

COTTAGE *north*

Jan. - Feb. 2014

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Contest
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Round 4
pg. 28



The Life of a Trapper in Thompson • Sled Dog Racing
Goal-setting Advice for 2014 • Local musician C.C. Trubiak

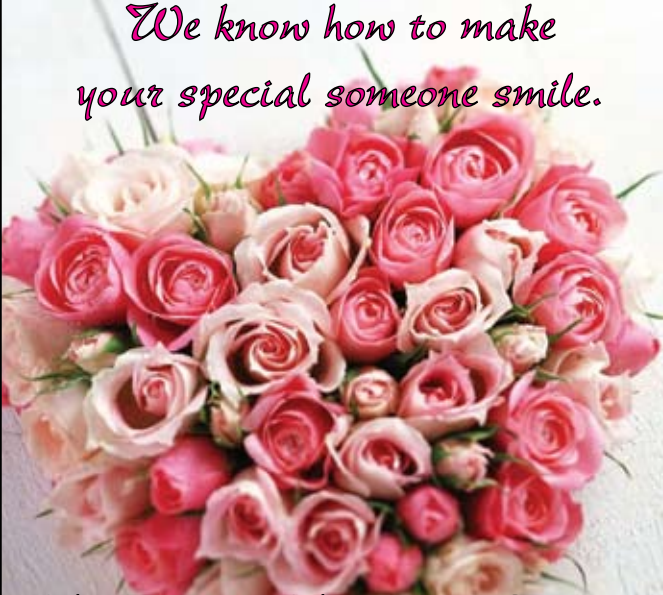
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Friday February 14th 7:30pm

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MANITOBA THEATRE CENTRE'S

MIRACLE ON SOUTH DIVISION STREET



Miracle on South Division Street" is the story of the Nowak family, living amidst the urban rubble of Buffalo, NY's East Side. Maybe the neighborhood is depressed, but not Clara, the family matriarch. She happily runs her soup kitchen and tends to the family heirloom – a twenty-foot shrine to the Blessed Mother which adjoins the house. This neighborhood

beacon of faith commemorates the day in 1942 when the Blessed Virgin Mary materialized in her father's barber shop! When the play opens, a family meeting is in progress. Daughter Ruth divulges her plan to finally "go public" with the family miracle by creating a one-woman play about the sacred event. But during the course of the meeting, the entire family's faith is shaken to the very core when a deathbed confession causes the family legend to unravel. The results are heartfelt and hilarious.



March 7th 7:30pm

COUNTRY SINGER

TIM HUS

He can come at his audience like a runaway rig, while firing off image bound lyrics with the marksmanship of a western gunslinger. Tim Hus will make you sit up and pay attention to his songs, story songs that capture the pioneering spirit that motivates and inspires truck drivers, miners, rum runners, trappers, men of the land, men of the sea, and vagabonds.



Features

10/ Fast Dogs, Frolic & Fur

Russick, St. Godard & The Northern Manitoba Trappers' Festival
Jim Parres

14/ The Beauty of their Run: Poulins' Sled Dogs

For the Poulin family of The Pas, sled dogs are in the genes
Libby Stoker-Lavelle

17/ The Thompson Fur Tables

Insights into the life and livelihood of a northern trapper
Penny Byer, with a special section by Jim Parres

21/ When TV Came North

Bonanza, Ed Sullivan & Razzle Dazzle: How TV evolved in northern Manitoba
Morley G. Naylor

26/ Somersaults & Self-Esteem: The Flin Flon Aqua Doves

How a unique after-school program is making a splash with girls
Libby Stoker-Lavelle

38/ The Art of Goal Setting

Experts share their best tips for making your dreams a reality in 2014
Shannon Smadella

46/ The Choir Takes a Second Bite out of the Big Apple

How the 'little choir that could' made it to NYC
Julian Kolt

49/ C.C. Trubiak: A Tiny Army Marches on Flin Flon

Local musician launches his new album
Libby Stoker-Lavelle

In Every Issue

5/ Contributors

6/ Calendar of Events

8/ In a Nutshell: Regional News

28/ Capture the North Photo Contest: Round 4

31/ Spotlight on Northern Athletes:

Brad Cromarty

32/ Health & Wellness:

Winter Fitness - Tips & Stretches

36/ A Good Taste: Stone Soup

44/ Book Room: Featured Author Lauren Carter
& Great Winter Reads

54/ Q & A: Meet Jennifer Cook

Cover photo by Scott Berdahl, "Winter Moon". Winner of Photo Contest (see p.28)

Editor's Note



The New Year is the perfect time for a fresh start, our annual opportunity to make good on those promises we made to ourselves this time last year. If you are looking for motivation to stay focused on your own aspirations this year, look no further. In *The Art of Goal Setting*, former Miss Canada, Shannon Smadella, has tracked down the ultimate panel of advisors to discuss the subject of goals. From world-class athletes to musicians and political leaders, these people's words are golden – and you won't want to miss them (p.38).

By the time January hits, most of us have realized that we had better get over our grumbling and embrace the cold weather. To celebrate the unique pleasures of a northern winter, we're bringing you two stories about the world of dogsledding (p.10) – as well as a preview of this year's Trappers' Festival in our Q& A with the festival's president, Jen Cook, on page 54.

If your resolutions include plans for getting healthier (and really, don't they always?) check out our nutritious soup recipes on p.36, and visit p.32 for tips & stretches to keep fit and limber all winter long.

For those who would rather just curl up on the couch, we've got a great list of book recommendations and an author interview on p. 44, and on p.22, Morley Naylor takes us back to the days of Ed Sullivan and Mr.Dressup with his nostalgic article, *When Television Came North*.

Here at Cottage North, we just love our contributing writers – and we are thrilled to introduce a new writer to the magazine, Penny Byer. You'll find Byer's fascinating article about the Thompson Fur Tables on p.17.

Finally, what better way to kick off a new year than with a little music? On p.46, Julian Kolt tells us all about the latest escapades of the Flin Flon Community Choir in New York City, and on p.49 you can learn all about the collaborative album recently launched by local singer-songwriter C.C. Trubiak.

Whew, that's a lot of magazine to fit into 56 pages! We hope you enjoy this issue, and from our whole Cottage North team, please accept our best wishes for a happy and successful 2014.

E. Stoker-Lavelle

Libby (Elizabeth) Stoker-Lavelle



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Cottage North Contributors

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.

Patrick Furkalo



Patrick grew up in Snow Lake and makes active living a huge part of his life. He enjoys being outdoors and soaks up all it has to offer. Patrick owns his own fitness centre in Dauphin and runs a taxidermy shop out of the same building. He produced a fitness dvd and loves instructing and playing tennis. Contact Patrick: formula3fitness.com

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.

Julian Kolt



Julian Kolt is the former editor of Cottage North magazine. When he's not walking 1000 miles across France and Spain, singing at the Lincoln Centre with the community choir, or captivating audiences as Billy Flynn, he likes to write. If you happen to like his writing, you can find more of it on his blog at thewanderingmage.wordpress.com

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 traveled the world aiding in various causes. While working in business, television and even radio, the Hapnot honours graduate is currently writing her third book. Contact Shannon at miss-canada.com

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

Cottage North Magazine

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January - February Calendar of Events

Flin Flon, Creighton, Denare Beach & Area

Jan 11 & 18: Portraiture Workshop, NorVA Centre, 10 am – noon.

Jan 29: The True Jive Pluckers, Flin Flon Community Hall, 7:30 pm

Feb 9 & 11: Home Routes concert: Darren McMullen & Rachel Davis, location tba, 7pm

Feb 10 & 11: Printmaking Class, NorVA Centre

Feb 14: The Royal Manitoba Theatre Centre presents Miracle on South Division Street, Flin Flon Community Hall, 7:30 pm

Feb 20: Unfinished Song presented by the Films up North Film Series. Hapnot Theatre, 7pm

February 18-21: February Break Activities at Creighton Recreation: Scrub at the Sportex, Feb 18; Boys Keyholders, Feb 19; Girls Jewelry Class, Feb 20, Ski Lodge Sliding Party, Feb 21.

Feb 21 – 22: 35th Denare Beach Winter Festival

Feb 22-23: SaskMan Cup/Saskatchewan Provincials, Flin Flon Ski Club



Jan 16: Come out to the Hapnot Theatre for the light-hearted British comedy *The Angels' Share*, presented by the Films up North Film Series. 7pm



Photos by Kelly Carrington



Feb 28, Mar 1-2: Fun activities for the whole family at the Bust the Winter Blues Festival.

Prince Albert & Area

Jan 22: Blue Rodeo Concert, 7:30 pm, E.A. Rawlinson Centre

Feb 14: Diamond Rio Concert, 7:30 pm, E.A. Rawlinson Centre

Feb 16-22: Saskatchewan Winter Games 2014. Learn more: saskgames.ca

Feb 17-22: Canadian Challenge International Sled Dog Race – race starts at Prince Albert Central Ave on Feb 18, 12 pm



Feb 26: Joe Sealy and Jackie Richardson present *Africville Stories*, relating how Canada's oldest urban black community in Halifax was bulldozed to the ground in an attempt at urban renewal in the 1960s. See it at The E.A. Rawlinson Centre, 7:30 PM



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The Pas & Area

Feb 1: Classical Home Routes concert: Mel Braun, Laura Loewen, bass vocal & piano, Sacred Heart Cathedral, 7 pm

Feb 7: Home Routes concert: Darren McMullen & Rachel Davis, Sam Waller Museum, 7pm



Jan 17-19: Break out your craft supplies at Craftapalooza, a week-end-long crafters' retreat at the Metis Hall Club Room. Contact the Pas Arts Council for details.

Feb 12-16: The 2014 Northern Manitoba Trapper's Festival will be full of fascinating events for spectators, including King Trapper challenges, like bannock-making and flour-packing.

FLIN FLON ARTS COUNCIL WORKSHOPS!
Kick in the New Year with some fun Workshops!
Great Christmas Gifts!

Kick up your heels with this fun dance workshop.
SCOTTISH COUNTRY DANCE CLASSES

With Instructor Susan Shaipr
Tues JAN 7, Thursday JAN 9,
Tues Jan 21, Thursday Jan 23, 2014
No Experience Necessary
Cost: \$50.00

Heading off on your winter holiday?
Need to touch up your Spanish? The Arts Council is here to help!
Register for INTRO TO SPANISH CLASSES

With instructor Libby Stoker-Lavelle
Learn more at www.flinflonspanish.wordpress.com
Wednesdays January 29, February 5th, 12th, 19th and 26th
Time: 7 – 8pm
Place: Hapnot Collegiate
Cost: \$55.00

Baby It's Cold Outside!
Time to take the Arts Council KNITTING WORKSHOP

Instructor: Elly Spencer
Dates: Thursdays February 6, 13, 20, 27
Time: 7:00 – 9:00pm
Venue: 19 Hemlock Drive
COST: \$35.00

Participants will need 6mm needles that are joined together and 1 ball of chunky style wool for the first class. For the second class they will need 8mm needles that are joined with a long wire (longer than 29cm) and 3 types of yarn. One ball of super chunky and two other that are patterned or fuzzy or have some other attractive feature. Any weight of yarn is permissible.

TO REGISTER FOR ANY WORKSHOP
Call or Email the Flin Flon Arts Council
(204) 687-5974
info@flinflonartscouncil.com **Manitoba** 

Thompson & Area

Jan 17-19: Tigers Hockey Tournament, TRCC

Feb 1: Winterfest weekend kick off, TRCC, 6pm at the TRCC

Feb 14-16: Munn Cup Hockey Tournament



Feb 12: Enjoy the comic play Miracle on South Division Street presented by the Royal Manitoba Theatre Company. Also showing in Flin Flon on Feb 14. Learn more: www.mtc.mb.ca

Need more info? Contact information for community events:

Flin Flon Contact Info:

Flin Flon Arts Council, flinflonartscouncil.com,
204-687-5974
NorVA Centre, Norvacentre.com 204-687-4237
Home Routes: Tim and Elly Spencer 204-687-7768
Creighton Recreation: 688-3538
Denare Beach Recreation: 306 362-2050

Prince Albert Contact Info:

E.A. Rawlinson Centre, Prince Albert, 1-866-700-ARTS,
www.earawlinsoncentre.ca/

Thompson Contact Info:

Thompson Recreation, www.thompson.ca
204-677-7952
Heritage North Museum 204-677-2216
Home Routes: Tim or Jean Cameron, 204-677-3574
or cameron8@mymts.net

The Pas Contact Info:

The Pas Arts Council, 204-623-7035
<https://www.sites.google.com/site/artscouncilthepas/>
Sam Waller Museum/ Home Routes
Samwallermuseum.ca 204-623-3802

Have an event to add for our next issue?

Contact us! See page 5

In a Nutshell:



A miscellany of regional news

Flin Flon: *Walking the Camino* film makes its Canadian Debut

- Libby Stoker-Lavelle -



Walking the Camino is just one of many remarkable films presented by the Central Canada Film Group

The Hapnot Theatre was recently host to a pre-release screening of the documentary film *Walking the Camino: Six Ways to Santiago* – and it was the first screening of the film in Canada.

The Camino de Santiago is an ancient pilgrimage route through Spain and France, a journey that poses a spiritual, physical, and emotional challenge for those who choose to take it. *Walking the Camino* follows the experiences of individual pilgrims, including a devout single mother, a grieving widower; and three other travellers seeking clarity, direction, and adventure. The film screening for *Walking the Camino* was complemented by an enlightening panel discussion with three people who had walked the Camino themselves: Julian Kolt, and Rochelle and Dan Scaletta. The three recalled the unique challenges they faced and the powerful lessons they learned on their journeys.

The Central Canada Film Group coordinated the event as part of their Films up North (FUN) series. This series is affiliated with the Toronto International Film Festival's Film Circuit program, a program that helps small communities showcase national and international films. Learn more about the film at caminodocumentary.org/ and about the FUN series at centralcanadafilmgrou.com/

Thompson: Konrad Jonasson at the helm of UCN

- Ian Graham -



UCN president and vice-chancellor Konrad Jonasson addresses the audience at his installation ceremony in Thompson Nov. 27.

