection to my back, pile wood on either side of me to protect my sides, then build a fire to give me protection from the front. I started gathering all the branches and dead logs I could find. I pictured



myself throwing flaming pieces of wood at any animal that ventured near. It seemed like a good plan.

In my shirt pocket I had a small plastic match container with a compass on top. It was supposed to be waterproof, and the matches looked dry when I took them out, but I found a little moisture in the container. I took the six matches and placed them on a rock, hoping the sun would dry them out. I also hung up my heavy wool socks in a tree to dry.

With no knife or axe, I had to pull down dead trees and branches by hand, breaking them over my thigh to make them small enough to carry. I collected a huge pile of wood and decided to get my fire going. Although I had tried my best to dry out the matches, only one actually lit and I couldn't get the dry grass ignited before the wind blew that one match out.

So there I was, with nightfall coming quickly and the fire, which was going to keep me warm and safe, gone, along with my great plan. As a 14-year-old kid who was afraid of a dark house or even staying home alone at night, it was the perfect time for me to break down and cry. But I didn't.

I was now sure that the bears, wolves and all the other animals around were licking their chops waiting for nightfall. I found myself a spear-like branch that I could use to protect myself. But my biggest fear was that something would grab me while I slept and I would not have a chance to protect myself. So I decided to use my wood to build myself a fort-like shelter.

I immediately went in search of small dead trees. Finding these was much harder than the dead logs and branches I had found earlier, and I had to venture further into the bush to find them. But I somehow managed to drag back three small trees. I stood them up and jammed them against each other like the poles of a teepee. I crawled under the trees and broke off the inner branches to make a hollow space. Then I used the wood I had gathered for my fire, piling the larger pieces around the bottom of my teepee to form a wall and using smaller branches and logs to fill in the remaining spaces. I intertwined them around my structure like a mesh, making it quite strong. I pulled off spruce boughs to make a bed inside my cocoon-like shelter and left a small opening to crawl in. I kept some larger birch logs to close the opening behind me once I was in.

Now I was as ready as I could be. My trusty watch told me it was nine o'clock. I knew I had to get to sleep quickly before it got dark, so I crawled in, closed the opening behind me and curled up on my bed of spruce boughs, using my little lifejacket for a pillow.

Unfortunately, in my haste to crawl into my shelter and get to sleep, I completely forgot about my wool socks hanging in the tree. My hurry to get to sleep also cost me an early rescue and would have spared me the night in the bush. While I slept, Lefty Jacobson, a well-known outdoorsman and trapper who spent a lot of his time around Mikanagan and Aimee lakes, passed within 50 yards of my location with his freighter canoe at approximately 9:30 p.m. on Sunday night. I guess I was so exhausted from my survival efforts that I fell asleep quickly and didn't hear him.

Everything was pitch-black when I woke up a few hours later, and I knew instantly that something was wrong. My hands were frozen to the point where I could not bend my fingers and my feet were numb to the ankles. I remembered hearing someone once say that one of the warmest places on your body was under your arms, so I managed to get one hand inside my jacket at a time to get the feeling back. With my hands working again, I was just about to start massaging my feet when I heard, closer than usual, the sound of a boat motor. I decided to go out on the point and see if I could attract their attention. I crawled out of my shelter, took one step, and fell flat on my face. I quickly found that it was impossible to walk on frozen feet. It felt like my feet were cut off at the ankles and there was nothing there. So once again I crawled out to the point, but by that time the sound of the boat was gone. I sat on the shoreline massaging my feet until the feeling came back and then took off my sailor hat and put it around my feet to try and warm them up.

As I massaged my feet I realized that I could not go back to sleep again, because if I did, I would freeze to death. I abandoned my protective shelter and resigned myself to staying out on the rock and waiting for daybreak. All the time I was thinking it would be the animals I had to fear, but it was the cold that was my greatest enemy.

The sound of boats up the lake kept starting and stopping, and at times they seemed quite close. When they were I tried calling out, hoping my voice would echo down the lake and they would hear me. I waited for the sound of the motors to stop and then mustered up the loudest holler I could. As I did, something in the water across the bay took off and did a lot of splashing before it went crashing through the bush. Terrified, I dove back into my little shelter and blocked the entrance.

I was so scared that my teeth started to chatter, so loud I was sure the animal across the bay would hear them.

After spending a good deal of time cowering in my shelter, I realized that nothing was coming to get me and I ventured back to the rock point where I would remain for the rest of the night. I had determined that the animal in the water was probably a moose out in the bay for a late evening meal and my shout had spooked it out of the water. And I knew moose were not known to eat little boys, so I felt a little braver.

My watch was still working, but the foggy crystal combined with the darkness made it impossible to see the hands even though they were luminous. The boat activity up the lake had stopped, so I determined they had finished fishing for the day. I guessed it was around midnight.

