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Whitemouth

RIVER VALLEY

VISITOR &
COMMUNITY
GUIDE

2017 - 2019



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Special thanks to everyone who assisted in making this magazine possible. Please submit any materials for future editions to the Rural Municipality of Whitemouth.

THE WHITEMOUTH RIVER VALLEY

Seasons in the Valley

Need a change, looking for something different, an opportunity, a place to call your own.

A winding river, wild and white water on the spring flood, new adventures on every curve as you guide your craft on the current. Feel the warm valley soil under your feet and the sun on your face, plant life into your ground, raise new life on your land. The door ajar, windows open, currents of spring air freshen your country home. The back yard is down to the river, natural, alive, vibrant colors, spring wild flowers.

Summer heat, the river is a cool retreat, a dock, a rock, a place to rest your feet. The water's fine, current set to floating speed, for tubes and those new to canoes. Fresh hay, strawberries plump and juicy, gardens up, kids out of school. A big maple tree on the bank, a rope swing over the water, chairs under shade, mid-day heat has been beat. Young wild life abounds in the fields, the forests, the waters and the air, on wing, by foot, with fin.

Cool is the night, warm is the day, the fields gold, the trees red, geese trumpet summer's end. Garden's goodness is in the jar, pumpkins wait their fate, apple pies, autumn skies. A paddle dips through the glass of the river calm, oaks vivid red, black bear on the limb, ducks pass in a flash.

Winter's moon shines bright, over fields and forests coloured white, northern lights glow in the dark long night. Frost shimmers in morning's first light, slow to rise the sun awakes, crisp air on the breath. Evergreens heavy with snow, puffed birds, fox's trails, otters in the rapids, rivers hard with ice. Another day, a new year, let your heart land here.

Challenge, new ideas, work, live, play, grow old, a life lived full.

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Choose your life, design your future, grow your enterprise.

Whitemouth River Valley

Your new life starts here.

Valley of Opportunities

Entrepreneurship, business growth, and development, the Whitemouth River Valley has numerous opportunities for growth and development, large and small. Located 80 kms east of Manitoba's largest city Winnipeg, with a CMA population of 800,000 consumers, the Whitemouth River Valley is a prime location.

Both national railways' main lines cross the valley, CP Rail in the community of Whitemouth and CN Rail in the community of Elma. Both locations have existing rail sidings with lots of room for growth and opportunity.

The valley is well served by the Provincial Highway system, the Trans Canada Highway #1 moves traffic east and west through the valley. Two major provincial truck highways link to the #1, PTH 44 provides corridors to the northwest and northeast, PTH 11 north provides a direct route to the mineral laden Rice Lake greenstone belt at Bissett, Manitoba; these are RTAC routes, Class "A1" roads to support industries and trade.

Low cost Hydro electricity is available and abundant in the Valley; the Winnipeg River lies at the mouth of the Whitemouth River Valley. The Winnipeg River is harnessed by six hydro electric generating stations with a combined capacity of over 500 mega watts of low cost green energy. The valley has several transmission connection points and stations to service industry.

Trans Canada Pipeline's main east - west natural gas pipe line runs across the valley alongside the Trans Canada Highway. A major connection point for natural gas supply is located near the junction of Highway #1 and #11 to service expanding industries and development along the Whitemouth River, north

to the community of Seven Sisters Falls.

The valley has an abundance of natural resources, many untapped. The Canada Shield reaches deep into the Valley, large granite deposits lay alongside roads and highways. Sphagnum moss deposits abound throughout the valley floor. Gravel deposits are found on the valley slopes, spruce, pine and hardwood forests flourish on the slopes and valley floor. Diamond exploration is a recent development opportunity in the valley.

Whitemouth River Valley clay is a quality product used for brick production, to supply eastern Manitoba with building material. This is an untapped opportunity open for development. The original brick works was closed due to increased costs of production and competition in the late 1950's. With improved infrastructure, modern equipment, availability of natural gas and low cost electricity, Whitemouth River Valley bricks can once again protect our homes and families.