Konrad Jonasson was formally installed as the second president and vice-chancellor of the University College of the North (UCN) in a ceremony at St. Joseph's Ukrainian Catholic Church hall Nov. 27. Jonasson has served UCN as president since Jan 2011, first on an interim basis and in a permanent capacity since June 2012.

Jonasson comes from Wabowden and is a member of the Cross Lake First Nation. Many guest speakers spoke of the importance, both practical and symbolic, of having someone from Northern Manitoba at the helm of the university college, which has campuses in Thompson, The Pas and in satellite locations throughout the province's North.

"We have a large percentage of aboriginal people and we have to strive to have aboriginal professors and an aboriginal presence, which you have already," said Dr. Verna Kirkness from Fisher River Cree Nation, who played a role in the process that led to the establishment of UCN. "I think Konrad is the best person for the job. His personal knowledge of the north—this is where he lives, this is where he grew up, this is where he was educated. I know that he will grow this university even more in its service to northern peoples...and I know he'll do it with dignity and respect. I want him to know that he has done us proud."

-excerpted from The Thompson Citizen

The Pas: Winter fun is everywhere

- Shirley Barbeau -



A snowboarder completes a trick in Snowfest 2013: Trapper's Dam Jam at the Knapp Dam during Trapper's Festival. Photo courtesy of Funky Threadz

Although the weather has been colder than normal this year, The Pas is abuzz with wonderful outdoor activities. The Opasquia Agricultural Society has built an amazing outdoor skating rink at the Agricultural and Exhibition Grounds, and lights are being installed for everyone to enjoy skating both night and day. Across the road, at Knapp Dam Hill, outdoor enthusiasts gather to enjoy sliding. The Knapp Dam is also great for those developing snowboarding skills – in fact, last year this spot was host to Trapper's Dam Jam, a snowboarding competition which will run again this year during the Trapper's Festival. Another amazing sliding hill for thrill seekers is Big Eddy Hill on Opasquia Cree Nation. Ralls Island Park is also a great location to enjoy winter fun with an outdoor rink, wooden slide and a clubhouse for warming up.

Of course the "Ultimate Fishing Town" enjoys ice fishing too, and snowmobilers are out as well, exploring four hundred kilometers of groomed snowmobile trails. These great trails are maintained by volunteers with the Kelsey Trail Sno-Riders. The dog mushers are busy now too, training their dogs for the upcoming racing season. With cross-country skiing, snowshoeing, trapping, and even sleigh rides, there's so much to see and do this winter in The Pas!

Snow Lake: Taekwondo students represent their dojang in Thompson

- Marc Jackson -



Instructor Bernard Fourie stands behind his young charges. (L): Ciara Fourie, Brook Erickson, Landon Hiebert, and Jessica Baker. Photo courtesy of Bernadine Fourie

Members of Snow Lake Taekwondo attended the Laban Tournament held November 23, 2013 at River Place Lodge in Thompson, Manitoba. The tournament was hosted by Mr. Byrne and Miss Mitch of Laban Fitness. Four students from the Snow Lake dojang brought home nine medals.

Ciara Fourie garnered three gold medals, in sparring, patterns, and board break. Jessica Baker took silver in pattern, and gold for board break. Landon Hiebert brought home a silver for pattern and a second silver for sparring and Brook Erickson took gold in board break and silver in sparring.

Instructor Mr. Bernard Fourie noted how proud he was of the students who represented their dojang and town. "With hard work and training, these students face their fears, and walk out as winners," he said.

Cranberry Portage: Premier announces major investment in Frontier Collegiate

- Shannon Smadella -

Manitoba Premier Greg Selinger, who was in Cranberry Portage on Monday, December 2nd, has announced a new 23 million dollar investment into the town's Frontier Collegiate Institute Campus. The expansion will incorporate a 57 thousand square foot residence with over 200

beds, plus an innovative power mechanics facility. The development is anticipated to play a fundamental role in providing skills training for students of the north. "This is a critical investment that will help provide opportunities to match skills training with specific employment opportunities in the north that will lead to good jobs for Manitobans," said the premier. The improvement is anticipated to finalize around March 2014.

This is the school's second major development in the past few years; the recent addition of the Northern Technical Centre, in 2012, marked another great stride in Frontier's 48 years of successful operation.

Fast Dogs, Frolic and Fur

Russick, St. Godard & The Northern Manitoba Trappers' Festival

Photo by Karen Mackinnon

- Jim Parres -

Just in time for Trappers' Festival, Jim Parres takes a fond look at the sport of dog-racing, and its local heroes.

It was quiet and still, pitch dark, as the mushers began arriving at the starting line with their dog teams. The dogs came in a variety of breeds, sizes and colors, but the common factor was speed: these dogs were picked because they could run long distances fast, not for their pulling power. As the handlers harnessed the dogs, the excitement began to swell. The acrid odour of wood smoke from nearby house chimneys mingled with the faint scent of moose hide jackets, mitts, and beaded moccasins in the crisp frigid air.

The dogs were quick to pick up on the vibrations and could sense the anticipation in the human voices. They started whining, then yelping, as they realized this was a big moment. Their moment. After all, there was a lot of money on the line, both prize money and betting money. Mushers with numb hands were feverishly tying "booties" on the feet of dogs with small injuries or frost bite. There were only a few minutes left to check the sleighs and other gear before the mass start. The noise level turned into a cacophony of barking and yelping as the dogs became restless, with some of them jumping and twisting in the air, anxious to run, to do what they did best. It was close to the 8 a.m. starting time and the noise rose to a fevered crescendo.

As the first faint rays of daylight appeared, the crowd of spectators stomped their feet and clapped their hands to distribute critical warmth to their extremities. The announcer barked a stern order for the drivers to be "on the ready", and the anticipation reached a climax. Some of the lead dogs were standing on their hind legs, pawing the air frantically. Many of the spectators, including myself, started quivering in anticipation as we were caught up in the moment, not just the cold.

The countdown was on! 10 - 9 - 8.... When the starter

fired his gun, the dogs broke forward like so many banshees from Hades, straining in their leather harnesses and scratching their nails against the hard packed icy snow to gain traction, anxious to please their masters. No whips needed. A mighty roar went up from the crowd.

I was just a young boy of seven when I witnessed my first real race, on February 1948 at Ross Lake in Flin Flon. It truly was a phenomenal moment, one that I will remember and treasure because it was a Northern moment, a Canadian moment, a moment that spoke volumes about how the North was initially conquered by these men and their dogs. How supplies were transported to families on the trap lines, how cargo arrived at the early mining projects and how the precious mail was delivered. A letter from home or a loved one was like caviar to a lonely person "up in the bush". This was also how the fur trade got the pelts from the trap line to the Auction House.

My dream at that time was to be like these men, to be a trapper and a dog musher. Eventually I got there, but when I arrived, I found that it was a cold, lonely trail, travelled by only the hardiest of men. Bearded men, men who hadn't washed in hot water for days. Men who ate their meals from their tea pails. Men who faced death at various times along the trail but just laughed in Death's face. Occasionally, death laughed back.

As the dog teams sprinted across Ross Lake, then disappeared in the cold grey light of dawn on this leg of the Trappers' Festival race, the air became very quiet except for the murmur of the crowd. I thought back to what Mr. Russick, "Shorty", as he was known locally, had told me only minutes earlier. I had asked him why he needed the 45 Colt in the holster on the belt encircling the waist of his parka. I surmised it was for wolves along the trail. Mr. Russick told me it was for protection from his own team. "If I ever fell amongst the dogs," he said, "they could be on me in a flash". Maybe Mr. Russick was just pulling my leg, maybe not. I thought, perhaps I should reconsider my dream of being a trapper and a dog musher, but in many ways, I had no choice...it was in my blood.

In 1915, several of the local old timers in The Pas met in the Opasquia Hotel to discuss a perceived problem in the community: the disorder encountered every winter during the “Fur Exchange”—an informal gathering of excitable northern residents. C.B. Morgan, William Bunting and William Hughes discussed a plan to bring order to the event by staging a series of organized activities around a competitive dog race. Dogs and horses were the early main source of transportation for trappers, prospectors and fishermen, so a colourful dog race seemed to be a logical event to promote opportunities in northern Manitoba. A secondary purpose was the development of a better breed of sled dog.

The first festival was dubbed The Pas Dog Derby and was held on March 17, 1916. The winner was Albert Campbell from Big Eddy. He finished with an overall time of 24 hours and 47 minutes for the 150-mile race course. This festival continued until 1931, except for the WWI years 1917 and 1918. In 1924, William “Shorty” Russick set a record time of 23 hours and 42 minutes for a 200 mile race, a record which still remains unbroken. Grant Rice, Editor of the Pas Herald, deserves credit for being instrumental in the formulation of the race and its rules from 1916-1931.



Jim Parres with his sled dogs on Reindeer Lake SK, 1960s

When I worked at Paskwachi Bay on Reindeer Lake in mineral exploration back in the early 1960’s, we used dog teams for transportation. We would set nets to catch fish to feed our dogs. I can remember Tom Morin and Obert Olson pulling live fish from the net and throwing them to the impatiently waiting dogs. It was quite a sight to see a fish flopping around on the ice with a yelping dog trying to pin its meal down with its paws. Now gasoline and snowmobiles have replaced fish and dogs on many modern trap lines.

Some of the most successful mushers I’ve known were William “Shorty” Russick and Emile St. Godard. Shorty was a good friend of my father’s, and later moved to Church Street in Flin Flon, where the Friendship Centre is now located. Mrs. St. Godard, Emile’s wife, used to babysit my sister and me. Sid Wilton tells how Emile St. Godard’s lead dog, Toby, was extremely intelligent, almost with human understanding, and how Emile’s team of cross-bred husky hounds won many



**1924 Dog Derby
Shorty Russick**

Photo courtesy of The Pas Regional Library

Russick’s team set the record time for a 200-mile race in 1924

Fortunately, in 1948 Henry Fishman and Wilf Walkenshaw, two businessmen, revived the dog race in The Pas, along with the other events that took place during the Festival. It has been carried on since then thanks to the efforts of the Kinsmen Club of The Pas and a number of other volunteer groups. Part of the revival strategy was to include other northern communities in the festivities, including Carrot River, Cranberry Portage, Flin Flon and Cumberland House.

In the early days, the race featured mushers and dog teams that had worked all winter at trapping and fishing, so the men and their dogs were in great shape when the race rolled around, usually in February. Many of the winning teams have come from The Pas area, Cumberland House and Grand Rapids. In 1920, Walter Goyme came from Alaska and won with the two abreast tandem style of hitch. Len Sappalo also came from Alaska to the Big Race with a team of malamutes, but couldn’t pull off a win. Nowadays, the dogs and their drivers must train to be able to cope with the rigours of the race. Many of the current entrants are neither trappers nor prospectors but are professional racers from around North America.



Photo by Jim Parres

From the mushers’ view – The Pas race

national dog races. Working with Emile was his brother Leo and their father, Avila, a family team effort. Wilton recounts times St. Godard was offered large sums of money to “throw” races, but refused, because of his pride in his racing ability. “How could I face my friends back in the Pas?” he had said.



The World Champion Dog Musher and hero of every boy who ever hitched a dog to a sled Emile St Godard won enough trophies to start a hardware store. They are on display upstairs together with the head of his famed leader, Tedy. He was a true champion and would never accept a bribe. His wonderful career really began in 1925 when for five years he won races all over Canada and in New Hampshire, U.S.A. when he passed away in 1948 The Pas and Northern Manitoba lost one of its most dedicated citizens.

Photo courtesy of The Pas Regional Library
Emile St. Godard in 1931

One interesting Shorty Russick story goes like this. He was at a race in Jasper/Banff in Alberta. A movie star was visiting and asked for a ride in the sleigh. She got her ride in the sleigh during the race, which Russick won. Her Hollywood producer then offered to make a Northern-themed movie with Shorty and the starlet, but Shorty told him “Thanks, but I’ve got pups to look after back at home”. The shortest movie career ever!

Another local musher, whose son Armand has carried on the family tradition, is Edwin Lambert. He was the winner of the 1948 race. Armand’s wife, Sue, was proclaimed an “Honorary Trapper” in 1986 for her many efforts working for the Festival.

Probably the biggest, but least known, accomplishment of our pioneer Canadian and northern Manitoba dog mushers took place at the 1932 Winter Olympics at Lake Placid in the U.S.A, where dog racing was a demonstration event. The gold went to Emile St. Godard, 2nd was Leonhard Sappalo from Alaska, and Shorty Russick took the bronze. Harry Wheeler, also a Canadian, was fourth.

While much has changed since the early days of The Pas Dog Derby, the Trappers’ Festival remains a well-loved northern tradition that celebrates the sled dogs and mushers who, through sheer intestinal fortitude, helped to develop our Northland and its economy.

Back "Shorty"

*He's a little more than five feet tall,
Built up from sturdy stock:
A CREDIT to us, one and all,
A gibraltar rock.*

*He's known the world over,
Brought our country to the fore,
Known to every canine lover,
And that's his greatest score.*

*For a racing team of canines,
Is his stock-in-trade indeed
And racing is where "Shorty" shines
Like a falling star for speed.*

*Go easy boys, no fault of mine,
I did not mean it so—
"A falling star for speed," I said,
The moon you know is slow*

*For "Shorty" is no fallen star,
When he comes to hold a place;
Be it long or short, near or far,
Back "Shorty" in the race.
—Anon,*

Thanks to Laurel Dunlop, granddaughter of William “Shorty” Russick, for contributing this poem



Photo courtesy of Jim Parres
William "Shorty" Russick, 1936

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The Beauty of their Run: Poulin's Sled Dogs



Photos by Daniel Dillon

- Libby Stoker-Lavelle -

For Brian Poulin and his family, dog sled racing is a way of life.

“I started with dogs when I was a young boy growing up,” Brian Poulin recalls. “We used to trap muskrats to make a dollar to go to the show. I bought some dogs off of a guy for five dollars. Then the disease hit, and there’s no cure for it!” These days, you might say that sled dog racing is in the blood for the Poulin family. While Brian has been racing sled dogs for most of his adult life, his wife, Jackie (née McPhail), has had sled dogs since she was a child. In fact, Brian learned much of what he knows about sled dogs from Jackie’s father.