It was a cold, clear night. I later heard someone say that the temperature was a couple of degrees below freezing. The heavy convoy coat saved my life again that frigid night. My hands and feet were feeling the cold, but the rest of me remained quite comfortable as I sat on the rock, listening to the loons serenading me and each other. I amused myself by mimicking their calls and I was sure that some of the time they were answering me back. All my fear of animals seemed to vanish, and I don't remember giving it another thought as I sat out on the point. My focus now was to keep awake and warm until daybreak. As I sat staring out onto the lake, there was only moonlight and the sky was clear. I thought I could see the faint glow of the sunset above the horizon as it moved around the north to the east.

I didn't know until later that they had already found my brother Fred, who had made it to within 50 metres of shore before he finally succumbed to the cold.

I don't know how many times I nodded off during the night, but after what seemed like an eternity, the sky finally started to lighten as dawn began to break. As it got brighter, I could see a small black object moving on the lake, off in the distance. At first it looked like a beaver swimming out onto the lake and then back into the shadows of the dark shoreline. It would disappear for some time then suddenly reappear from the shadows, about 100 yards down the lake.

It was no beaver, but two fishermen in a canoe who were trolling along the shoreline. I tried to attract their attention, but they couldn't hear me because of the distance and the sound of their motor. Luckily, one of them caught a fish. The other turned the motor off so he could land the fish without the line getting caught in the moving propeller. I could distinctly hear every word that they were saying, so I hollered again. This time they heard me, but they could not see me in the dark shadows. I finally took off my white sailor hat and waved it frantically until they saw me. They came over, but kept their distance out on the water, asking me who I was, what I wanted and what I was doing there.

I told them that we had swamped our boat and I had spent the night on shore. They paddled over to the overturned boat and looked underneath it. Then they loaded me into their canoe and started heading up the lake.

My two rescuers were Bryan Dixon and Richard Stoltz, a couple of young guys from Channing, just a few years older than myself. They were out for an early morning fish when they came across me. Bryan's father Percy was an old trapper who had a cabin on Aimee Lake and they were taking me there. With their small Johnson motor, it was a long trip up Mikanagan followed by a short portage over the four-foot falls up into Aimee and then on to Dixon's cabin.

When we arrived at the cabin, Percy immediately got me out of my wet clothes and gave me some breakfast. I think I ate all the eggs and bacon left in the cabin. All they had to drink was hot coffee. I drank it black. By this time, my legs were starting to seize up, and I had difficulty standing or walking.

As soon as they could get away, Bryan and Richard made the 30 km trip to the highway to send word back to town about the accident. By early afternoon they were back. They loaded me into the boat to take me back to the highway.

It was so strange getting in a boat again. In the morning, I didn't have time to think about it, but now, reality had set in and I was terrified, especially in a canoe. Only a few days earlier, I had no fear of water and had been completely at ease in a boat.

When we got to the bottom of the first portage we met my brother, Jack, who was on his way up to Mikanagan. Jack took me the rest of the way back to Flin Flon. I recall that we were on

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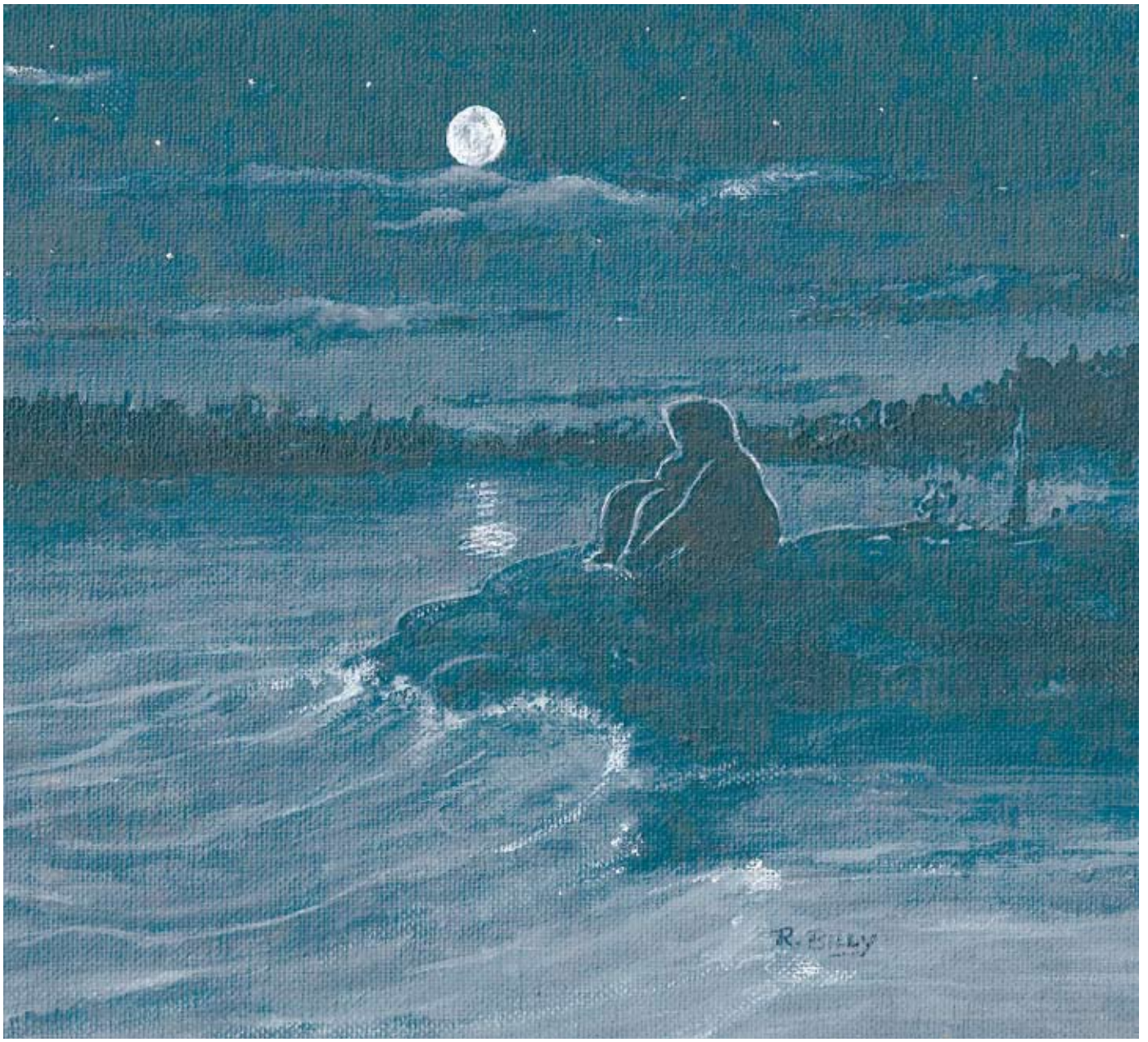
Highway 10, just south of Cuprus Mine, at that small lake with the beaver house in the middle, when Jack asked me if I was sure that there was no chance of Bill and Fred still being alive. I told him I was sure. I remember Connie Francis was singing "Who's Sorry Now" on CFAR Radio. To this day, every time I hear the song my mind flashes back to that day in the car with Jack.