The Whitemouth River Valley has residential/ cottage development opportunities in the communities of Seven Sisters Falls, River Hills, Whitemouth and Elma. Rural residential development opportunities exist along the west shore of the river. Designated as RM 1, many opportunities for development exist in the rural river corridor; large residential lots, cottage sub-divisions, hobby farms and camp ground development can take place. Natural landscapes abound for development of affordable low-cost golf courses. Potable water pipeline operated by the municipal utility, runs the length of the corridor, as does electricity and hard surface all-weather roads. Whitemouth has an existing large school, Medical Centre and Personal Care Home.

- The valley has land zoned and developed for commercial enterprises, and a large industrial park in development.
- Large geographical area on which to draw a skilled work force, and room to expand, land sells by the acre not the square foot.
- The Municipality of Whitemouth also offers a development incentive on your municipal portion of property taxes.

For inquiries please contact the Rural Municipality of Whitemouth at <http://rmwhitemouth.com/>



The Boreal Shores Art Tour

The art of nature is everywhere - just look at the scenery all around you. We are surrounded by small natural wonders and that is art - the forests, lakes, rivers and ancient granite - provides the very inspiration for the artists of the region. This summer, take the opportunity to view the results of this inspiration up close and personal!

The Boreal Shores Art Tour will hold its inaugural annual event on August 19th & 20th, 2017. This is a driving tour of juried artist studios and group locations where you can meet the artists, experience their world, discover hidden treasures and perhaps go home with a piece of their art. Visit the studios and participate in the creation of an artistic installation which will be the result of the public involvement over the weekend.

As you travel the tour route from the Whiteshell to Rennie, Whitemouth, River Hills, Pinawa, Lac du Bonnet, St Georges, Pine Falls and the east shore beach communities of Lake Winnipeg, you will find not only oil, acrylic and watercolour paintings of exceptional quality but also glass art, pottery, fibre art, wood carving, hand crafted knives, original jewellery, photography, pebble art, wood turning and sculpture.

Watch on the Tour for Annie Bergen's church/studio in Whitemouth, Mary Louise Chown's barn studio in River Hills and don't miss Dianne Lund's paintings in Rennie, Pat Fallis' pottery on Brereton Lake, George Tanner's paintings at Falcon Beach and Janine Bergamot's jewellery from near Hadashville. All of these artists will be found with their work on display during the Boreal Shores Art Tour, 2017.

Chat with the artists about how and where

they work and, as you travel the route, enjoy the breathtaking views of the Whiteshell, the Winnipeg River system, the lakes and boreal forests and the beaches! More information is available on www.BorealShoresArtTour.ca and www.Facebook.com/BorealShoresArtTour or you can email us at borealtour@mtsmail.ca for details. Look for brochures at various commercial outlets throughout the region as well.



Boreal Shores Art Tour
August 19 & 20, 2017

Immerse yourself..... in our World.....

Creativity runs deep in Eastern Manitoba and inspiration flows at every turn.....

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www.borealshoresarttour.ca

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One Mennonite Family's History

As told to Shelley Marion, by Irma and Leonard Dueck (the oldest Mennonite couple in the RM of Whitemouth)

Mennonites emigrated to Canada from Russia, Poland, and what is now the Ukraine in large numbers. Canada promised them that their pacifist beliefs would be respected here. They were farmers for the most part, and their farming skills were needed in this country, as they had been needed in Russia.

Irma's paternal grandfather came to Canada from Russia, at the age of 2, in either 1874 or 1875. His family settled in the Niverville area. At that time, immigrants would travel by boat to Montreal; from there take the train to Moorhead; and then by boat again, via the Red River. Shacks had been erected for the Mennonites coming in large numbers, and from there they travelled to their homesteads. The land designated for these folks was in the Blumenort/Steinbach area.