Jackie and Brian’s son, Donny, took up the family hobby early: he started working with sled dogs at the ripe age of five. At eight, Donny went on to compete in his first race, and he hasn’t stopped since. The newest additions to this line of mushers are Donny’s children, Peyton, 8 and Donovan, 11. Both of them competed in the one-dog “mutt race” at last year’s Trapper’s Festival. Peyton, who won that race, can barely contain her enthusiasm for the sport, and the dogs themselves. “I like that I get to help with the dogs because it’s so much fun,” says eight-year-old Peyton, her eyes lighting up. “When you race you get to see how beauti-



Two sled dogs harnessed, and ready to run

ful the sky is, and when the dogs race, they jump like bunnies. At the end of a run, they are covered in snow, and they are all wagging their tails.”

The Love of the Sport

In the Poulin family’s backyard, you’ll find thirty full-grown dogs, a walk-in freezer full of dog food, a shed full of equipment, and two pens of rambunctious puppies. It’s abundantly clear that sled dog racing is much more than a hobby for this family. “It’s a lifestyle,” says Brian, and clearly a much-loved one, too.

When I ask why they raise, and race, sled dogs, the Poulins list off several reasons. “The dogs are such a special animal—it will just amaze you what they can do,” Brian says. “The real beauty of these animals is in their run. They’ll hit speeds of well over 20 miles [32 km] an hour pulling a sled, and if you let them free-run they’ll run way faster. I’m still amazed by them, even after all these years.”

“Every single dog has its own personality,” adds Jackie, “and you get to know each one of them.” Brian agrees, “Some of them are like movie stars—they want to stand around and get their picture taken; some are like house pets; and some are a throwback to the old husky dogs, they just don’t like being touched. They are all different, just like people.”

Although Brian and Donny both work—Brian is a semi-retired railway engineer, and Donny is a corrections officer—they fit training, and races into their schedules throughout the fall and winter. They usually compete with two teams of dogs (a team of eight and a team of ten) and the sport has taken them all over the country. Their focus, however, remains on The Pas World Championship Dog Race, a three-day race held annually during the Northern Manitoba Trapper’s Festival each February. The race is completed over three days, with a gunshot “mass start” for all the teams on each day. Each day’s lap is fifty-four kilometers long.

In the thirty years they have been competing, the two have “done fairly well.” As a young musher, Donny set a record in The Pas for consecutive wins (that’s four) in the junior race—a record that still stands today. And although neither of the Poulin men has won the World Championship



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February 12th - 16th, 2014
The Pas, MB



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Fort Whoop-it-up 5 p.m.



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Dog Races**
10 a.m. Thursday, Friday, Saturday

Torchlight Parade
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Wed. Feb. 12th

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Thursday, Feb. 13th
to Saturday, Feb. 15th

Jr. King/Queen Trapper events
Friday, Feb. 14th & Sat. Feb. 15th

Trappers' Festival Arts & Crafts Show
Friday and Saturday

race, at least one of their teams has finished in the top five consistently for the past twenty years. "I've finished in second place three times," Brian says, "and Donny is generally in the top five. We're pretty proud of that."

Although the sport is competitive, the dog sled community is "a big family" according to Donny. "It's very close-knit, and for the most part everybody is out there to do their best, and no one holds a grudge," he says. Brian adds, "If you get beat by a better team, you get beat, and everyone shakes your hand if you win, because you all know what it takes to do it."

A True Leader

When I ask Brian and Donny how they choose the teams, repair injuries, or make decisions about breeding, the answer is always the same: it all comes down to experience. "The Pas has always had lots of good dog teams," Brian explains, "and when I was starting out, lots of people shared their experience with me. But a lot of it was trial and error, and you learn a lot from the dogs themselves."

Of course, the dogs deserve much of the credit in this sport, and the lead dogs in particular. "The leaders are thinking up there all the time," says Brian. "You can take a good dog over a twenty-mile trail once, and, four years later, you can go on the same trail without saying a word to them, they won't miss a turn."

The dog that Donny raced in his junior races, the aptly named Sporty, was a particularly clever animal. The Poulins have fond memories of him. "In a race, Sporty knew the countdown," recalls Brian. "At 'Three...two', he'd back up a couple steps, and if you didn't have your quick release pulled when the gun went off, he'd look back at you like 'Hey, smarten up!' He'd hit that line hard - he was usually the first one out."

Brian shares another anecdote: "Most mornings when you'd get up, Sporty would be curled up in his doghouse. But on the race days, and only the race days, you'd get out of bed and look out the back window and Sport would be sitting at the end of his chain looking at the house. Now you tell me, how did he know he was going to race that day?"

More than once in our visit, Brian recalls the words of his father-in-law: "You have to be half as smart as these dogs to train them, and they are a very smart animal".

The Evolution of the Sport

Of course, not all that long ago, sled dogs had a much more important role in northern life, being the main form of transport for trappers and fishermen. While those dog teams

inspired the sport of sled dog racing, the animals on today's teams tend to look a little different from those powerful working dogs. Over generations, various owners have carefully bred their sled dogs for greater speed and endurance by mixing bloodlines, particularly hounds and huskies.

While the look of the dogs has changed somewhat, in the forty years that he has been racing, Brian has found that the treatment of sled dogs has "improved by leaps and bounds... we used to feed them a frozen fish a day, now they are on special diets that include human-grade chicken, beef fat, and liver," he says. "If you take care of the dogs, they'll take care of you."

I'm glad to hear that sled dogs are eating well these days. They *are* high-performing athletes, after all. "Pound for pound, there's no animal on earth that can compare to the sled dog when it comes to their physical ability" says Brian. "A horse in the Kentucky derby carries about one-tenth of his body weight for one mile for one day. [In a race] these dogs

are pulling anywhere from twenty-five to thirty percent of their body weight for thirty miles [48 km], for three days, in about two hours each day." A pretty impressive feat, but the dogs take it all in stride.

The Poulin Sled Dogs

On the day we visit the Poulin household, in early December, the dogs that will race in February's championship are in "boot camp" mode. They train two days on and one day off, depending on Donny and Brian's work schedules.

According to Donny, most dogs have a "racing life" of 2-6 years,

though a rare few, like Sporty, race until they are eight or nine years old. The dogs that have retired from the teams stay busy training the puppies.

With all those hungry dogs to feed, it's pretty clear that this is not the cheapest of hobbies. "It's an expensive sport," Brian admits, "and you don't get rich doing it, but it's very rewarding; you can't place a dollar value on it." In addition to raising dogs for their own teams, the Poulins sell dogs to other mushers. "I won't sell dogs to someone who isn't going to look after them," says Brian. "We are pretty fussy about who we do and don't sell our dogs to." Ultimately, though, the Poulins' love for the sport takes priority over profit. As Brian recalls, "We once had a set of leaders we could have sold for ten grand - but then we wouldn't have had them to race with. Once you run a good dog team, that's all you want. It's like driving a great sports car, you don't want to drive a half-ton after that."

For those who are willing to take on its challenges, this sport certainly has some breathtaking rewards. At the end of our visit, we drive out to a good vantage point as Peyton and Donny start the ten-dog team on their training run. The sled approaches, and I am captured by the crisp snow, the gleaming sun, the still winter landscape, and the powerful sound of ten pairs of paws hitting the trail. Quite a lifestyle, indeed.



Donny and Peyton Poulin on the trail

The Thompson Fur Tables: Trapping is an industry to some -- a lifestyle to others

- Penny Byer -

At the Thompson Fur Tables, Penny Byer gets an inside look at the modern fur industry from those who know it best—northern trappers.

Summer forest fires, fluctuating water levels, early heavy snowfalls and late freeze-up all contributed to a tough year for trappers. But still, more than 220 trappers and their families converged on Thompson December 20 and 21 for the annual Fur Tables with buyers paying out approximately \$620,000.

“Conditions this year were dangerous,” said Dave Bewick from North American Fur Auctions. “But we continue to see very good quality fur and very good fur handling. And this year, we saw a few more young trappers. That’s encouraging to see families carry on the tradition.”

Bernard Jonasson of Wabowden said the heavy snow that came before freeze-up was the main problem for trappers this year. “The snow came all at once and the swamps couldn’t freeze. There was a lot of slush and thin ice. That makes it hard for trappers who trap alone,” he said. “This year, many of them were finding partners for safety. They would break trail one day, let it freeze, then go back to

trap.”

Phillip Bighetty Sr. from Brochet had his trapline hit by forest fires this past summer. “The trap lines were burned out,” he said. “And the weather was so warm in July, that the water was shallow. When the water is too warm and shallow, the fish die and the animals can just grab and eat them. When the feeding is good, they’re not hungry and are harder to trap.”

“Trapping is not an easy way to make money. You can spend \$4,000 to set yourself up with supplies for trapping, and if you have a bad year, you can’t even feed yourself.”

He added that when the weather turns cold, the animals stay in a warm place in the bush and are not on the move, which also makes trapping difficult. “Trapping is not an easy way to make money,” he said. “You can spend \$4,000 to set yourself up with supplies for trapping, and if you have a bad year, you can’t even feed yourself.”

Sometimes it is not the weather, but the effects of industry that make trapping conditions difficult. “The constant fluctuation of water levels that result from Manitoba Hydro’s operations affect travel and change the habitat for the animals,” explained Ron Spence of Nelson House. “Aquatic fur-bearing animals have to adapt to the changing water levels. Sometimes, they can’t, and they freeze or drown. When the shoreline erodes, it is difficult to have a natural set. We’ve lost a lot of traps to erosion.”

With all of these challenges and difficulties, why do people continue to trap?

Carl Monkman was born in Loon Straights on the east side of Lake Winnipeg. There used to be 65 children in the school he helped build. Today, there are only six permanent residents. He is one of them. “I left for a while, but I returned in the 80s. I like to trap. It’s a way of life for me. And I like when my grandsons come from the city on weekends that I can teach them the ways of trapping.”

Teaching youth the skills necessary for trapping and survival was a common theme among discussions with trappers. Several of the trappers at the Fur Tables teach trapping courses to groups of youth; several others take their children and grandchildren trapping. Greg Foord teaches a junior trapping program in the Snow Lake area. Bernard Jonasson teaches a trapping course for youth and first-time trappers in Wabowden. Phillip Bighetty Sr. takes youth out on his trapline in Brochet. Many of the senior trappers who attended the Fur Tables were also coaching and mentoring young



Picking out trappers’ supplies at The Thompson Fur Tables



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trappers in other formal and informal ways.

There are also examples of whole communities participating in trapping education. In Nelson House, Ron Spence talks of a 'Granny and Grandpa' program where they take children into the bush to learn skills for trapping and living off the land. "It not only teaches them skills; it helps their self-confidence, lets them breathe fresh air – instead of sitting for hours on their iPhones and on Facebook," he said. "We help them connect with the land."

Ron is also one of the directors of the Manitoba Trappers Association (MTA) which organizes the annual Fur Tables. Until this year, Manitoba was the only province to hold Fur Tables for northern trappers. (Prince Albert, Saskatchewan hosted its first this year.) MTA directors from all over the province (representing 11 zones) volunteer their time to make this event happen.

"We used to get funding to hold the Fur Tables," explained Ron. "In the early 70s, we held them in Thompson,

The Pas, Lynn Lake and Leaf Rapids. When the funding just about ceased, MTA decided to continue the Fur Tables in Thompson to help the northern trappers. They have challenges and struggles in getting their furs to market that trappers in other regions don't have. And for many of them, this is their only Christmas money. So, we do this for the people of the north."

There are usually four to five fur buyers at the Fur Tables to help ensure competitive prices for trappers. There are also trappers' supplies, raffles, and lots of opportunity to connect with other trappers, old friends and family. "It's all about connecting," concluded Ron. "We connect with the land. We connect with each other. Even if there was no market value in the fur, we would still trap. It's our livelihood. We can use all of the animal – for food, clothing and so on. It's our lifestyle."

The Revitalization of the Fur Industry

- Jim Parres -

It's amazing how big an influence fashion has on the world's markets. The price of fur drove the earliest exploration and development of Rupert's Land, a large chunk of a country later called Canada. The Hudson's Bay Company and the Northwest Company were both formed to acquire beaver pelts and other furs to be sold in England and Europe. For hundreds of years, the fur trade prospered, often within cycles that were due to disease in the animals, and fur markets overseas. A good trapper who selectively harvested his fur sources could make a reasonable living, which might be supplemented by prospecting, fishing or lumbering.

The 1980s was the age of the animal rights activist, and fur prices plummeted during this time. Wearing fur was taboo even though it was the warmest garment around. Another factor in the modern era was the use of snowmobiles as a replacement for dog teams for northern transportation. Dogs multiplied naturally and dog food was readily available through fishing, but snowmobiles required less work, so goodbye dogs. Snow machines, however, needed expensive gasoline, often got stuck in slush, and frequently broke down. The traditional lifestyle of trapping waned and many trappers moved to the cities in the south.

Recently, though, new markets for fur have opened up in Russia, Korea, China, the United Arab Emirates and Europe, all driven by fashion. As a result of this renewed interest in fur, along with other factors, prices for fur have rebounded well. According to Bruno De Cesco, a fur buyer from Thompson, 2013 was a "very good year" for the industry in Manitoba.

Some of the biggest fur buyers are Canadian tanneries,

which buy the pelts and treat them by tanning. They then send them to the sewing centers in northern Canada where they are made into a finished product by Aboriginal craftsmen and later sold to the consumer.

A company called North American Fur Auctions (NAFA), headquartered in Stoughton Wisconsin, with a satellite office in Winnipeg, receives furs on consignment and sells them at auction in Toronto twice a year to buyers from all over the world. Mary Schellenberg, a NAFA representative, says an increase in demand for fur products has seen prices for lynx pelts rise to \$200-225, sable (marten) between \$125-150, otter averaging \$100, and coyote \$75-85. Beaver, however, languishes at \$25 on average, while a muskrat pelt sells for a phenomenal \$12.00. I remember selling muskrat pelts when I was a junior trapper in Flin Flon for fifty cents! There is a lesser market for wild mink at \$20-25—much of the mink fur on the market is from ranches in North America and Europe. Lynx cat or bobcat is one of the highest value pelts, selling at \$250-300 each. James Price, a trapper from Pass Lake, Ontario, recently told me that dark marten fur is also drawing top dollar, with one pelt selling last year for \$600. Current expectations for 2013 are that the fur yield, especially for martens, is below average. If demand continues, this could drive up prices considerably.