Back in town they took me straight to the company hospital for observation. They thought I could still be in shock or there might be some after-affect of spending a wet, cold night in the bush. There was concern for my hands, which were a mass of cuts filled with sap from breaking down trees and pulling branches off prickly spruce trees. My feet were also a mess, as I had spent most of my time walking barefoot over rocks and pine needles. My thighs were bruised from breaking the dead tree and branches over them. But I suffered no lasting physical effects, and I was released from the hospital a day later.

As soon as I was released they asked if they could take me on a plane to fly over the lake. They had no information as to where the boat actually capsized and their dragging efforts had produced nothing. The plane ride proved fruitless, as I was unable to give them any help. First of all, I had never flown in a plane before. Secondly, I did not know the lake, and even if I had, everything looks different from the air. So I made an "x" on the map where I thought we capsized and flew back to town.

The next day they came again and asked if they could take me back to the lake by boat to show them exactly what happened. By then, I was deathly afraid of water and boats and did not want to venture out on one. My brother Jack assured me that I would have a lifejacket that would made it impossible for me to sink, so I agreed.

Once we were back on the lake, I showed them the path we were on when the accident occurred. I kept watching the east



shoreline until I felt that we were at the point where we hit the water. I knew we were close because I had a good look at the shoreline for a second or two when we swamped and I had considered paddling towards it on my floating packsack. They dropped a balloon marker at the spot and took me back to the shore.

There were a number of people from the search party camped at the place where I spent the night four days before. I didn't know until later that they had already found my brother Fred, who had made it to within 50 metres of shore before he finally succumbed to the cold.

Early the next day they found Bill, very close to the balloon marker. Of the three of us he was the only one who could swim a little, and it was surprising that he went down so quickly. When they found him he had a bruise over his eye, which could have explained why he did not make it back to the boat. He still had the blanket, which he had been using to keep warm, wrapped around him.

I don't remember crying during or after the whole ordeal. Maybe I was too young to understand the full impact of what was happening. I doubt that anyone that age really does. Even when I saw my brothers in their coffins, I didn't understand the finality of death. It wasn't until weeks after the funeral, when all the relatives and friends had gone home, that it really hit me. My brothers were never coming back. I would never see them again.

My brother Fred and I had been the only two kids still living at home, and his loss left a big hole in our household. My mom and dad had a tough time accepting his death. My mom, through force of habit, would sometimes mistakenly set four places at the supper table instead of three, and they would both break down and leave the table crying. I had never seen my dad cry before, and it was then that I started to realize how devastating the accident had been to him. From time to time I would cry also. But only behind the garage or somewhere else where Mom and Dad could not see me. They cried enough without the added sorrow of seeing me cry as well.

Even today the memories are as vivid as ever. From that first sensation of freezing water rushing up my legs as the boat disappeared beneath me to the pounding of the waves washing over me, to the long night I spent alone in the bush. Each time the memories come back, I get a cold shiver up my spine and wonder how, as a 14-year-old, I managed to make it through alive. I feel blessed to have lived for so many years when it all could have been over in a second, so long ago.