Leonard's grandparents came from Poland at the same time (1874 or 1875). He grew up in the Ste. Anne Municipality, Greenland area, as did Irma. They were

married July 15, 1951, and just celebrated their 65th wedding anniversary last year. Irma's brother lived in the RM of Whitemouth, so they decided to move here, and came to Stony Hill in 1958. The Duecks were the thirteenth Mennonite family to come to the area, and there was already a church (built on the site where the present church sits). In 1962, the church was deemed too small, and a new one was built, with an addition in 1972. The first Mennonite family came to the area in 1945. Prior to the original church being built, the Mennonite families would attend services in homes, barns, or sheds, wherever they could comfortably gather to share their faith. Presently there are 98 Mennonite households registered in the Mennonite community

The Dueck family was warmly welcomed by the community, Mennonites and Ukrainians alike. One of their Ukrainian neighbours brought them a gift of carrots so she would have an excuse to meet them, and another visited during cucumber season, and told Irma that garlic was a necessity when making dill pickles. Irma tried it, and from that time on, garlic



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was one of her dill pickle ingredients, too.

The children attended a one room schoolhouse in Stony Hill, with about 30 children attending each year, of Mennonite and Ukrainian descent. After grade 8, they attended Elma School until its closing, after that it was Whitemouth School. Chores were done after school, and the children walked 1 ½ miles each way, to go to school. The children spoke the low German dialect at home, but once they went to school and learned English, English was the language most often used. The family had crops (hay), and had milk cows, and shipped cream. Later they changed to beef; then hogs; and they always had chickens. Mr. Dueck mentioned that Stony Hill came by its name honestly, those first years they dug up many, many rocks, and hired equipment to bury them.

There were existing log buildings on the farm, but the Duecks decided to bring their house along with them from Marchand. This house was 20 feet by 32 feet, so it was not exactly roomy, especially with the four children they already had. Later on, they converted the attached garage to a bedroom and back entry. The house had running water, but no indoor bathroom. Baths were taken in a wash tub in front of the stove, and other necessities were taken care of

outdoors. When they built their new farmhouse ten years after they bought the farm, they ensured that there was indoor plumbing. They took advantage of Hydro's technology and showed them their building plans, window sizes, and so on; Hydro made recommendations to them; and they built accordingly. Although Hydro quoted what their heating costs would be if they chose electric heat, the Duecks decided to use an oil furnace instead. They moved in to the new house in November, and their heating cost from one November to the next was \$ 144.00. Just imagine that!!

They both mentioned how much the community has changed since their arrival. At that time, there were two garages in Elma. Whitemouth had six agricultural equipment dealerships, and three automotive dealers. The brick yard was no longer operating when they moved here, but it had been thriving for many years prior to that, and in fact, the Mennonites who first arrived, were employed there. Bricks which are labelled "D.M.W." were made by the Wardrops and later Alsip's bought the operation.

We spoke a little about the Mennonites being designated as Conscientious Objectors (CO's, Mr. Dueck called them). I was not aware that the

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Mennonite boys, while not conscripted, still had to go before a judge and were “volunteered” to go to work camps. Some Mennonite boys were told to go back home and continue farming, to grow food. These boys had to pay a certain amount of money to the Red Cross.

We discussed how Mennonites were a little resistant to using farm equipment, as opposed to horses, and Mr. Dueck said he remembers that his dad was the first Mennonite in his community to use a tractor to plant his crops. Many of the other men told him his crop would fail, but it didn't, and he continued to use his tractor. I imagine most of the others did too!

It was easy for me to see that Leonard and Irma Dueck have lived a good, long life. They are a delightful couple, and it was a pleasure for me to meet them, and chat with them. They both said many things that I enjoyed and appreciated, but I want to close with a comment Mr. Dueck made just before I left. He said that a lot of things have changed, but one thing that hasn't changed is how important honesty is, and how important it is to be honest in all your dealings. He also said that if it was more important to everyone, our country (and others) would have fewer problems, and that often problems occur because we miss our own basic premises, or morals. I couldn't have said it better myself. ☺



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I've been a lifelong resident of the R.M. of Whitemouth and I'm very passionate about the whole Eastman Area. It's my belief that you're not just buying a cottage or home when you purchase in the Eastman Area, you're buying a lifestyle. A lifestyle filled with friendly people, magnificent views, and numerous local businesses who strive to add value to our “non-city” lifestyle. I know how stressful and challenging buying or selling your home or cottage can be. My commitment to all my clients is to work together to remove any stress and approach the challenges head on. Be it buying or selling, my goal is to bring the resources available to me via the extensive RE/MAX network into the