Amid other changes in the fur industry, the development of more humane trapping systems, such as the Conibear series of traps designed by Frank Conibear through the 1950's to 1980's, have helped to allay some of the concerns of anti-fur groups. Leg hold traps are banned in most trapping areas today.

Thanks to changes in fashion tastes around the world, the fur industry in Canada is growing and creating jobs, while giving trappers a decent revenue stream again. But will this rebound last in the long term? Only time will tell.



Photos submitted by Jim Parres
Marten pelts and a wolf pelt.



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When Television Came North



- Morley G. Naylor -

Morley G. Naylor explores how broadcast television evolved in northern Manitoba.

Our subject for this issue is a somewhat nostalgic look back at a momentous occasion for the North, namely the arrival of broadcast television in The Pas and Flin Flon, hailed as a breakthrough in news, sporting events, and entertainment. Folks in the area had been restless for several years prior and were justifiably envious of our southern neighbours who enjoyed this burgeoning mode of entertainment. All this, of course, is hard to imagine in today's universe, with hundreds of channels via satellite, cable, and online streaming. So, stay with us for the full story, as well as a look at some of the programs that we loved or hated – but viewed regardless.

The Road to Broadcast Television



Photo from the US National Archives and Records Administration

Television broadcasts (from the CBC) began on September 6, 1952, with the opening of CBFT, a station in Montreal, Quebec. CBLT, a station in Toronto, Ontario, opened two days later. The CBC's first privately owned affiliate station, CKSO in Sudbury, Ontario, launched in October, 1953. At the time, all private stations were expected to affiliate with

the CBC, a condition that was relaxed in 1960-61 with the launch of CTV. On July 1, 1958, CBC's signal was extended coast to coast.

Initial TV broadcast facilities in the north were developed in settlements that were of military, economic, or administrative value to the south. Populations in northern communities were expanding due to resource extraction: lumber and mining, and hydroelectric development. The demand for entertainment facilities comparable to the south was front and center. Work camps and communities had regular film screenings, but these did not fulfill the need for information about current affairs. Bureaucrats believed that access to television would boost the morale of transient work forces. They also believed that it would stabilize the population by making it feel more connected to the south. A strong lobby came from mining companies hoping that TV would help retain a workforce that, in some places, had an employee turnover of 200 % yearly. In 1962, CBC provided kinescope recordings to Flin Flon and The Pas which, at the time, had a population base of 22,000. In 1965-67 CBC initiated a FCP (Frontier Coverage Package) for isolated communities, and in 1967 some of the first recipients were Yellowknife and Lynn Lake.

Several years prior, residents of Flin Flon and The Pas had lobbied hard for the same status

as the south in terms of television. Some nasty telegrams were exchanged as municipal, provincial, and federal representatives "fought the good fight" for the wonders of television.

Political junkies will recall the names and faces of Flin Flon and area politicians, namely Federal MP Robert "Bud" Simpson, Provincial MLA Charles "Buck" Witney as well as Mayors Jack Freedman of Flin Flon and Alex Clark of Creighton.

Southern relatives would gaze in disbelief as we would crowd in front of a black and white TV for hours on end.

People of my generation will no doubt recall that one of the great attractions of going on a summer holiday to the south was the availability of television. Southern relatives would gaze in disbelief as we would crowd in front of a black and white TV for hours on end. The father of one of my boyhood friends was an avid baseball fan. Each year, in the fall, he and his cronies would head south to watch the world series on TV. On the opposite side, others loudly decried the perceived evils of TV: television would contaminate the youth, school marks would plummet, the Junior Bombers

would fold, and the screens would ruin our eyes. One group of parents banded together and would not purchase TV sets until high school exams were over.

And so it was, as the inauguration date of 8 June, 1962 drew closer, soon-to-be viewers grew more and more anxious. On a few occasions, as the local transmitter was being installed, “test programs” would be broadcast, and word would travel like wildfire. The first program that this kid viewed was *Perry Mason, Attorney at Law*.

On the business front, TV set sales skyrocketed and repair shops (main street and home-based) began to spring up. The stations were identified as CBWBT in Flin Flon, Channel 10, and CBWBT-1 in The Pas, Channel 7. The TV signal from Flin Flon would be received off air and relayed to The Pas transmitter for rebroadcast.



Photo by Peter Lindell,
Canada Science and Technology Museum
A PA-302 General Precision
Laboratories kinescope (c.1950–1955).

Kinescope Television

Television hit the airwaves of Flin Flon and The Pas on schedule, on June 8th, 1962...or, it sort of did. As there was no microwave system to bring the TV signal north, the kinescope system was utilized. This process involved placing a huge camera (kinescope) in front of a television set broadcasting the live show, in order to film it for distribution to remote transmitter sites. The films (usually 16mm sometimes 35 mm). were called kinescopes or “kines”.

All this is to say that “live” programs like newscasts or hockey games would be broadcast a day or so after shipment to Flin Flon. So we watched NHL hockey games a week late, or World Series games starting at midnight after regular programming signed off – but who cared? We were so starved for the new medium that the standing joke was that we even enjoyed watching the test pattern.

A typical broadcast day in 1965 would include the test pattern and music from 12:40 p.m. to 1:10 p.m. followed



Canadian actor Lorne Greene played Ben Cartwright in *Bonanza*, a popular American western series, from 1959–1973

by programming that signed off around midnight. A typical Sunday evening would see families crowded around their black-and-white TV to an evening’s entertainment of Walt Disney Presents, The Ed Sullivan Show, and that great family Western, starring a Canadian Lorne Greene: *Bonanza*. Flin Flon and The Pas had joined the 92% of Canadian households that owned a TV set which, amazingly, surpassed the numbers of homes with telephones, automobiles – or even installed baths and showers.

Frontier Coverage Plan

Another plan was developed by the CBC in an attempt to get some type of television into remote northern Canada – especially in locations, such as Lynn Lake, where a micro-

So we watched NHL hockey games a week late, or World Series games starting at midnight after regular programming signed off – but who cared? We were so starved for the new medium that the standing joke was that we even enjoyed watching the test pattern.

wave relay system would be many years down the road. Starting around 1967, and continuing until the mid-1970’s, the CBC provided limited TV service to remote locations. Transmitters were built in a few locations and carried a four hour selection of black and white videotaped programs each day. The tapes were flown in to communities to be shown, and then transported to the next community down the line.

Transportation delays ranged from one week for larger centres to almost a month for small communities, with only one technician required to broadcast the programming from the south. The first Frontier Coverage Plan (FCP) operation was in Yellowknife, the second in Whitehorse. At the time of the announcement of the eventual plan to extend the MTS microwave system to serve northern Manitoba, arrangements were in motion to serve Lynn Lake via Frontier Coverage with Churchill receiving the same system.

PAGE THREE

What's On
T V

MONDAY

12:40 - Test Pattern & Music
1:10 - Butternut Square
1:30 - Adventure
2:00 - Friendly Giant
2:15 - Chez Helene
2:30 - Ladies First
3:00 - As the World Turns
3:30 - Take 30
4:00 - Moment of Truth
4:30 - Fury
5:00 - Razzle Dazzle
5:30 - World of Nature
6:00 - Music Hop
6:30 - Across Canada
7:00 - Bold Journey
7:30 - Don Mester
8:00 - Show of the Week
9:00 - Danganman
10:00 - Healthier, Wealthier and Wiser
10:30 - Live and Learn
11:00 - CBC News
11:10 - Sign Off

TUESDAY

12:40 - Test Pattern and Music
1:10 - Butternut Square
1:30 - Postmark Britain
2:00 - Friendly Giant
2:15 - Chez Helene
2:30 - Ladies First
3:00 - As the World Turns
3:30 - Take 30
4:00 - Moment of Truth
4:30 - Fury
5:00 - Razzle Dazzle
5:30 - Fireball XL-5
6:00 - Music Hop
6:30 - Across Canada
7:00 - Outdoors '65
7:15 - Tee to Green
7:30 - Gilligan's Island
8:00 - Jack Benny
8:30 - Danny Kaye
9:30 - Front Page Challenge
10:00 - Other Voices

TV Schedule from The
Daily Miner,
May 31, 1965



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Effects of Television on Northern Communities

As alluded to above, the advent of television would have ramifications – both good and bad – on places such as The Pas and Flin Flon. We'll take a glance at a few. First: movie theatres and drive-in theatres took a big hit on the national scene. Nationwide motion picture ticket sales plummeted from \$250 million in 1952 with a population of 14.5 million people, to \$100 million in 1960 with a population of 17.9 million, to \$78 million in 1969 with our country's population at 21 million. Between 1955 and 1960, a total of 523 or 25% of movie theatres closed their doors. The Flin Flon/Creighton area saw several disappear including the Northland Theatre, the Rex Theatre, the Paragon in Creighton, and the Bayview Theatre in Cranberry Portage. But, exceptions prevailed with the Lido theatre in The Pas still operating today and the Big Island Drive-in in Flin Flon as well. Today, the Hapnot Theatre also operates on an occasional basis, with film screenings hosted by the Kinette Club and the Central Canada Film Group.

Millions of naysayers were predicting the eclipse of radio, but although there were some effects, the industry reacted well and changed with the times. Radio broadcasters took advantage of the fact that, unlike TV, radio is not all-consuming and allows other activities to prevail with the radio in the background. The development of car and transistor radios were positive for the radio business. In our area, Arctic Radio Corporation's flagship AM radio station CFAR continued to flourish during the TV innovation period and defied the naysayers by expanding into the Pas and Thompson in the 1970's.

What about the effect on TV-viewing families? Well, we simply adapted to the TV schedule. Hockey night in Canada became a family ritual every Saturday night, even if it was a week late, and most people in Flin Flon remained loyal to the Bombers on the home game Saturday nights. Until 1975, when CKY Winnipeg (CTV) installed transmitters in the north, and CBC installed French TV transmitters, there was certainly no fighting over which channel to watch. Family rules were established regarding homework and

viewing curfews on school nights. As a friend of mine noted, TV ushered in the modern habit of eating in front of a screen, and—worse yet—with one of those wretched TV dinners. A recent survey showed that 60% of viewers in Canada indicated that they regularly ate meals in front of the TV set; count me in as a guilty party.

Live Television

Soon thereafter, the clamour began for “live television” in the north of the province. Viewers (appropriately) felt that they had the right to see their news and sports live, rather than a week behind their fellow citizens in the south. The problem remained that there was no microwave system to carry the signal from the south to the north. Then, in 1967, the news broke in the Legislative Assembly of Manitoba:

(Hansard) Hon. Stewart E. McLean (PC): “I have a statement that I would like to present to members of the House. The Manitoba Telephone system has informed me, and I am pleased to announce, that contract negotiations between MTS and the Canadian Broadcasting Corporation have been successfully completed for MTS to provide the necessary network facilities for the transmission of “live” TV to northern Manitoba. The facilities to be provided by MTS will permit the CBC to transmit live television to the communities of The Pas, Flin Flon, Snow Lake, and Thompson [a microwave relay system].

Mr. Gildas Molgat (Liberal Leader): “The people of Flin Flon and the Pas, while appreciating the “canned” type of TV they were getting, were certainly most anxious to get their sports and news up to date rather than a week behind time, and this will change things drastically for them. Snow Lake and Thompson, of course, will be for the first time receiving live outside TV.”

Mr. Russell Paulley (NDP leader): “Mr. Speaker – it would be only proper for me, at this particular occasion in this field of co-operation of publically owned enterprises to point out to some of my friends opposite, who are great champions of free enterprise, to draw their attention that if it was not for the fact that we have public enterprise in television and telephone, we would not be able to make this announcement today.”

Top Canadian Shows 1964-65

(In alphabetical order)

Chez Helene
Country Canada
CTV National News
Don Messer's Jubilee
Front Page Challenge
Great Movies
Hockey Night In Canada
Music Hop
Razzle Dazzle
Reach For The Top

Singalong Jubilee
Take Thirty
The Forest Rangers
The Friendly Giant
The Littlest Hobo
The National (CBC)
The Nature Of Things
This Hour Has Seven Days
Tommy Hunter show
Wayne And Shuster



Photo courtesy of CBC Still Photo Collection/Albert Crookshank

Howard the Turtle was the star of CBC children's series Razzle Dazzle. At the end of each show, a secret message was shown on the TV screen, and only those at home with a decoder wheel (which children could write in to receive) could interpret the message.

And so it was that, on December 1, 1968 the new micro-wave relay system allowed live broadcasting in “full colour” from Winnipeg to the communities of northern Manitoba.

The Programs

We have delved, in some length, into the delivery system that brought off air television to northern Manitoba. We now move on to the controversial topic of the actual programming that was broadcast. Obviously, through government (taxpayer) funding, the prime mover in this area was the Canadian Broadcasting Corporation. We will not get into the debate of Canadian versus American programming other than to say that we watched what was provided, and for the most part enjoyed the schedule. The mix at the time was probably best described as Canadian content supplemented with the best of American shows. A review of TV schedules from the 1960’s published in *The Reminder and Daily Miner* newspapers supports this description, though readers will make their own assessments. One thing is for sure: we watched...and watched.

In defence of the programming of the early years, Canadian or American, a solid case can be made for the attention to what I would describe as a “clean product.” No explicit sex, no foul language, and no excessive violence. The epitome of the “clean family show” (in my opinion) was *The Ed Sullivan Show*, which was aired on Sunday evenings—live—a real treat. Ed Sullivan



Canadian comedy duo Wayne & Shuster on *The Ed Sullivan Show* in 1963. Wayne & Shuster appeared on *The Ed Sullivan Show* 58 times - more often than any other performer.

set the standard. In 1964, stand-up comedian Jackie Mason was performing on stage when Sullivan signalled that Mason had 2 minutes to wrap up his act. Mason (apparently) used his middle finger to gesture to Sullivan. His contract was cancelled and he was banned from the show. The rock group *The Doors* performed on the Sullivan show in September of 1967. The group was told that they had to change a line in the song “Light My Fire” – specifically the lyric “Girl we couldn’t get much higher” as the word “higher” was inappropriate for a family show live on national television because of its association with illegal drug use. The group agreed but then sang the song as originally written. They were promptly informed that “Mr. Sullivan wanted you for six more shows, but you’ll never work *The Ed Sullivan Show* again.”