To this day, there is a sadness in my heart from losing two fine brothers I never got to really know. I would have loved to have known them better, and I would have, but for one careless decision. They tried to cross the rough waters on Mikanagan Lake when it was neither necessary nor prudent to do so. And they paid with their lives.

I could have, and should have, perished with them.



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What Can Vacations Teach You About Investing?

- Lenna Gowenlock, Edward Jones -

Summer is on its way—which undoubtedly means vacation season. You may be looking forward to getting away from it all, but, as you know, vacations actually require a fair amount of planning. And it might surprise you to learn that some of the efforts required for successful vacations can impart some valuable lessons in other areas of your life — such as investing. Here are some vacation-related moves that you may want to transfer to the investment and financial arenas:

Secure your home

If you're going on vacation for a week or so, you may need to take some steps to safeguard your home: stopping your mail and newspaper, putting on a timer to turn on lights, alerting your neighbours that you'll be out of town, and so on. But while it's important to secure your home today, you will also want to help ensure it will be there for your family in the future, should anything happen to you. That's why you'll want to maintain adequate life and disability insurance.

Know your route

If you are driving to your vacation destination, you will want to plan your route beforehand, so that you can avoid time-consuming delays and detours. And to reach your financial goals, such as a comfortable retirement, you will also want to chart your course — by creating an investment strategy that is designed to help you work towards those goals based on your specific risk tolerance, investment preferences and time horizon.

Keep enough gas in the tank

As you set out on a road trip, you need a full tank of gas in your car, and you'll have to keep refueling along the way. And to "go the distance" in pursuing your financial goals, you will need to have sufficient "fuel" in the form of investments with reasonable growth potential. Without a reasonable amount of growth-oriented vehicles in your portfolio, you could lose ground to inflation and potentially fall short of your objectives — so, over time, you may need to "refuel" by reviewing your portfolio and rebalancing if necessary.

Protect yourself from getting burned

If your vacation plans include a stay at the beach, you'll need to protect yourself and your family from the hot sun — so make sure you're all using sunscreen. When you invest, you can also get "burned" if you are not careful — especially if you are inclined to chase after "hot" investments. By the time you hear about these so-called sizzlers, they may already be cooling off, and, even more importantly, they just might not be appropriate for your goals and risk tolerance. Instead of becoming a "heat-seeking" investor, focus your efforts on building a diversified array of quality investments appropriate for your needs. If you only own one type of financial asset, and a downturn hits that asset class, your portfolio could take a big hit. But by diversifying your holdings, you can help reduce the effects of volatility. Keep in mind, though, that diversification, by itself, can't guarantee profits or protect against loss.

As we've seen, some of the same principles that apply to creating a vacation may also be applicable to your investing habits. So, put these principles to work to enjoy a pleasant vacation — and a potentially rewarding investment experience.

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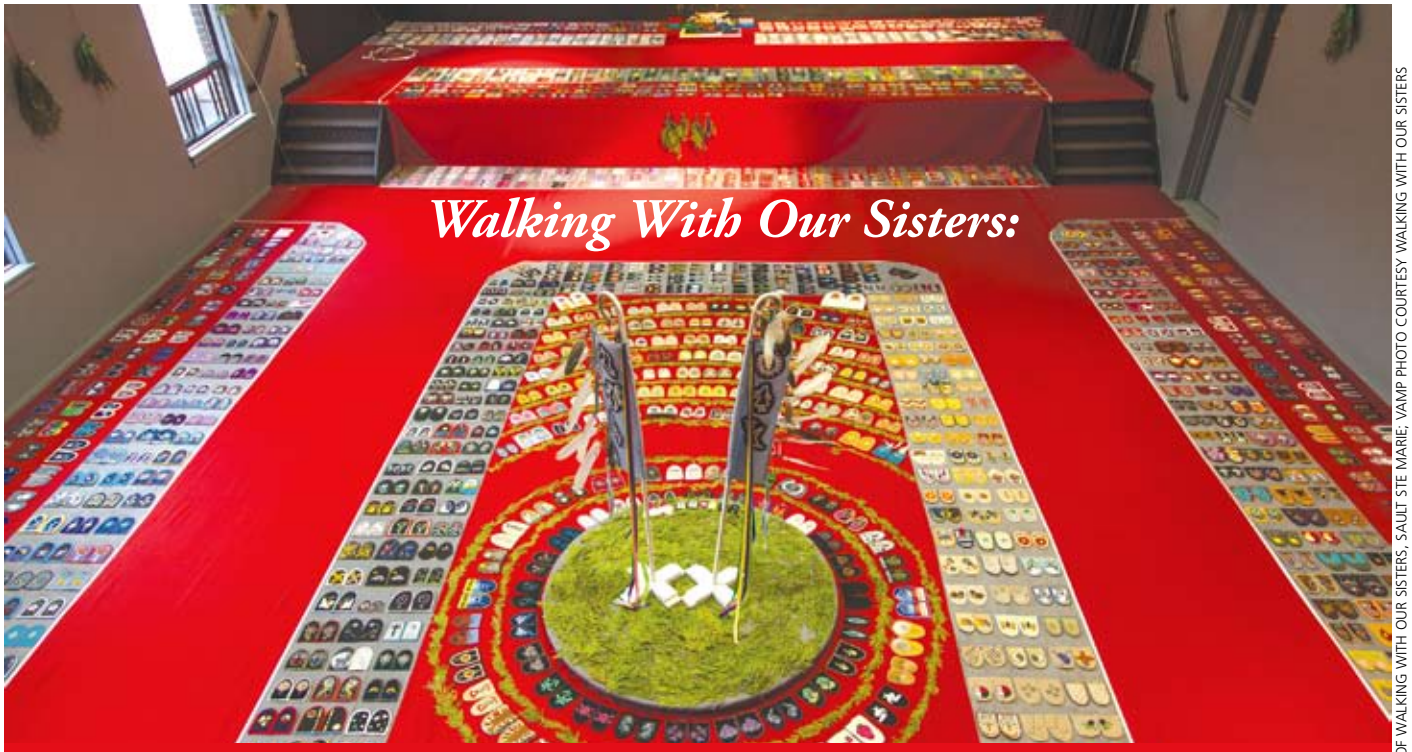