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Strawberry Fields Forever

The strawberry: The garden strawberry (or simply strawberry; *Fragaria × ananassa*) is a widely-grown hybrid species of the genus *Fragaria* (collectively known as the strawberries). It is cultivated worldwide for its fruit. The fruit (which is not a botanical berry, but an aggregate accessory fruit) is widely appreciated for its characteristic aroma, bright red color, juicy texture, and sweetness. One serving (100 g) of strawberries contains approximately 33 kilocalories, is an excellent source of vitamin C, a good source of manganese, and provides several other vitamins and dietary minerals in lesser amounts. Strawberries contain a modest amount of essential unsaturated fatty acids in the achene (seed) oil.



Now that we have all the technical data out of the way, strawberries have been grown and sold as u-pick or pre-pick in the Whitemouth River Valley, for as long as I can remember. As a young boy, I would accompany my mother and sister on these adventures to gather strawberries for the freezer, the canner and desserts! Fields and patches of strawberries could be found all along the Whitemouth River from Seven Sisters to Hadashville. My mother would discuss the virtues of each field with her friends, and determine where to pick strawberries. Up early to beat the heat, we would head to a field; the farmer would provide direction as to which rows can be picked today. We would pick four to six gallon pails on an outing. My pail never seemed to fill, but my belly did. Now home for the next operation; cleaning, packaging and storing of these wonderful packets of summer.

Martin Saxler, lifelong resident of the Valley

T&T Vegetables is a local producer at Elma that provides strawberries and more.

We usually open for strawberries anywhere from the end of June to the beginning of July and the season lasts approximately three weeks. The vegetables

begin around the end of July, and continue till the first frost. We sell pre-picked vegetables/strawberries, soft drinks, water, pickling supplies and odds & ends in our “store” and we have outdoor washrooms and a picnic area. We are listed on Google maps, and can be reached at 204-348-2976, email tim@ttvegetables.com and our website is www.ttvegetables.com

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Potential & Possibilities are endless! Work, live or do both with this affordable property located in Whitemouth, already set up as living quarters with a separate retail area. Located on the main street of town, high traffic area. Offered at \$118,900

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MB Municipal Historical Site #272

- The Old Pool Hall in Elma

Manitoba Municipal Historical site No. 272 which is locally known as The Old Pool Hall in Elma; originally built at the turn of the century by Peter and Anne Kolega, stands on Highway 15 at the heart of the town of Elma; is now being pulled out of its shadows of neglect and being given new life. My name is Randa, I had been travelling the world for 17 years and after all the years of wandering I have found a place to call home- Elma. I met my Husband Noel who was out here and we began uniting our dreams.... Our dreams were centered on the property sitting in stillness in Elma.

In the fall of 2016 we had purchased the properties that stand quietly on the Main Street of Elma. Now referring to the property as: The Alma (which means Soul in spanish), as a becoming name for a place to start making our dreams come true. We have much enthusiasm and inspiration in what will be a long term project of creativity within the community.

Our primary focus will be to maintain, preserve and restore the aging properties that have undergone a long period of neglect since the passing of Frank Smerch- the previous owner who underwent his own personal mission to restore and maintain the buildings. Frank had great visions of what this property could have been and had shared these visions with Noel in their time together before his passing. It had been difficult for us to watch the buildings fall into such decay since. However, the right circumstances presented themselves in fall of 2016 that allowed us to acquire the property we had been dreaming about for so long. Now we can go forth with our dreams and visions which are in part shared with that of the late Frank Smerch.

Our first initiative will be to host a Farm-

ers Market on the property this summer in June- July- August; in the hopes to unite local farmers, growers, producers as well as artists, artisans, crafters, local musicians and performers to stimulate a local economy within the town and build a sense of community- eventually creating within a healthy and inspired community where our kids will be proud to grow in.