Past And Present



Photo courtesy of the CBC Still Photo Collection
Ernie Coombs as Mr. Dressup, star of the beloved Canadian children’s television series. Mr. Dressup ran on CBC from 1967 to 1996.

So, our journey back to the time when television came north comes to an end. For baby boomers it was a fun time, and TV most certainly kept a lot of idle hands out of trouble. TV was new to the north and it created an excitement previously unknown to us. It’s hard to imagine a fifteen year-old kid ordering a “secret decoder wheel” from a turtle that was always sitting on a tree stump or large box so that his head (cleverly fabricated of what appeared to be cloth and plastic) could be puppeted, but it was true. (You guessed it – that was Howard the Turtle of *Razzle Dazzle* fame) Of course, times and technology change rapidly and that early era of television in the north has passed us by. The 500-channel universe is here, and we can only imagine what the future of television will be. One thing is for certain: those of us who experienced the early days of TV in Cottage North Country will always recall and share the fond memories of “the good old days”.

Somersaults & Self-Esteem

The Flin Flon Aqua Doves

- Libby Stoker-Lavelle -

Years ago, Amanda Link-Labarre and Katie Kozak swam on the Aqua Doves synchro team together. A decade later, they are passing on their love for this fun, challenging sport to a new generation of girls.

High-pitched shrieks and giggles herald the arrival of eight little girls in bathing suits and caps. They scamper around the pool deck at Flin Flon's Aqua Centre, dipping in their toes, and itching to hop into the water.

These eight girls are the youngest members of this year's Aqua Doves synchro team, and they are greeted warmly by Head Coach Amanda Link-Labarre and volunteer coaches Katie Kozak and Kelcey Andersen. Over ten years ago, Link-Labarre and Kozak swam together on this very team, which has been active in Flin Flon for over twenty years.

With twenty-nine swimmers, this year's Aqua Doves team is the largest one Amanda Link-Labarre has ever seen. The girls range in age from five to thirteen, and the hard-working coaches are here from 6-8:30 p.m. every Tuesday and Thursday, teaching three distinct groups spaced out throughout the evening. The synchro squirts, who are 5-6 years old, swim first. The Synchro Squirts program, new this year, is a play-based program which gives young swimmers a great foundation for synchro. After the "squirts," the first group of regular synchronized swimmers, who are six to nine years old, have their practice. The second, more experienced, group of swimmers are ten to thirteen, and they swim for the last hour.



Katie Kozak teaches a young swimmer in the synchro squirt program

Making Learning Fun

Jill Rideout was a synchronized swimmer when she was

younger, and she didn't hesitate to sign up her energetic twin daughters for the 'synchro squirts' program this year. "Everyone wants their kids to be confident in the water, especially where we live, with so many lakes nearby," remarks Rideout. Although her daughters have only been in the program for six weeks, Rideout has noticed "a huge improvement" in both their swimming skills and their confidence in the water.

Katie Kozak coaches this group along with Kelcey Anderson. They focus on teaching water skills in a fun, playful manner: "Every class has a theme—this week it's 'circus'." A few weeks ago, we all pretended we were pirates. We spent a lot of time going 'under the sea', then going through 'port-holes,' [swimming through hula hoops underwater]." The



In a group figure like this, each synchronized swimmer must scull hard and keep her body afloat while being attentive to her position among her teammates.

girls are gaining real skills, "but it doesn't feel like work for them because they are having so much fun," Katie explains.

Building Skills

While the synchro squirts practice their circus somersaults in the shallow end, the first group of synchronized swimmers are in the deep end, working on their "figures" in preparation for the Synchro Canada "star testing" in December. A typical synchro routine is made up of a number of different figures, combined with swimming strokes and propulsions. Synchro Canada's Star Program breaks these figures and propulsions down into levels so the girls learn skills progressively, like in swimming lessons. For example, a new swimmer will learn simple figures in Star One, like back layout, where the swimmer sculls on her back in a stationary position. As the swimmer moves up through the levels, she will learn more complex skills, like combining figures, lifting another swimmer in the water, and mastering upside-down movement.

Give a couple of synchro figures a try, and you will dis-

cover that the sport of synchronized swimming requires the precision of a gymnast, the grace of a dancer, and the strength of a true athlete. Corinne Mathews is the team president, and mom to Olivia, a third-year Aqua Dove. Mathews knows the challenges of synchro well. "In swimming lessons, you learn the positions and practice the strokes," she explains, "but synchro requires all those skills, plus you are going to be upside down in the water, and you are in a group of other swimmers all working together, so you have to be much more comfortable in the water, and physically stronger."

Getting "in Sync"

The focus on skill-building in the first half of the season prepares the swimmers well to learn this year's routines, which they will showcase in May, both at the Crocus Challenge in Winnipeg, and the Aqua Doves Watershow in Flin Flon. The road to these showcases begins in January, when the girls will be grouped in teams by star level. The teams will then learn their routines, figure by figure, and work on timing each movement to a beat. Once they have the motions memorized, they will refine the routine, and work on synchronizing their movements with the music and each other.

As you might imagine, learning a routine is a powerful lesson in cooperation. As Corinne Mathews notes, "It doesn't matter if one person is faster or stronger...as a team, you have to be in sync, so the focus is always to stay together."

This year, the coaches decided to set the tone for the season with a special team-building workshop. Working with Jelisa Kerfont of Zenergee Wellness, the swimmers and coaches got together at McIsaac School to participate in get-to-know-you games and trust-building activities.

"On our team, we have a big mix of ages, skill levels and development levels," Link-Labarre explains, "and the older girls can be great role models for the younger ones." During their weekly practices, the coaches build on the foundation laid during that first workshop by encouraging the different swimmers to support each other's learning. "We had some of the older girls help the synchro squirts," explains Kozak, "holding them in their back layouts and helping them do back-tuck somersaults. The older girls only learned how to do back tuck somersaults a month ago themselves, yet here they were, wanting to be helpers, and excited to teach what they knew."

Gaining confidence – in and out of the water

In addition to teaching the team how to work together, helping girls to become more self-confident is a key goal for the Aqua Doves as an organization. However, helping twenty-nine girls feel comfortable with themselves and their bodies is no minor feat. This fall, the coaches decided to address the subjects of self-esteem and body image head on, with a special workshop for the swimmers. "I wanted to make sure when the girls came to the pool they all felt comfortable and secure," says Link-Labarre. Two young women from the Northern Regional Health Authority led the workshop, just one of many additional programs Link-Labarre plans to bring in for the swimmers this season.

On the surface, the Aqua Doves are learning how to swim gracefully, cooperatively, and in sync to a rhythmic beat. But what these girls are really gaining goes much deeper. Increased self-confidence, strength, and a profound sense of belonging are the real benefits of this remarkable program.



Coaches Amanda Link-Labarre, Katie Kozak and Kelcey Andersen with the Aqua Doves swimmers

Capture the North Photo Contest

Once again, the photographers in the Capture the North contest have wowed us, with these stunning glimpses of northern Canada under a blanket of snow. Their photos remind us that northern winters offer scenes of breathtaking beauty – to those who are willing to brave the elements in order to cap-

ture them. Congratulations to Scott Berdahl, who took the gorgeous winning shot all the way over in the Yukon Territories. To those who are still considering entering the contest, note: there is just one round left before we select the winning photographer, so get snapping! Details on page 30.

Winning Photo

Winter Moon

Scott Berdahl, Yukon Territory

The photo was taken from a tripod, with a 30-second exposure on a warm and surreally bright moonlit night in the Yukon Territory, near the NWT border. The bright full moon of the northern winter can turn the long nights to day. This was taken on a balmy -5°C night; I could work outside just fine without a headlamp. Two nights later though, it was best to stay inside—the temperature plummeted to -54°C.



Why is this photo a winner? Judges' Comments

“The composition is strong, and the photo makes a big impact: the viewer is pulled in by the light and heat, in contrast to the cold winter night.”

“The texture of the snow is excellent, the lighting is good to excellent, and the center of interest is clear. The stars just visible above the cabin add another layer of interest. Add the Aurora Borealis and this would be a perfect photo!”

“The subject is perfect for the theme. This photo really tells a story, and the subject is compelling...I want to go in there and make some popcorn by the fire.”



Runners-up

Northern Sunset
Dayton Moreton

This was taken in our backyard in The Pas. For me, a northern winter means looking forward to the early sunsets and extended nighttime hours, which provide me with spectacular opportunities to capture the starry night sky.



Winter Springer
Gerry Clark

This is my three-year-old springer engaging in one of his favorite winter pastimes - biting off and eating bullrushes. This was shot just north of the perimeter highway in Flin Flon, along the creek.



Warm Embrace
Randy Whitbread

The warmth and the beauty of the late day sun, shining on the trees along the creek bank, reminds us that winter is more than just cold harsh days. Taken at Schist Creek.



A Day of Skiing
Scott Kurytnik

I took this picture while cross-country skiing on a day trip to La Ronge to enjoy their beautiful trails! Photo taken at the Don Allen Ski Trails.



Nanuq of the North
Hayley Duffield

This is our Alaskan malamute, Nanuq, enjoying the first snowfall of the season at Rat Creek in Cranberry Portage.

Capture the North Photo Contest: Guidelines



There is just one round left in the Capture the North Photo Contest! This last round will have an open theme, so layer up, grab a camera, and capture the beauty of northern life amid the snow. Could your photo be our next cover shot, seen by 7000 readers? There's only one way to find out.

Looking for some guidance on capturing that great shot? Check out the expert tips and links on our website: cottagenorthmagazine.ca/photography-tips.html

How it works:

You can enter a photo of any subject you choose (wildlife, people, landscape, etc.), though we encourage you to submit photos taken in or near the northern Manitoba/Saskatchewan region.

There will be five rounds of the Capture the North Photo Contest – one for each issue from July 2013- April 2014. Some rounds will have a theme to focus the entries. Each issue will feature the round-winning photo and runners-up. At the end of the contest, a grand-prize winner will be chosen from the five round-winning photos.

Round 5 Theme: Open Deadline: February 1

We encourage you to submit photos of people, landscapes, animals – express your creativity! Remember, the winning photo for each round is featured on the cover of the magazine.

Submission Limits: Limit one photo submission per round per photographer and a max of five photos per photographer for the duration of the contest. No photographer can win more than one round.

How to Enter:

Submission Details

All submissions **must** include:

Photographer's full name

Title of the photo and a short description (less than 50 words)

Location where the photo was taken

Photographer's mailing address

Photographer's phone number and/or email address

Digital and print photos will be accepted.

Minimum file size 1.5 MB or 8x10 prints. Submit the best quality file possible, please!

How to submit: choose one of the following options

Email: cottagenorth@thereminder.ca ; subject line: "Photo Contest Entry" and attach digital photo (preferred) and submission details

Drop off: your print photo or digital media and submission details at The Reminder Office from Mon-Fri 8:30 – 4:00 p.m. attn.: Cottage North

Mail: Send photo and submission details to The Reminder/Cottage North offices, 14 North Avenue, Flin Flon, MB R8A 0T2 attn: Cottage North

All personal information submitted to Cottage North Magazine will be kept confidential. Cottage North is not responsible for returning physical media or photo submissions.

Terms of Entry and Disclaimers

Cottage North Magazine and the contest sponsor reserve the right to alter the terms of the contest at any time.

The Capture the North Photo Contest is open to residents of Canada, excluding residents of Quebec, over 18 years of age.

Winners will be selected based on the merits of the photos submitted.

Elements to be considered may include, but are not limited to: content/subject matter, composition, overall execution, technical merit, and impact.

Cottage North reserves the right to refuse to print or deem inadmissible any photos that we receive.

By entering the contest, you:

Affirm that you are the owner and the photographer of your submitted photo, and you have the right to distribute the photo and have permission from any individuals who appear in the photos (or permission from parents or guardians in the case of photos that portray individuals under the age of 18) for their use in the contest and in the magazine.

Grant Cottage North Magazine permission to publish and use your photo in future issues of the magazine in perpetuity

Acknowledge having read, understood, and agree to be bound by, the contest rules and decisions

In the event that you are the winner of the grand prize, commit to submitting a minimum of ten photos taken during the Lazy Bear Lodge tour to Lazy Bear Lodge after the trip. These photos may be used by Lazy Bear Lodge in their promotional materials in perpetuity, with or without citation.

Grand Prize Details

Whale lovers, this is your chance to be in the heart of all the action when the beluga whales descend on the Hudson Bay. You'll have opportunities to swim and snorkel with these beautiful creatures, and our experienced guide will take you on a boat tour to their favourite sites. On land, you'll see the historic sites of Churchill and wind down in the serenity of the Lazy Bear Lodge. The Grand Prize includes airfare for two from Winnipeg or Thompson. Approximate value: \$3,020 CAD For full details see lazybearlodge.com

More info: cottagenorthmagazine.ca/photo-contest



SPOTLIGHT ON NORTHERN ATHLETES



Brought to you by Jim's Custom Doors & Windows

Brad Cromarty

Age: 49
Hometown: Flin Flon, Manitoba
Sport: Swimming



l to r: Trent Hammell, Brad Cromarty & Jason Dick at the pool

What I love about Special Olympics: "I like to go on trips and meet new people."

What I want readers to know about me: "I like to take pictures and play my guitar."

My motto: "Be happy."

Favorite foods: A&W hamburgers, pizza and french fries

Favorite sports: Swimming, bowling, and hockey

Favorite team: Winnipeg Jets

Brad started with Special Olympics Manitoba in Thompson, as a 5-pin bowler with the Thompson Stars. He also participated in swimming activities before he moved to Flin Flon. After Brad moved to Flin Flon, he continued bowling at the local bowling alley, he also joined the Special Olympics swimming team in Flin Flon.

Brad is well known in the community. He is a very friendly, social person and he can be found actively involved in different community recreational events. He likes to attend church services, concerts, movies, Free To Be Me activities, and photo club meetings. Brad wants to be friends with everybody!

All year around, Brad is busy delivering the daily Winnipeg Free Press in his neighborhood. In his free time, he loves to go out for coffee, meals, and shopping. Brad is also a big fan of outdoor activities: in the summertime, he likes to go camping and fishing, and he helps at the zoo, looking after the animals' daily needs.