PHOTO COURTESY OF WALKING WITH OUR SISTERS, SAULT STE MARIE; VAMP PHOTO COURTESY WALKING WITH OUR SISTERS

Walking With Our Sisters:

Creating a Path to Healing

- Libby Stoker-Lavelle -

It was over a year ago when I first heard about Walking With Our Sisters. Doreen Roman was organizing a beading group at the Flin Flon Aboriginal Friendship Centre and invited me to join in.

When I arrived, I found two tables of men, women and children with fabric, needles, thread and beads in hand, heads bent in concentration. Kelly Asmus was assigned the challenging task of teaching me how to sew beads onto fabric in order to create a traditional vamp, the flap of fabric that adorns the top of a moccasin. Asmus patiently showed me how to draw a pattern, pin it on to a piece of vamp-shaped fabric, then stitch each bead on to the fabric one by one, following the pattern.

It is an intricate and slow process that results, when done with a careful hand, in a beautiful piece of artwork.

Sadly, the task proved too much for my fine motor skills, and my vamp attempt sits lonely and unfinished in a box in my closet. However, most of the vamps that were created that day, and over the next several weeks, were destined to become part of a moving art installation called Walking With Our Sisters.



A beaded vamp created by Krista Laboucane

Walking With Our Sisters is a travelling exhibit that honours the lives of missing and murdered indigenous women in Canada. There has been so much interest in this commemorative exhibit that it has been scheduled to travel all over the country until at least 2019. Thanks to the hard work of local volunteers, this memorial will be visiting both Flin Flon and The Pas this summer.

Walking with our Sisters is the brainchild of Métis artist Christie Belcourt. However, Belcourt notes emphatically, it is not her project. It is, at its heart, a collective work of art, and a collaborative movement.

In spring 2012, Belcourt issued an open call for submissions of vamps. "I had this idea," she explains, "and I got on Facebook and started messaging people right away."

Initially, Belcourt hoped to gather 600 vamps to create an art installation. Each handmade vamp would represent one of the indigenous women missing or murdered in Canada. At the time, 600 was the estimated number of missing and murdered Aboriginal women. Now the number is closer to 1,181 (see "Findings" page 50).

Thanks to the power of social media, people across the country, including in Flin Flon and The Pas, answered Belcourt's call. They formed beading groups, sourced out materials, and got to work on their vamps.



PHOTO BY LIBBY STOKER-LAVELLE

Kelly Asmus chooses beads to stitch onto her vamp.



PHOTO BY LIBBY STOKER-LAVELLE

In spring 2013, a beading group began meeting at the Flin Flon Friendship Centre to create vamps for Walking With Our Sisters

By the July 2013 deadline Belcourt had received almost three times her goal. Vamps poured in from beading groups and individuals across North America. Others trickled in soon after, bringing the total number of vamps to 1,763 pairs.

Each pair, and indeed each vamp, is a unique piece of artwork. Some are embroidered on fabric, others are beaded on animal skins. Some vamps were made with a particular woman in mind, and many use symbolism that is deeply meaningful to the creator of the vamp. While some professional artists created vamps for Walking With Our Sisters, most of the artwork you'll see at the exhibit has been made by regular people who, with a simple act of love, have contributed to a powerful act of remembrance.

Over 1,300 individuals put their heart, their prayers, and their fingers to work for Walking With Our Sisters. I asked my beading instructor, Kelly Asmus, why she decided to take part in Walking with our Sisters. "I want something to be done about these women," she said, as she beaded an inuksuk onto a denim swatch of fabric. "It is such a tragedy. In this vamp, I am sending my deepest prayers to these women."

Indeed, the need to "do something" is a comment I heard from many participants in the exhibit when I asked them why they felt compelled to take part.

"There are a lot of good people out there who care about this issue," says Belcourt. "They don't want women to be murdered in their country. They care, but they have no outlet to express that. This provides a way for them to contribute."