We will also begin to slowly restore the old historical residence- formerly known as Kolega's Palace, with the tunnels. We are open to donations, help and support for this restoration project. These buildings are a rich part of our local history. We are researching the historical facts of these buildings and welcome any information, stories, photos or details anyone may have to share

related to the buildings and their history.

Feel free to contact us with any information or for further details of our projects or to find out how to become a part of the Farmers Market

mamarandattheaglenest@gmail.com
or 204-289-9818 📞



Whiteshell Colony Farms

We moved to Whiteshell Colony from Iberville Colony in the fall of 1962. The Colony consisted of approximately 63 members, of which 35 were children and 28 adults. Initially we had a dairy and approximately 1800 acres of land. We sold the dairy in 1997 and expanded our hog industry.

Prior to 2005 hog and grain prices were inconsistent, and due to technology in the agriculture industry we were experiencing irregular cash flow and surplus labor. This was the reason for investigating new enterprises. A communal decision was made to establish Whiteshell Chairs. Initially Whiteshell Chairs was housed in the old cow barn. Due to increased sales, there was need for improved facilities, and a new 50,000 sq. foot building with room for assembly and a modern showroom was built.

Our showroom is open to customers from 8:00-5:00 Monday to Friday; for further information on sales or product lines, please visit our website at www.whiteshellchairs.com

The need for more revenue also encouraged Whiteshell Metal shop, which is a Division of Whiteshell Chairs to increase production and

product line. Our product lines now consist of picnic tables, fire pits, bike racks and custom welding. For further information, go to "outside furniture" at www.whiteshellchairs.com

Due to increased production in the chair factory and the metal shop, it wasn't economical to ship the raw material to the city to be powder coated. The colony decided to build a powder coating facility, which

is also a division of Whiteshell Chairs.

At the present we powder coat everything we manufacture, and have a number of customers we do powder coating for.

In the spring of 2013, we further expanded in the field of manufacturing by purchasing a new business which was later named Homestile Roofing. Homestile Roofing has been specializing in manufacturing

metal tile roofing since, and is working to increase its sales. Homestile is open to customers from 8:00 to 5:00 Monday to Friday, please visit us at www.homestileroofting.com.

Even though much effort and hard work is put into increasing our manufacturing sector, farming and livestock is still our main source of income. At the



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present time we are running a 5,000 acre operation where we grow soybeans, canola, and wheat. The farm is run with state of the art Case International equipment. To run the farming operation time and cost efficiently, we choose to use Case International equipment because of the reliability at Leos Sales and Service.

In our livestock operation we also have a 1200 sow operation, which is a high health biosecurity herd. Most of our pork is sold into the USA. Besides the hog operation we have a 10,000 Layer Barn, from which fresh eggs are shipped to the city on a weekly basis.

Due to our farming and livestock experience, we are able to produce most of our own food, and with experienced tradespeople we are able to fix and maintain most of our equipment. This experience greatly reduces high maintenance cost, and provides opportunity for hands on learning for the next generation.

To run a farm along with manufacturing takes a great amount of teamwork. This is where living communally is beneficial. Our communal roots reach back to biblical times. Acts 2:44-45 is always referred to: "And all who believed were together and had all things common. And they sold their possessions and goods and distributed them to all, according as anyone had need". This is continuously referred to, to encourage our communal lifestyle. A memorable Anabaptist movement in Tirol, led by Jakob Wiedemann in 1528 birthed total communal living. A cloak was spread out before the people, and every person laid his possessions down with a willing heart according to the teachings of the prophets and apostles. In 1529 Jakob Hutter took leadership of this faith, and hence forth we are named Hutterites. For nearly 500 years Hutterites have been living communally and earning their living with manufacturing and agriculture.



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Why we chose Seven Sisters Falls

for the home of Staff House Bed & Breakfast and Moai Yoga Studio

We found our dream home back in 2008 when Hydro decided to sell off the hydro townsite homes that were once the homes of the Hydro dam employees. It wasn't, however, one of the quaint, tidy little homes that formed the area known as the Seven Sisters Townsite. My husband, Rick, had his eyes on something bigger...the former Hydro staff house, a 5700 square foot charming century old home. A diamond in the rough.