What is Special Olympics?

Special Olympics is a worldwide program providing sport training and competition for people with intellectual disabilities. Special Olympics is recognized by Sport Canada as the main provider of services to individuals who have intellectual disabilities. Special Olympics Manitoba is the provincial sport governing body responsible for the delivery of sport for people with an intellectual disability in the Province of Manitoba. Special Olympics is a not for profit organization, registered as a charity within Manitoba. Our mission is "enriching the lives of Manitobans with an intellectual disability through active participation in sport".

Coach-Donate-Participate

Special Olympics Manitoba is looking for individuals who are interested in helping with new sporting opportunities for athletes with intellectual disabilities in all communities in our region. To learn about the sports offered in Manitoba, or to register as a volunteer, visit specialolympics.mb.ca or contact Heather Chrupalo at 204 358-7610 or specialo.norman@gmail.com.

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Winter... There's no Time to Hibernate

- Patrick Furkalo -

Born and raised in Snow Lake MB, Patrick Furkalo is no stranger to the challenges-and joys-of the long northern winter. Now a fitness trainer and author in Dauphin, Furkalo took a moment to share his tips for staying active and limber through the frostiest of weather.

With warm summer breezes and extended periods of daylight a distant memory, our thoughts quickly turn to finding ways of keeping warm on those frigid winter nights. Sure, winter offers up a whole new list of reasons for us not to get active, but the truth of the matter is, this is a wonderful time to change your goals and enjoy the season to the fullest.

Six ways to break a sweat in -30° weather

The winter months offer so many unique opportunities for getting active, and it's important to take advantage of them.



1 With plentiful snow, woods, and icy lakes, northern Manitoba and Saskatchewan are the perfect places to go cross-country skiing, a sport that you can enjoy almost anywhere. Look for groomed trails that will take you to breathtaking locations or just ramp up your cardio by blazing your own trails. Find ski trails and clubs near you at www.ccski.com



2 Downhill skiing and snowboarding offer a variety of physical challenges to keep your heart pumping. Check out Mystery Mountain in Thompson or Asessippi near Russell, MB.



3 Snowshoeing is a wonderful cardio workout - not only do you get to enjoy breathtaking scenery, you also burn loads of calories with each workout.



4 Ice-skating can be done outdoors or indoors and will provide another great cardio opportunity as well as a chance to improve much-needed balance skills. If you need motivation to get on the ice, join a recreational hockey league or go out during public skating hours in your local arenas.



5 During the winter months, curling rinks are full of curlers throwing and sweeping rocks up and down sheets of ice. Curling is a great pastime that offers wonderful active living benefits.

6 Walking or jogging inside or outside is a wonderful option for cardiovascular activity. Be sure to dress in layers and wear proper walking footwear.

Photos by: P.Fly; Daniel Dillon; Michael McCullough; Anne C.N; Lotzman Katzman

Make your workouts more fun: just add friends

For many people, it's easier to get, and stay, active when you work out with a friend or a group of people. Join a team and make a commitment—not only to yourself, but also to others who will depend on you. Ask some friends to work out with you—the more fun you're having, the more likely you are to stick to your workouts.

Stay warm & active inside

If the cold weather is just not your thing there are a lot of indoor options also. Join a local gym or swimming pool, work out to exercise videos, take part in group classes, or get yourself some exercise equipment to utilize at your convenience. Keep in mind that it's always a good idea to get some help if you are starting a new exercise program.

Tips for Keeping Active all Year-Round

Changing goals and activities to match the seasons is a great way to stay on track with your active living habits. Each season only lasts three months so it's not a huge time commitment, and you won't get stuck in the rut of doing the same activities over and over if you switch gears every three months.

Stay on track with a calendar: place a calendar somewhere convenient like your refrigerator door, and journal what activities you do on a daily basis.

Winter Calorie-Burners

Still think you can't get fit in the winter? Check out how many calories you can burn per hour at these winter activities:

Snowshoeing 400-550

Cross-country skiing, moderate pace 500-700

Ice-skating 340-475

Walking 3 mph 200-350

Downhill skiing 374-590

Hockey 520-550

Shoveling snow 400-420

Curling 180-200

Tobogganing/sledding (walking uphill burns most of the calories) 340-460

Snowboarding 420-570

*Calories calculated based on 150-pound person, range depends on pace, weather conditions, etc.



Photo by Daniel Dillon
Brett Unrau at the Flin Flon Ski Club



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It's perfectly okay to have treats once in a while, but make it a choice not a cheat!

Start the new year off with steps to a healthier lifestyle.

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Just a few options:



Top 3 Stretches for Winter Sports

Remember that after any type of activity, including less rigorous ones like curling or walking, it is important to stretch the muscles used. There are so many benefits of stretching, including preventing injuries, relieving stress and tension, and improving your circulation and flexibility. However, stretching is usually the most neglected part of the workout. Make stretching a daily habit.

Standing Inner Thigh Stretch



Furkalo demonstrates a standing inner thigh stretch

Try this stretch if you are involved in any activities that involve sideways movements and/or quick pattern changes including skating and cross-country skiing. This is a great stretch to perform during your warm up or cool down. The primary muscles targeted are your inner thighs.

Standing with your legs apart, slowly lower your body to one side until most of your weight is distributed over one knee. Ensure that this knee is positioned directly over the ankle.

Slowly extend the other leg to the side until you feel a gentle pull in the inner part of this leg.

If you cannot feel the stretch, lower your upper body until you feel a gentle pull in your muscle, and hold it there.

Regular physical activity is not dependant on what time of the year it is and what weather conditions are like. Embrace the winter, and before you know it, spring will be here, offering up a whole new set of fitness activities. Make active living a regular part of your life...your body will love you for it.

For more stretches like these, check out Patrick's latest book, *Gymbag Journal...Stretch for Success*. This practical book explains how to perform stretches, with information about all the muscles involved, and pictures with each stretch. For more information, contact Patrick at lcffd@mymts.net or www.formula3fitness.com

Standing Chest Stretch



This is a really good stretch for activities like tobogganing, curling and hockey, and it can be done anytime and anywhere. It is a very functional stretch as it stretches a variety of muscles. The primary muscles targeted are your chest muscles (pectoralis muscle group) as well as the front of your shoulders.

While standing, drop your shoulder blades down (think of putting them in your back pockets).

Slowly bring your hands together behind you, or use a prop such as a curling broom, ski pole, or hockey stick. Bring your arms back until you feel a stretch in your chest as well as the front of your shoulders.

Make eye contact with something in front of you, and keep your back and neck in proper alignment all while focusing on the muscles you are stretching.

Sitting Hamstring Stretch



The sitting hamstring stretch should be performed after any type of cardio activity where the legs get a strong workout, such as snowshoeing and skating. The primary muscles targeted during this stretch are your hamstrings, calves, and glutes.

Begin by sitting on a comfortable surface. Stretch your legs straight in front of you.

Slowly bend at your hips and reach your arms toward your toes, but ensure that your back remains straight.

To activate your hamstrings, calves, and glutes, extend your arms as far as you can without straining the muscles.

If you perform this exercise regularly, you may eventually be able to reach past your toes.

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- ◆ 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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As the magical soup begins to boil, the curious villagers draw near, and the stranger casually suggests some additions that would add flavour to the soup: a bit of salted beef, some potatoes, a few spices. The ingredients are promptly gathered and dropped into the pot.

Eager to share in the meal, all the villagers collect more ingredients to improve the soup: some onion, cabbage, carrots, beans. Soon, a rich broth takes shape, and by the time the soup is ready, there is enough food to feed the whole village.

In honour of that story, here are two recipes that you can easily adapt to make use of the ingredients in your kitchen. If you're cooking with kids, tell them the story of Stone Soup and cook Simple Veggie Soup together, starting with a whole potato in the pot as the stone [take this out at the end]. Soon, you'll have a meal fit for a king!



Black Bean Soup

Simple Veggie Soup

1 tbsp olive oil
1 lg onion, chopped
2 med. potatoes, chopped
2 cloves garlic, chopped
2 cups peeled, chopped fresh veggies – eg. carrots, broccoli, turnip, celery, squash - clean the fridge!
4 cups vegetable broth
salt & pepper to taste

Heat the oil in a deep pot, then add all vegetables and seasonings. Sauté for 5 minutes, then add broth. Cover, bring to a boil and simmer until vegetables are soft – 15-30 minutes, depending on vegetables used. Remove lid, and allow to cool briefly. Rough mash with a potato masher or immersion blender. Makes 3-4 servings.

Black Bean Soup

1 tbsp olive oil
3 cloves garlic, chopped
1 onion, chopped
1 sweet red pepper, chopped
1 tsp cumin
pinch cayenne
19 oz canned black beans
2 cups stock
1 tbsp fresh chopped coriander
2 tbsp lime juice
¼ cup sour cream (garnish)

Heat oil in a deep soup pot. Cook onion, garlic, pepper, cumin and cayenne 5 mins, until soft. Add drained black beans and stock. Bring to a boil and simmer 10 mins. Rough mash with potato masher or immersion blender, if you wish. Stir in coriander and lime juice, and garnish each bowl with a spoonful of sour cream. Serves 4.

*Recipes courtesy of Darlene Mckee, Author of Living and Cooking the Frugal Life
Follow Darlene: <http://www.caminowanderings.blogspot.ca>*



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The Art of Goal-Setting

Going After your Dreams



- Shannon Smadella -

"Intent is our deepest desire, a seed nurtured, that helps us realize our dreams."
Mallika Chopra

Goal setting, living our life's purpose, and following our dreams...just a few things many of us are thinking about going into the new year. When figuring out our goals and intents, we are asking ourselves what we want to find in our life that gives us meaning and purpose. After we set the intent, then we can start determining the way to get there, but first we must ask ourselves, what is it that we really want?

Over the past few weeks, I've had the privilege of speaking with several remarkable individuals from our region, and around the world, on the themes of setting goals and following your dreams. Their fascinating responses show us that the road to success does not come without desire, planning, and a positive outlook. May the following insights give you a good start to the new year, and assist you in making the life changes necessary in order to go after your own dreams!

ELVIS STOJKO

2x Olympic Silver Medalist, 3 x World Champion Figure Skater

There are a lot of aspects that go along with goal setting, but the main thing is that your goal needs to come from the heart. Find out what you really want to do or achieve. Huge or small, it has to be something you don't want to put limitations on. After you've set your goal, make sure that everything in your life is conducive to achieving your goal. You don't just set a goal and then not prepare for it, you need to constantly keep energy on it and thus give it life, because a goal is nothing unless you think about it and give it energy. It's kind of like giving a flower water all the time; if you neglect it, no matter how beautiful the flower is (and the vision is), unless you keep adding water (or love or thought process or energy) to it, it's not going to grow. It's a simple thing to do, even if it's just a little every day, but it's very important that you don't let go

of your dream, and don't let anything discourage you. On occasion you may also have to take a couple of steps back away from your goal because something has come up. Don't be discouraged, because sometimes those few steps back give you a chance to jump five or six steps forward. You may have to take dips, turns and spins, walk backwards and go down and around the mountain and then back up again, because all of those directions are directly related to what you are learning in order to get your goal. Once you set your goal, your life is going to change, because you've changed your perception of your life. The universe itself is going to respond to what you are sending out and it's going to give you what you need to achieve your goal. So you need to be very aware of things coming into your life as you are walking to your ultimate dream. www.elvisstojko.net



RICK HANSEN



Man in Motion World Tour, Gold-Medal Paralympian and World Champion

Milestones, like New Year's, provide moments to pause, to count blessings, and express gratitude to those difference-makers in our life. This is a time to honour our own spirit, strength, and attributes that we have deployed throughout the year, and to reaffirm goals as we move forward into the New Year. My 2014 goals are centered around health, family, and service; to continue to create a global community of difference makers working to make the world an inclusive society without barriers. www.rickhansen.com

KURT BROWNING

3x Olympian, 4x World Champion Figure Skater

Goals...? I will be honest and say that my favorite kind of goals are the ones I scored back when I played hockey as a kid. Goal-setting kind of goals seem to come with expectations, hard work and giving up certain things to get them without any necessary guarantee either. Yup, hockey goals are more fun, but considering that attaining your goals can bring you a better job, health or even happiness, then maybe they are pretty cool too! My advice: keep your goals smaller and attainable, remembering to upgrade your goal as soon as you reach it. More goals, more fun, just like when I was a kid playing hockey. www.kurtfiles.com



DR GABRIEL CRENSHAW “DR. GABE”

Published Professor, Contributing Psychologist – Rikki Lake Show



Goals should be set with two things in mind: 1. To get us “up where we belong;” 2. To serve the world. These have always been my guiding force. It is impossible to fully serve the world with my talents and gifts if I'm out of place—operating on less than who I was created to be.

I must sit down, put pen to paper (or finger to iPad) and write what's inside my heart & head. This requires stillness, courage, perseverance, and a willingness to walk through my wall(s) of fear, but it's okay because these requirements fuel my clear direction in setting my goal(s).

There has to be a built-in mechanism to sustain the “middle-passage” of your goal-setting journey. For me, it involves my second guiding force—the people I want to serve. Simply put, I feel the joy and see the betterment of the people set before me because I chose to stay the course. We psychologists call it a teleological approach—working with the future in mind. Lives are changed and so am I. Not just a little bit, but forever and profoundly. On your mark! Ready! Set, your Goal! www.askdrgabe.com

DAVID JOYNER “BARNEY & FRIENDS/HIP HOP HARRY”

Actor, Entertainer, Motivational Speaker, Barney the Dinosaur & Hip Hop Harry

In 1984, I was hired by Texas Instruments in Dallas, TX. When asked what my long-term goal was, I told them I wanted to work for them for at least five years and then quit and pursue entertainment full-time. As the 5th year approached, I was not financially ready to quit, so I truly dedicated that year to being in the position to leave the following year. In May 1990, I picked up a calendar, closed my eyes and pointed to the calendar. It landed on September. It was then that I decided that September 28, 1990 would be my last day. On September 14th I turned in my two weeks notice and a week later I was asked to audition for the role of Barney the Dinosaur. I reached my goal to pursue entertainment full-time, and I received a huge purple bonus that changed my life!