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Findings from the RCMP National Operational Review on Missing and Murdered Aboriginal Women

Since the inception of the Walking With Our Sisters initiative, an RCMP review was conducted on the issue of missing and murdered Aboriginal women. The resulting report, which looked at numbers from 1980 and 2012, estimated the number of affected Aboriginal women at 1,181. That includes 1,017 Aboriginal female homicide victims and 164 Aboriginal women considered missing. Some believe that the actual numbers are quite a bit higher than the report indicates.

The report's findings show that across the country, Aboriginal women are significantly over-represented as victims of violence and homicide, and are also more likely to become missing persons.

- 1.4 million Canadians identify as Aboriginal, representing 4.3 per cent of the population*
- There are 718,500 Aboriginal females in Canada, representing 4.3 per cent of the overall female population
- In Manitoba, Aboriginal people make up 16.7 per cent of the total population and Aboriginal women are 49 per cent of female homicide victims
- In Saskatchewan, Aboriginal people make up 15.6 per cent of the total population, and Aboriginal women are 55 per cent of female homicide victims
- The overall numbers of female homicide victims have been dropping steadily since 1980, but the numbers of Aboriginal female homicide victims have stayed constant.

A summary of the report can be found online at www.rcmp-grc.gc.ca/pubs/mmaw-faapd-eng.htm
*The report used population data from 2011



PHOTO BY LIBBY STOKER-LAVELLE

Volunteers with Walking With Our Sisters in Flin Flon include: back row, from left, Nick Yoner, Elaine Angelski, Noelle Drimmie, Dan Steppan, Margaret Head-Steppan, Alex Béasse, Donna Head, Monique Rainville, Crystal McKay, Doug MacGregor, Alex McGilvery; front row, from left, April Head Nickel, Doreen Roman, Crystal Kolt, Carol Sutherland, Jeremiah Herrmann-Garay

As Belcourt received vamps from beading groups, the Walking With Our Sisters collective, which included several advising Elders, developed a plan for the commemorative exhibit. Walking With Our Sisters would be both a solemn memorial and an art exhibit. As such, maintaining a respectful and ceremonial tone was essential. The national Walking With Our Sisters collective developed a set of principles and traditional protocols to guide the execution of the memorial.

A gentle, caring approach is central to the implementation of the exhibit, with a focus on maintaining traditional Aboriginal practices to honour the spirits of the women and their families.

Each day, volunteers and visitors are invited to smudge, a traditional practice using sage to clear the air, clean the mind, and create a positive atmosphere. The exhibit space is smudged each day as well, and volunteers are available to provide emotional and spiritual support to anyone who needs it.

As visitors enter the space, they are invited to take a bundle of tobacco to hold while they move through the 1,763 pairs of vamps. Cindi O-Nabigon, one of the Elders for the Flin Flon collective, explains that tobacco is a medicine that "speaks for you, and prays for you. It speaks for those who have no voice."

Upon entering, visitors see a room full of vamps laid out in a sacred formation on a carpet. Everyone is asked to remove their shoes, so they can walk alongside the women who are memorialized there. In the centre of the exhibit, there are two staffs adorned with eagle feathers. Family members of missing and murdered women can bring an eagle feather to attach to these staffs in honour of them.

With all of these ceremonial elements in place, Walking With Our Sisters is clearly much more than an art exhibit. "Everybody who comes in, even if they haven't been exposed to this issue before, is moved," says Belcourt. "The act of valuing the women's lives, through the act of walking with them, is really meaningful."

Doreen Roman, a keeper in the Flin Flon collective, reflects on her experience as a visitor to Walking With Our Sisters at the Urban Shaman gallery in Winnipeg. "There were lots of tears, but it also felt good," she recalls. "It was like the energy and spirits of these women were there, as if we were really standing with them."



PHOTO CONTRIBUTED BY NOELLE DRIMMIE

A Walking With Our Sisters memorial ceremony was held at the Northminster Memorial United Church in Flin Flon. The empty chairs represent missing and murdered women.

Following the protocols and principles for the project presents a unique challenge for the hosting communities. Each community forms its own collective of volunteers to manage the project, including local Elders to advise on spiritual matters and keepers, who are responsible for the sacred bundles of vamps.

When individuals agree to volunteer with Walking With Our Sisters, they are offered a bundle of tobacco. As Elder Margaret Head-Steppan explained during a volunteer meeting, their acceptance symbolizes their commitment to the task, while also binding the volunteers together as a unit.

All of these elements contribute to the sense of community found in each installation of the Walking With Our Sisters exhibit. It is a feeling that, according to Belcourt, truly transforms people. “I believe that taking this gentle, soft and caring approach is making people see [the issue], where reading numbers in the newspaper wouldn’t have the same effect.”

Generating awareness for the issue of missing and murdered Aboriginal women is part of the reason for the exhibit, but the central purpose of the project is to honour the lost women through ceremony, and to help families heal from the trauma of loss.

Donna Head, a social worker and a keeper in the Flin Flon collective, explains her thoughts. “Even though it is hard, these stories need to be told. This is validating individuals, and this is part of the healing that needs to happen for Aboriginal people, and for our country.”