Rick purchased this historically rich home with the dream of opening a bed and breakfast in this beautiful area known as Eastman. The house is situated on the Winnipeg River plain between the fantastic Whiteshell Park and the lovely rolling farmland of the R.M. of Whitemouth. It wasn't long before I shared his vision. We were city dwellers but



we both loved nature and outdoor adventure. We had found our perfect fit, a home where our backyard was our playground. A simpler life uncluttered with the trappings of city life.

We've slowed down. Infusing our lives with conscious living practises... we now grow our own food and bake our own bread. We also believe in the profound healing power of blending physical activity and mindfulness practises with time spent in nature. For this Seven Sisters was a dream

come true.

The TransCanada Trail is right out the front door, while beautiful trails are right out the back door where we can walk, ski or cycle. The cooling waters of Natalie Lake make a thunderous roar as they drop 20 meters over the spillway by the Hydro dam. All



The Staff House Bed & Breakfast

Seven Sisters Falls, MB

with Moai Yoga

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thestaffhouse@gmail.com

this within our community. Cycling, fishing, hunting, boating and much more, it is all here. Plus, this area at the forks of the Winnipeg and Whitemouth Rivers is sacred to many who cherish our native history.

Rick and I enthusiastically went to work putting the skills that we had acquired in our careers towards our dream of living a more impassioned and purposeful life. Rick, a retired guidance counsellor, woodwork instructor and avid photographer, myself, a trained pastry chef, baker and yoga instructor, together we would transform this home into a bed and breakfast with wellness retreat/yoga studio. We wanted a place where people could come to unplug from the modern world, relax, spend some time in nature and reconnect to what is real.

The yoga studio has been operating since September, 2016 and the bed and breakfast will be in operation in the spring of 2017. We have come to view our yoga students and neighbours as friends. Rick and I aspire to share our home and yoga studio with others so that they too can experience the serenity and deep connection to nature that surrounds us here in the hamlet of Seven Sisters Falls. 🌿

Peace and love,
Fran Mir-Robertson

We are a little café in Seven Sisters and we love to cook great Mediterranean Food for those who love to eat!

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The mystery at 4 Park Avenue, Lac du Bonnet

There are a lot of misconceptions out there about Community Futures Winnipeg River and what we do. It is awful to think that people in need of our services are missing out so hopefully the following information will clear up some common misconceptions.

X FALSE – We are a provincial or federal government building.

- ✓ TRUE – Community Futures is a nonprofit Regional Development Corporation that provides various business, community and economic development services.
- ✓ TRUE – Our services are FREE! We work with people wanting to start or expand a business; people eligible for the Self-Employment Program; and councils, chambers, and nonprofit agencies who require strategic planning or project development assistance.
- ✓ TRUE – Aside from consulting services, we can provide informational resources, referrals to other service agencies, and training recommendations.

✓ TRUE – Service Canada, J.U.S.T. Training and the Regional Arts Council all work out of our office.

X FALSE – Community Futures Winnipeg River

is the local development corporation for Lac du Bonnet.

- ✓ TRUE – Our office is located in Lac du Bonnet. You can find us at 4 Park Avenue, in between the Royal Bank and Sunova.
- ✓ TRUE – We are a regional service agency and we serve 16 rural communities within North Eastern Manitoba.
- ✓ TRUE – Business and community development clients can be served at our office or we can travel to you.

X FALSE – Community Futures is a lender of last resort.

- ✓ TRUE – If you want to start a business and are having trouble getting financing through the bank you should contact us.
- ✓ TRUE – We can provide you with business counselling to help strengthen your business concept and loan application.
- ✓ TRUE – We can approve loans up to \$150K and provide continual counselling through your business development and implementation.