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ALEXANDRIA MACLEAN

Canada's Perfect Supermodel 2012, North America's Perfect Supermodel 2013

At some point we all must choose how we want to change our lives; to live our lives; to rule who we are and not be ruled by who or what we perceive ourselves to be. It doesn't matter at what age, what stage in life this recognition comes – take it! I did and haven't looked back. There will be obstacles, times of doubt, second-guessing, and mistakes. So what? In the end, it's the journey that makes the destination all that much sweeter.

BRAD WALL

Premier of Saskatchewan

Without goals how can we achieve? Without goals made publicly, how can we be held accountable for progress? Without goals how can we measure? How can we succeed? Abraham Lincoln declared a very public goal. Though general in its call to action, it must surely have informed his daily and much more specific actions. He said, "Die when I may, I want it said of me by those who knew me best, that I always plucked a thistle and planted a flower where I thought a flower would grow."



CHRISTIANNE GODART



Country Music Artist & Motivational Speaker, Personal Trainer/Health Coach,
Entrepreneur & Business Coach – Saskatoon, SK

There's no better time than now, to start thinking about who you want to be in 2014. Whatever you believe you can achieve, you can! By surrounding yourself with the right people, being open to learning, change, and growth- there really is no limit. Write down **your** top 5 Goals for 2014. Think big, put the pen to paper, and believe!

BRAD LANTZ

Vice President Manitoba Business Unit – Hudbay Minerals

At Hudbay, we're setting goals all the time. One of the things I believe is, it's rare to set a goal that doesn't affect someone else. So my view is, it's important to talk with the people affected by it and, if you're lucky, determine how they can help. Setting goals is easy; reaching them is the challenge. The more you can bring people on board and work together, the better the odds are of getting the job done. That's how we work at Hudbay as colleagues and co-workers and how we work with our business, government and community partners in Flin Flon, Snow Lake and across Northern Manitoba.



GERARD JENNISSEN

Politician, Member – Manitoba Legislature, Former MLA Flin Flon

The young are permitted to dream impossible dreams. As we age, however, goals are shaped by the practical and achievable. Aim for what you enjoy doing. Stay positive and treat people with dignity and respect, including your enemies. Work extremely hard because genius is one percent inspiration and ninety-nine percent perspiration. Give of yourself, but always stay true to your authentic self. Friends and family are your real wealth; never money or power. You are unique and only you can make every day count in order to make the world a better place.



AL MCLAUHLAN

Mayor of The Pas, MB

Goal setting is the most important thing that every person and organization can do. Alan Lakein said, “Failing to plan is planning to fail,” and I firmly believe that! Your plan has to be fluid in order to be successful. Things change and how you get to your end goal changes depending on circumstances and whom you bring in to help you with the goal. Being flexible is an important part of the planning process.

DESARAE LAMBERT

2013 Fur Queen - Northern Manitoba Trappers’ Festival

Throughout my lifetime, I have had the opportunity to set many goals, big and small. Being faced with hardships encourages us to work harder to reach achievements. Believing in yourself and having a strong support system of family and friends allows you to feel good about your success, because you have made them all proud also. My mother often nurtures me with positive encouragement and my favorite quote to share is “life is like climbing a ladder, sometimes we take a step up or a step down, but eventually we reach the top and come out stronger than ever.”



OSWALD SAWH

MBA, CGA, EDO, President – Thompson Chamber of Commerce

When you can clearly crystallize why you want something, relating it to how it will benefit you or your loved ones, you can get that motivation to tip the scale for you to achieve your goal. I smoked for over 20 years and tried to stop on a number of occasions. I always went back to it. The day I found out that I was going to be a father, I threw away my package of cigarettes and have not smoked since that day. My reason was simple, my father died when I was 10, I was going to do my best to make sure history did not repeat itself.

CRYSTAL KOLT

Cultural Coordinator – Flin Flon Arts Council, Director – Flin Flon Community Choir

Figure out as many dots as you can from the beginning to the end—in other words, clarify the tasks that will get you to your goal. When working with others to reach a goal, try to determine what everyone’s strengths are, and then figure out a realistic task for each of these people.



MIKE REGAN

Coach/General Manager – Flin Flon Bombers

Goal setting is a very important part of our strategy with the Bombers. With an ultimate goal always in mind, we encourage our players to set small obtainable and realistic goals so that they can be reached and build confidence. Confidence in hockey and in life is very important in becoming successful. Through a season there can be many peaks and valleys, but remember that having adversity only makes you stronger as a person and as a team.

SETH ROBERTSON

4 years old, Cranberry Portage, MB

Always use your manners! Be the boss of your own dreams and surround yourself with good people. Seth's goals for 2014 are to be a good big brother and win a Piston Cup!



ASHLEY PETRYK

11 years old, Grade 6 at Scott Bateman, The Pas, MB

"Turn your 'can'ts' into cans and your dreams into plans". This quote inspires me to try the things I might think I can't do and to make my dreams a reality, in the end it's all up to me!

Final Thoughts:

So the question now is: What do YOU really want? What do you want to find in your life that adds to your sense of meaning and purpose?

I've always had the philosophy that if you really believe in something and want it with all of your heart, you never give up on it. It's also okay to want many things and have multiple dreams. When I spoke with Elvis Stojko, he told me that his next goal was to pursue a professional kart-racing career, and I think that's amazing! There will be obstacles, and there will be people who come into your life who attempt to deter you from your goals. When going after your goals, you need to make sure that everything that you do in your day aligns with the completion or achievement of that goal. The things you do, the people you surround yourself with, and the thoughts you think—they all need to support the end result. In my opinion, the most important thing to remember is that you always need to go back to the "why" (intent) of your goal, the reason behind it all that resides in the deepest part of your heart. The "why" must be something, that when you think about it, you get butterflies in your stomach and it brings tears to your eyes because you believe in it so much. So find your "why", get the "what" and plan the "how" and "when". Decide "who" you are going to let in, and then get started. Begin 2014 with an open slate...open your boundaries a bit, and follow your dreams.

Thank you to everyone who has shared their stories and insights with me for this article; you truly are amazing individuals.



Shannon Smadella with Canadian Olympian Christina Smith, completing The Ride for Red, a 40 day, 4000 km cycling tour from Calgary to LA, a fundraiser for the Red Cross.

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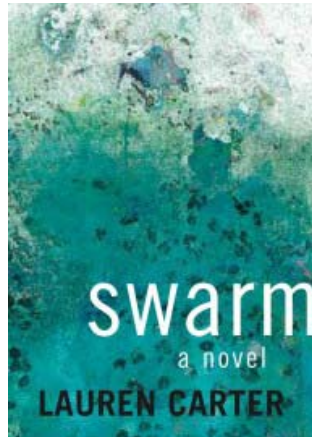
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THE BOOK ROOM



Featured Writer: Lauren Carter

- Interview by Libby Stoker-Lavelle -

In January 2013, poet and novelist Lauren Carter made the long drive from southern Ontario to northern Manitoba, along with her husband and their elderly cat. From their new home in The Pas, Carter completed the finishing touches on her first novel, *Swarm*. This fall, *Swarm* made it to the top 40 of the Canada Reads list, making Carter something of a local celebrity. Today, the writer is busy working on her second novel and a second collection of poetry as well. Carter sat down with Cottage North to discuss her writing process, the global issues addressed in *Swarm*, and her adjustment to life in small-town Manitoba.

The question for this year's Canada Reads was "What is the one novel that could change Canada?" Readers all over the country voted for your book. Why do you think *Swarm* resonated with them?

I think it resonated because it directly addresses what our future might look like, in terms of peak oil, and in terms of an economic slide. I built the book based on research that I did from a few different books, including Jeff Rubin's *Why Your World Is About to Get a Whole Lot Smaller* and *The Long Emergency: Surviving the End of Oil, Climate Change, and Other Converging Catastrophes of the Twenty-First Century* by James Howard Kunstler. Both books are about peak oil and how it interplays with the economy and how oil is integrally attached to everything else that's happening.

What sparked your interest in the subject of peak oil?

The fact that nobody seemed to be talking about it. I've

always been interested in economics, in how an invisible structure of a society works. My new book is about secrets that are hidden for so long, until they erupt and shake everything around them. There is something about that that captivates me, and something about the truth, a truth that is hidden. We can build a whole life around a lie that is covering up the truth.

Our economy is actually very vulnerable and we aren't talking about the root cause of that. Especially in terms of oil: it's this resource that has a limit, but everything is built on it, we live on it as if there is no limit.

If we burn all the oil in the ground we are really in trouble, in terms of climate change. Still, the book is built on hope. I wanted to envision a world where we could turn away from the impossible route.

Why is fiction an effective way of communicating a message about global issues?

I think fiction gives you the opportunity to present a truth that people can relate to, because you can bring the emotional content to it. A novel lets you tell a truth, but filtered through a story, like people used to tell myths or legends.

How did you map out your novel, and keep track of all the storylines and characters?

The book was my graduate thesis for my MFA, and I worked on the book with Susan Swan, who is an amazing Canadian writer. [Swan] kept encouraging me to figure out how things hooked together. She asked, "What will raise the stakes? What will make this more significant and more dramatic for the characters?" Thinking a lot about how a novel moves, and what the architecture of it should be in order to really engage the reader, was a big part of writing the book.

With my new book, I've mapped it out more; I started by figuring out what the climax points are and then moving around them. Knowing those dramatic points and writing to those dramatic points has been a lot easier. I think making anything creative is always a slapdash, extremely messy process and you kind of have to dwell in chaos for a while, and some novels are probably more chaotic than other ones.

How has your move to The Pas affected you as a writer?

Lately, I've been writing fiction about being here. I grew up in a small northeastern Ontario town called Blind River, and I have never written about it. Then when I moved here I was working on the final edits for *Swarm* and I started writing short stories set in Blind River. It was kind of coming back to me—what it's like to live in a semi-remote town in the forest.

Overall, how has your experience been, moving to The Pas from southern Ontario?

I feel like I haven't fully accessed the community yet, since I have been so busy [Carter just finished a book tour], but this is a fantastic place to write. We have made some good friends here, and I really love the library. I do miss having other published writers locally though. I'm starting an interview series on my blog, to be able to talk to other writers more. I'd also love to see a reading/writing series here, like a Home Routes for writers.

Where can readers find a copy of *Swarm*?

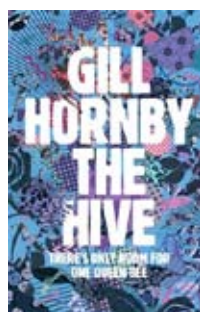
At McNally Robinson in Winnipeg, The UCN bookstore in The Pas, The Orange Toad in Flin Flon, or online through amazon.ca, chapters.ca, brindleandglass.com, or my website, laurencarter.ca

Great Reads for Winter

Cuddle up with these recommendations from local experts—librarians in the Pas, Thompson and Flin Flon—who suggested a few perfect books for cozy winter nights.

The Panel

Amanda Sanders, Thompson Public Library
Lauren Wadelius, The Pas Public Library
Cindy McLean & Aimee Best, Flin Flon Public Library



What is your favourite novel for a long, cold night?

Amanda: *Thunder Road* by Chadwick Ginther, a Manitoba author from Morden. It's fairly fast paced and if you love Norse Mythology (Thor and Loki), you will love this first book in the series!

Cindy & Aimee: *Valley of Amazement* by Amy Tan (author of Joy Luck Club) or *The Hive* by Gill Hornby (a light, funny read).

Lauren: *Fall of Giants* by Ken Follett – this book transports you back in time; it's one of those “just one more chapter” type of books that will have you reading into the wee hours.



What is your top pick for escaping (or forgetting about) winter?

Amanda: *Love, Anthony* by Lisa Genova. It takes place on Nantucket and I definitely could not put it down!

Cindy & Aimee: *I Sold My Gold Tooth for Gas Money* by Matt Jackson. Funny tales about travel in Canada.

Lauren: *The Beach* by Alex Garland. You can almost feel the heat of Southeast Asia coming off the pages!

About *Swarm* Brindle & Glass Publishing

In the not-too-distant future, thirty-seven-year-old Sandy lives a challenging and unfamiliar life. She survives by fishing, farming, and beekeeping on an isolated island with her partner, Marvin, and friend, Thomson. When the footprints of a thieving child start appearing in their garden, the family must come together to protect both the child and their fragile community.

In the face of scarcity, Sandy still dreams of being a mother. This desire compels her to revisit her earlier life in a city plagued by power outages, unemployment, and protests. There she met Marvin and joined his violent cause, initiating a chain of events that led to tragic and life-altering consequences.



What are some great books for kids about winter & snow?

Amanda: The first is *Snow Amazing: Cool Facts and Warm Tales* by Jane Drake and Ann Love. It talks about snow and how animals adapt to winter. The next is *Thomas' Snowsuit* by Robert Munsch - it's a classic and kids still love the silliness of it!

Cindy & Aimee: *The Magical Snowman* by Catherine Walters is a really great book with lovely pictures, sprinkled with glitter.

Lauren: *Froggy Gets Dressed*, by Jonathan London, ill. Frank Remkiewicz. Any child and parent can relate to what it takes just to get ready to go play in the snow!

Which book (of any genre) best portrays/captures winter in the north?



Amanda: *Be Wolf: A True Account of the Survival of Reinhold Kaletsch* by Wayne Tefs

Cindy & Aimee: *Up North: Manitoba's Last Frontier* by Hans Arnold

Lauren: *The Call of the Wild* by Jack London. This book paints a beautiful portrait of how harsh and yet so breathtaking winters in the north can be.



The Choir Takes a Second Bite of the Big Apple



- Julian Kolt -

We've done it again. It's hard to say why these things occur to our peppy Northern Manitoban choir, but somehow we've once again managed to find our way to New York City, this time performing in the renowned Lincoln Centre. This particular twist of fate began over a year ago, when, as she was separating the spaghetti from its boiling water in preparation for the family's evening meal, my mother received a phone call.

"Is this the director of the Flin Flon Community Choir?" The young voice on the other end asked.

The answer, of course, was yes. Over the next several minutes, Crystal Kolt was surprised to discover herself on the receiving end of an offer to return to New York to perform Handel's Messiah. The company that was providing this opportunity – Distinguished Concerts International New York – had learned of the FFCC from a choir cataloguing website. Interested, they poked around the internet and eventually found the lone phone number provided for contacting our choral group – namely our house phone!