For those who have a personal connection to a missing or murdered woman, the experience of visiting the memorial can be overwhelming. "When I was in Edmonton,” Belcourt recalls, “I met a lady who was attaching an eagle feather to one of the staffs for her sister. I was hugging her, and she was crying, and she told me that [the memorial] really helped her to start to heal in her own way and in her own time. She had been not wanting to move past a certain point in her healing process, and this helped her move past that point, in a way that felt good for her.”

Walking With Our Sisters is a remarkable exhibit of artwork, and visitors will no doubt be amazed by the unique, intricate vamps on display. What this exhibit really offers, though, goes far beyond that. It is a chance to participate in a sacred memorial that is helping people across our country come to terms with a tragic loss, and move forward in addressing a painful and difficult issue.

Walking with our Sisters will be at the Elks Hall in Flin Flon from June 23-July 5, and the Métis Hall in The Pas from July 12-25. For more information, visit www.walkingwithoursisters.ca



PHOTO COURTESY OF WALKING WITH OUR SISTERS

1,763 pairs of vamps were submitted to Walking With Our Sisters

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The Robin

PHOTO BY DANIEL DILLON

- Gerry Clark -

When the red, red robin comes a bob, bob, bobbin' along, spring is here. I know the odd delusional robin can be seen around town over the winter, and every once in a while a misinformed Canada goose shows up before there is any open water, but for me the arrival of the first robins is always something upon which I remark; always the surest sign of spring. The sight of robins on my lawn and the sound of their song are how I think of spring. The robin's cheery song is usually what I wake to every morning, and to which I often fall asleep.

Robins are one of the most numerous land birds in North America. The robin is rated as a species of least concern for extinction, even though it seems to be on the bottom of the food chain for flying predators like hawks and owls. Even man in the early days considered the robin a delicacy! Robins are now protected by legislation.

While robins prefer to spend their days scavenging for worms and grasshoppers and berries, they apparently assemble in large flocks to roost in thick bush for safety at night.

They also like to party - a good fermented berry bush will quickly draw a crowd of robins and they will get so drunk they can't walk.

The average life span of a robin is only two years but the record is fourteen years. The robin is also one of the major carriers of West Nile virus.

Unlike most species, it is impossible to distinguish the sex of robins by their feathers, although males tend to be a bit more vividly coloured, and are slightly bigger on average.

Robins count mostly on their eyesight for hunting worms but studies have shown they can hear worms moving underground. That is apparently why they will quickly bound across your lawn, stop and cock their heads first one way then the other. They are looking and listening for their lunch. They are also smart enough to hone in on a freshly watered lawn or cultivated garden to improve their odds.

Robins don't nest in birdhouses but they aren't shy about nesting near humans. They are fastidious housekeepers with both parents picking up and disposing of the waste left by their little families. Both parents also feed and protect the chicks. If you have ever tried to rob a robin's nest, you will know they are totally fearless in trying to scare you off.

The robin in popular culture

The robin was honoured on Canada's two-dollar bill as part of the Birds of Canada series, released in 1986. The two-dollar bill, and the two robins that graced it, were replaced by the toonie in 1996.

Batman's sidekick Robin (originally "Robin the Boy Wonder") wears a red vest to suggest the robin's red breast.

"When the Red, Red Robin" was written in the 1920s by Harry M. Woods, a prolific American songwriter. He also wrote "I'm Standing Over a Four Leaf Clover" and "Side by Side".

The other famous robin tune, "Rockin' Robin" was written by Leon René (under the pen name Jimmie Thomas) and was first recorded by Bobby Day in 1958. It was his only hit single. Michael Jackson's cover of the song was released in 1972 and quickly topped the charts.

Q & A with Brandy Reid

- Libby Stoker-Lavelle -



PHOTO BY LIBBY STOKER-LAVELLE

Blogging from the Heart

Brandy Reid was raised in Cranberry Portage and now lives in Flin Flon with her family. A full-time mom and part-time researcher and website developer, Reid puts her tech skills and her writing talents to good use in her blog, My Unwritten Life. Reid's blog posts run the gamut from humorous stories of family life to thoughtful essays on her personal experiences. Here, Reid shares a peek into her life as an online writer.

Q. How did you get started as a blogger?

I started blogging as a creative outlet – it was a way for me to express myself, share my stories about my chaotic life with two boys, and see if anyone could relate.

Q: Before you started blogging, what did you write?

A: I didn't write much before I started blogging. I initially started a different blog, about learning something new every week, then I started my current blog, but with a different name, *Insane Mamacita's Musings*.

I started blogging anonymously, with a humorous slant on my life, about the funny things that happened with my boys. Then, I started writing about more serious topics, like my journey suffering from anxiety and my mom's passing from alcoholism. After a while, I changed the name of my blog to *My Unwritten Life*.

Q: What was it like making that switch from being anonymous online to writing about more personal topics, and revealing yourself?

A: I was hesitant. I would hit publish, and then my heart would start racing, and I would start worrying: "What are people going to think? Am I going to get backlash, or support?"

I've never had any really negative feedback, but there are still moments when I question whether I should publish something.