As my mother learned, their program involved contacting various choirs from around the world and offering them a dazzling opportunity – the chance to perform in the cultural hub of North America. Never being one to turn down an opportunity, Crystal expressed an interest, and after a quick check up to make sure the program was genuine, she brought it to the choir.

It had been the better part of a decade since their last trip to New York, when the Flin Flon Community Choir performed Scott MacMillan's *Celtic Mass for the Sea* at Carnegie Hall. Those who had gone then remembered the excursion fondly and itched to give the experience another go. Those who were new to the idea were no less enthusiastic. And so, it was decided.

In the end, with the help of significant donations from organizations such as HudBay and the RBC Foundation, as well as the help of many other businesses, individuals and fundraising efforts in the community, 66 people participated in the

mass chorus in New York under the bravely flying flag of the Flin Flon Community Choir. While the majority were local Flin Flonners, the choir included associates from Toronto, Atlanta, Nova Scotia, Minneapolis, Winnipeg, The Pas and Vancouver. Over the months leading up to the performance, some of those living in distant communities had the opportunity to practice live with the local choir through online services like Skype and Cisco, expanding and reinforcing the concept of community. The group traveling to New York also included many friends and family, increasing the population of Manhattan by a good 100-plus during the weeks surrounding the concert date.

In the days leading up to the already sold out concert, choir members attended exciting rehearsals led by Director Jonathon Griffith, whose humour and talent easily captivated us and drew us together with the other choirs that had come to sing the Messiah. Joining us were choral representatives from Singapore, Georgia, Ontario, Australia and Shanghai, as well as a smattering of New York veterans. The FFCC found a special bond with the Singapore choir, participating in a moving private musical sharing session in a New York studio for a few happy hours.

The concert went well. With everyone on pins and needles – their emotions charged, their determination set – the powerful movements of Handel's Messiah were well suited. There were two moments in particular that drew greatness out of the folds of fate's pages, and they were the Hallelujah chorus, and the Great Amen. Both were augmented by the addition of another full-sized choir sitting above us in the wings of that great concert hall, joining in and pounding the audience with the passion and joy of those pieces. At the very moment the last of the Hallelujah chorus' notes rebounded back to us, the audience loosed a great cheer. They were, of course, already standing, and had little other recourse to recount their jubilation but to do so. This took nothing from their applause at the end of the Amen, which was no less fervent.

It was a glorious moment of pride and accomplishment for our little choir, so far away from this world of big business, peak art and endless, endless people. The memory of a lifetime.

And we got to do it twice!



Photo by Mike Spencer
 The Flin Flon Community Choir in New York

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C.C. Trubiak:

A Tiny Army Marches on Flin Flon

- Libby Stoker-Lavelle -

"If you learn to let go, and let yourself be guided by that tiny army, that inner resilience that you have, you really can make anything happen. You really can make your dreams come true. You really can feel like a full person." - C.C. Trubiak



Photo by Darren Holmes

C.C. Trubiak in Darren Holmes' basement recording studio

It is a chilly Thursday evening in December, but Flin Flon's NorVA Centre is cozy and welcoming. A slender man in a houndstooth blazer, jeans, and a grey toque grins widely as he addresses the friends, family, and fans gathered here.

Thirty-four year old C.C. Trubiak grew up in Flin Flon, and has lived in Winnipeg and Ottawa for most of his adult life. A mental health clinician, photographer, and singer-songwriter, he returned home in the summer of 2012 for a position at the Primary Health Care Centre. While Trubiak quickly became a staple on the lively local music scene in Flin Flon, he was also determined to press on with a musical project he had left behind in Ottawa. That project is at the centre of today's event: a CD release

party for C.C.'s second album, *Tiny Army: The D. Holmes Sessions*.

The unique collaboration which defines the *Tiny Army* album was the result of a chance meeting in Ottawa. "In February 2011, I opened for Stony Martins and the Outriders at the Elmdale House Tavern," Trubiak recalls. "It was significant for me, because it was my first public performance after playing and writing music alone, in isolation, for years. That performance was the first time I forced myself to get out in public and just play for people." That night would prove to be a serendipitous one for Trubiak, who quickly hit it off with Darren Holmes, a noted Ottawa photographer, and bass player for Stony Martins and the Outriders. "Darren and I just kind of connected, and we found that we had a similar sense of musicality."

Trubiak had been looking for ways to "connect with other people musically" and he realized that this was a golden opportunity. "I asked Darren, 'Can we jam some time?' and he was open and receptive." Holmes invited Trubiak to visit his family in Aylmer, Quebec to "jam and play," and soon the two musicians were meeting up on a weekly basis. Over time, the jam sessions gradually turned into a more substantial creative project. As Trubiak recalls: "Darren turned on his recording studio down in the basement and he'd say, 'let's get a cut of you playing this and I'll come in with some banjo.' And that just regularly happened to this point where we realized we had started developing a collection of music".

Gradually, the two musicians realized that they had the makings of an album on their hands. Holmes says, "We started to talk of this idea of a body of work that feels like a specific place and time, the spirit of a loose group of friends/musicians, coming and going throughout a mythical night of recording, lending their voices and instruments to create something special." Holmes and Trubiak began bringing in more musicians and songwriters to collaborate on the album's tracks, and the project blossomed. "Before I knew it, the album became this circus of people getting involved and enjoying this collective experience of sharing music," says Trubiak. "And the list of talent that we got in to play instruments on it is phenomenal."

In addition to producing the album, Holmes plays a major role as a musician on the album "he just plays everything from mandolin, to drums, to guitar and piano and he provides backup vocals" says Trubiak. "Darren is the mastermind, he's kind of like the Wizard of Oz behind the curtain" says Trubiak. After Trubiak moved to Flin Flon, most of the collaboration between Trubiak and Holmes was virtual - over the phone or online, with one visit to Ottawa last spring. Yet, in spite of the distance between all



Photo by Darren Holmes
Holmes & Trubiak

of the different musical collaborators, the overall effect of the album is one of perfect harmony.

By bringing in the writing and musical talents of a number of musicians and songwriters, Trubiak has been successful in creating the kind of album that he loves to listen to: one where you want to hear every song from start to finish. “That’s the kind of album I love,” he says, “the ones where you can’t just skip to song seven... you want to hear the journey.”

Tiny Army certainly has been a journey, for both Holmes and Trubiak. As Holmes recalls “the truth is, I don’t think either of us had an idea of what we were at the beginning of. We knew we wanted to do something, but the form of it only became visible as we progressed. As the sessions continued, the scope of the songs started to get a little bigger. As I work with songs, they start to unfold themselves and [I hear] phantom instrumentation or arrangements. I then have to go chasing that, and trying to wrestle it into a recording. It was a really organic process. I didn’t want to rush anything.”

For Trubiak, *Tiny Army* has been a powerful lesson in the benefits of taking risks to pursue your passions. “As a kid you feel very vulnerable to being rejected by your peers,” Trubiak says, “So you become quiet or withdrawn or invisible. As I get older I’m trying to rise to the occasion of life, and face that life doesn’t have to be that way. People do care, people do want to share, and people do want to play with you. And I allowed myself to be vulnerable and ask. Like when I approached Darren. By that time in my life, I had decided that you never know unless you try.”

It really is quite remarkable: this excellent album grew from just one daring request: “Do you want to jam sometime?”

Find *Tiny Army* at cctrubiak.com, itunes, CB Baby, and selected stores.



Open up my Heart (You’ll See a Tiny Army)

Lyrics by Aileen Martella
with Pedal Steel Guitar by Dan Artuso and Backing
chorus voices: D. Holmes

If you look inside of me
You’ll see nothing new, nothing shiny
And if you open up my heart, you’ll see a tiny army

By the time you arrived
I’d already picked up my pieces
Cemented myself back together
Filling in the smallest of creases

I thought that I was strong enough
But that’s when you called all my bluffs
Turned my cement into dust
Made me feel like I was enough
That’s when my walls came down
My pieces laid out on the ground
My army marched right out of town
So afraid that you’d hate what you found

You took my hand so gently
And you steered me away from the wreckage
You told me you were proud of me
That you’d rather have the whole messy package
You showed me that there’s strength in crying
That the truth always beats out the lying
That I’d rather be here with you trying
Than locked up inside of myself just dying

I thought that I was strong enough
That’s when you called all my bluffs
Turned my cement into dust
Made me feel like I was enough
That’s when my walls came down
My pieces laid out on the ground
And you told me you loved what you found



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Q & A

with Jennifer Cook



Jennifer Cook in her office in The Pas

Bringing the Trappers' Festival to Life

- Interview by Libby Stoker-Lavelle -

In addition to her busy job as General Manager at The Opasquia Times, Jennifer Cook of the Pas wears the hat of president of the Northern Manitoba Trappers' Festival. Full of excitement for this year's festival, Cook sat down with Cottage North to share an inside look at Trappers' 2014.

CN: What's new for Trappers' this year?

JC: We're planning on expanding the stage show, featuring more local talent and possibly starting a "Snow-Pitch" Tournament. We are also continuing to develop the new events from the last couple of years. Last year, Funky Threadz organized the Dam Jam snowboarding event at the Knapp Dam, and they're going to run that again. It was a really fun event, and we got a great response from all ages.

We also have a formal youth board which is great, and they are organizing a Street Party on Friday afternoon with games, a dogsled race, and DJ's. They'll also run drop-in novelty Trappers' events for kids who might be hesitant to sign up for the Junior King and Queen Trappers competitions because they've never participated in those events before—they'll get a chance to try them out. There's no school here on the Friday of the festival so kids can sleep in, then come out and have some fun.

CN: Why did you decide to start a youth board, and bring in young people in the planning process?

JC: The festival really benefits from the new perspectives, energy and excitement that young people bring. We try to keep youth involved in the festival, not only as contestants but as volunteers. It's a great chance for them to learn how to be active in their community.

We've got a lot of really good kids in this community and a lot of exciting ideas come from the youth...kids get a bad rap and they shouldn't.

At last year's Dam Jam, there were all these kids and teenagers doing really exciting things on snowboards, and people loved it. We want to start harnessing that, and we want to empower kids to continue these traditions, while also keeping the festival exciting for future generations.

CN: What does the Trappers' Festival bring to the community of The Pas?

JC: The financial influx is important: Trappers' elevates our tourism industry, with people from all over the region visiting, and national and international visitors as well. But more importantly, it's a chance for a winter break. Traditionally, when many people were out on the trap line, it was really important to have an event when everyone could get together and celebrate. Trappers' is such a good party, a chance to say hi to your neighbours and come out and enjoy these events that are steeped in tradition. At Trappers', we also get to highlight and celebrate our traditions with a festival that is completely unique. I think we're pretty lucky.

CN: What are the events that our readers absolutely shouldn't miss?

JC: Don't miss any of them! Take five days off, and come to The Pas and enjoy them all. In terms of highlights, though, the start of the dog race is an awesome experience. You can sense the excitement of the dogs and the mushers and you get tingly just being there. That's a staple event and we have great volunteers who make sure that event goes off without a hitch.

The Fur Queen candidates attend events all throughout the festival, but the pageant is a great opportunity to meet the girls—we have nine this year—and the crowning on Saturday is always exciting.

Any of the Junior and King/Queen events are great, with the traditional activities like tea-boiling, log-throwing and flour packing—it's pretty amazing what the King Trappers can do.

Finally, the Torchlight Parade on Wednesday night is a fantastic kickoff event. It just shows you how great the people are here, because it's 30-below and we're out on floats, having a parade!

The Northern Manitoba Trappers' Festival 2014 will take place from February 12-16, 2014

More info: www.facebook.com/trappersfestival and www.trappersfestival.com



Consider Modest Withdrawals in Retirement's Early Years

- Lenna Gowenlock, Edward Jones -

Saving for retirement takes decades of hard work, dedication and discipline – so it’s a great feeling when you finally reach that point where you feel you have saved enough.

But the job of retirement planning is far from complete once you achieve that goal. You need to make sure you manage those funds prudently so an adequate amount is available to meet your needs for the rest of your life. You have to determine how much spending money is to be withdrawn each year. Keep in mind that retirement may last longer than you think. According to Statistics Canada, the average life expectancy for a 65-year-old is 84, implying that half of all retirees will live longer than 84. There’s a 40% chance one spouse in a couple will reach the age of 90. In addition, remember that inflation will cause your expenses to rise during all those years. As a result, the younger you are, the lower your withdrawal rate should be. Then you may gradually take out more each year.

Incorporating an annual increase for inflation, an initial withdrawal rate of four per cent from your portfolio may be a good rule of thumb for a 65-year old retiree. Nonetheless, there is no one rate that works for everyone, so it’s important to speak with your financial advisor to determine what specific withdrawal rate is best for you. (Remember that this withdrawal rate applies to your portfolio as an overall entity – not to any singular investment, which may appropriately have a higher withdrawal rate.)

Keep in mind that if you own mostly fixed-rate investments such as bonds and GICs – rather than growth-oriented investments like stocks or stock-based mutual funds – you will likely have to withdraw smaller amounts each year. That’s because a fixed-income investment will give you just that — fixed income — which will not increase along with your expenses.

Market performance is another major factor in determining your withdrawal rate. If you build in expectations that are too high, it could cause you to withdraw more than you should. You might find it’s helpful to plan for long-term stock market returns of about eight per cent and bonds returning about five per cent. (Keep in mind these rates are not guaranteed and represent guidelines for portfolio scenarios only. Prices of both stocks and bonds fluctuate and past performance does not guarantee future results.)

Of course, as we saw in 2008, it’s essential to appreciate that the market rarely has “an average year.” Some are up and some are down – and some can be dramatically up or dramatically down. As a result, sequence is especially important in choosing

withdrawal amounts. In particular, market declines in the first few years after you retire could potentially have a much bigger impact than if they occurred 15 years after you retired.

Unfortunately, no one knows when the market will have good and bad years, so it pays to be more conservative with your withdrawals. If you don’t need the full amount you have planned for in one year, re-invest that amount so it continues to work for you, especially in today’s markets. And make sure you maintain a cash balance early in retirement, which could protect you in case the market is down in your first few retirement years.

Work with your financial advisor to weigh all of these factors so you can make the most prudent decisions possible. And ensure that you review it all on a regular basis, year after year.

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