My brother is transgender, and I've written a lot about him. There's one post called Ignorance is not Bliss. It was about a comment that was made to my brother about him using the men's washroom, and it was really hard to hit publish on that one. I felt it needed to get out there, because people need to realize that individuals come in all forms, gay, straight, transgender, and you have to be compassionate. My brother has put up with too many negative comments and experiences. I want the world to know what he's gone through, and to learn from those experiences.

Q: How did you go about building your audience?

A: I'm still a very small blogger. I average about 20-30 visits per post, sometimes up to 100. I wrote a post about growing up in Cranberry Portage, and that post brought me the most traffic I've ever had – about 2000 visits. To me, that's going viral, but for big bloggers that's nothing.

To work up an audience, you need to be active on social media —at least the big ones, Twitter, Facebook, Instagram and Pinterest—and share links to your posts. I've limited [the number of social media sites I use] because there's only so much time I have in the day, and I'm not making an income from it, though many bloggers do.

Q: You have product and service reviews on your blog. How does that work?

A: I do reviews sometimes, if I'm contacted by a company, and get paid in products. A lot of bloggers won't write about a product unless it's a really good fit for them, and I find that works for me too. I always try to be honest about my experience.

Q: What kind of blogger are you?

A: I write about what's important to me.

I started a series of posts called Project Happy, following the lead of another blogger. For a year, I posted something good that

happened each week. That was fun, and I got great feedback. I've often felt I should revive it, to keep being grateful for those little moments.

I wrote the post about Cranberry Portage because I was in a blogging group, and the monthly topic was writing about your hometown. I'm usually hesitant to write about personal details, or give specific information about my life, but that post ended up being a huge boost for my blog.

For the most part, the posts that have gotten the most response are the ones that are personal, even gut-wrenching. People can relate to or identify with my experiences, and some are surprised at how much I've gone through in my short life.

It can be hard to share, but if [a post] helps just one person, it's worth it. A lot of people have written to me, saying, "Thank you for this, I don't feel so alone now," and that means a lot.

Q: How has blogging changed you?

A: I started blogging in November 2011, and since then I've become more vocal in my opinions, less shy, and more willing to try things I have never done before. In October, I went to Blissdom Canada, a professional development conference for people who work in social media, and I felt like I'd finally found my people.

In high school I taught myself how to build websites, and I embraced technology from the time I was about fifteen years old. No one really understood me, or why I liked it. At Blissdom, I felt like I was home.

Q: What has the blogging community been for you?

A: They are a second family. If I need help with anything, with blogging ideas or in a confidential or personal manner, they are always there. A lot of people don't understand how you can be friends with someone you've never met, but when you are writing online about your true feelings and experiences, you really are connecting with others.

Readers can find Brandy Reid's blog at www.myunwrittenlife.com

Except from My Unwritten Life

Ignorance is NOT Bliss

By Brandy Reid

I cannot imagine being scared to enter anywhere, let alone a restroom.

I take it for granted that I can enter without fear of either being yelled at, beat up, or worse.

But the world is different for my brother.

He does not get the same right.

And all because he is "different" from the norm.

What my former friend needs to learn is that the world is made up of different kinds of people. People who should be treated the same as any other. You know the old adage, the Golden Rule: "Do unto others as you would have them do unto you."

Transgender people, along with lesbian, gay, and bisexual people, deserve the same rights that heterosexual people enjoy. They deserve to have the right to be considered EQUAL!

And most importantly, we all deserve to live in a world free from fear.

www.myunwrittenlife.com/ignorance-is-not-bliss





The **LARGEST FORD DEALER** in Northern Manitoba & Saskatchewan

We offer superior sales and service for our valued customers. We are committed to serving our friends and customers and look forward to hearing from you.



At Northland Ford Flin Flon, we are excited to tell you about the upcoming changes at our dealership, some of which you may have already noticed!

Our current facility will still be in operation during the construction phase. Once the new facility is constructed, the current building will be taken down.

During this time the new and pre-owned sales department will be moved to a temporary location at the Gateway Convenience Store, just one block east of our permanent residence.

We will still be offering full service for all your vehicle needs during the entire time! The sales department will be open for business as usual at the temporary location throughout the construction period.

The new Northland Ford dealership will include:
- Over 10,000 sq./ft. of floor space, nearly THREE times our current building footprint
- Nine new service bays - all set up with the very latest in Ford technology
- Quick Lube oil change bay
- Three car showroom

The new dealership building will also feature design improvements including air exchangers, energy-efficient in-floor heating and all power remote operated doors.

Ford of Canada sets high standards for how new dealerships are to be designed and constructed. At Northland Ford, we have decided to exceed those standards, and build a dealership that will be top quality for years to come!



Sales Department
- Professional sales staff
- New & pre-owned sales
- Lease & finance available
- Extended service plans
- IAP Insurance
- DiamondKote Products

Service Department
- Knowledgeable service advisors
- Full service dealership
- Factory trained technicians
- Competitive prices
- Tire sales & service

Parts Department
- Experienced parts advisors
- Genuine Ford and Motorcraft Parts
- Variety of after market accessories available

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