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Western Economic Diversification Canada / Diversification de l'économie de l'Ouest Canada

The Eastman Judged Art Exhibition

EJAE - 2017

The Eastman Judged Art Exhibition is a bi annual event initiated in 1980 by the provincial government of the day, to highlight and promote talented artists and artisans in rural communities. Since 2001, the exhibition has been held eight times in various communities situated north and south of Highway 44. In recent years, the exhibition has been hosted in Beausejour (2009), Niverville (2011), Pinawa (2013), Lac du Bonnet (2015) and in 2017 in Whitemouth.

EJAE is an exciting opportunity for artists of many mediums to create and share their work. This year the exhibition is being sponsored by the Whitemouth Regional Community Development Corporation. This art extravaganza will take place September 22 – 24, 2017. The Whitemouth Recreation Association Hall will be transformed into a gallery space to showcase the incredible talent of artists living and working in the area.

The artwork on display will include a wide range of two and three dimensional pieces from categories Oils, Acrylics, Watercolors, Charcoal, Ink Pastels, Photography, Stone, Clay, Metal, Wood Carving, Glass, Leather, Woodwork, and Beadwork to name a few. Professional art judges will be hired to adjudicate the entries and provide a written critique of each piece of art to facilitate the learning process for all artists.

The Eastman region extends South to the US Border, East to the Ontario Border, North to Poplar River and West to Hwy 75. Anyone living within the region is eligible to participate in this event. The art exhibition and related activities will

be an exciting experience for viewers and participants alike.

For more information and entry details please contact Annie at Whitemouth River Recreation Commission, email recreationdirector@whitemouthriverrec.com or use the contact information in the box below.



CALLING ALL ARTISTS

AN EXCITING OPPORTUNITY IS COMING FOR ALL ARTISTS & ART LOVERS IN THE EASTMAN REGION!

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2017 Eastman Judged Art Exhibition

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AWARDS IN EACH CATEGORY

CATEGORIES FOR ENTRY INCLUDE oils, acrylics, watercolours, charcoal, ink, pastels, printmaking, fibre arts, digital arts, mixed media, photography, pottery & sculpture

For more information on categories, general rules, or entry form:

CALL
Rick Ciine 204-348-3774

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Need a rest from the city lights, grab some friends or come on your own, the Whitemouth River valley is full of adventure, good food, exercise, or just plain old fun! Under an hour's drive from Winnipeg, Selkirk and Steinbach, a dinner outing, picnic or all day adventure, you choose.

If you are a foodie, we have great food in Whitemouth and Seven Sisters, or pack your own and have a riverside lunch at one of our great parks. Need room to run; Seven Sisters Falls has a beautiful four season trail, 8 km in length, trail is set for XC skiing in winter.

Bring your bikes, we have beautiful vistas all along the Whitemouth River, ride the gravel roads and highways that swerve and curve as the river does. Jump on the Trans Canada Trail and head north to Pinawa or east into the Whiteshell Provincial Park.

If water is your thing, load the canoe, kayak, board or tube and come on down. The Whitemouth River has a season for every skill level, spring white water to autumn paddle to see the colour. Class one, two and three rapids stretch from Elma's Silver Bridge

downstream by Whitemouth and past River Hills, Whitemouth Falls is not navigable, please portage. All three towns have river access and picnic areas.

Fish the Whitemouth with fly, bobber or jig, from your craft or from shore. The river has many species of fish, walleye, pike and sucker are prominent. When fishing from the bank you may be on private property, always ask permission. Whitemouth Falls is a good spot for the whole family with easy access. The area is a provincial park so you will need a pass, which can be purchased at the local merchants in Seven Sisters. Day pass fee is 5 dollars per car! Watch for free provincial park weekends as well.

The Valley is home to many bird species and is part of the Manitoba's Pine to Prairie International Birding Trail. Whitemouth Falls Provincial Park, this small park is located where the Whitemouth River flows into the Winnipeg River, at Seven Sisters. A good place to start is in the picnic area at the base of the falls where you can watch American White Pelicans fishing and loafing. American Redstarts are prominent in the woods nearby. Look for a trail system linking



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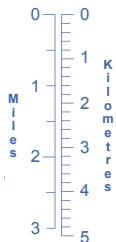
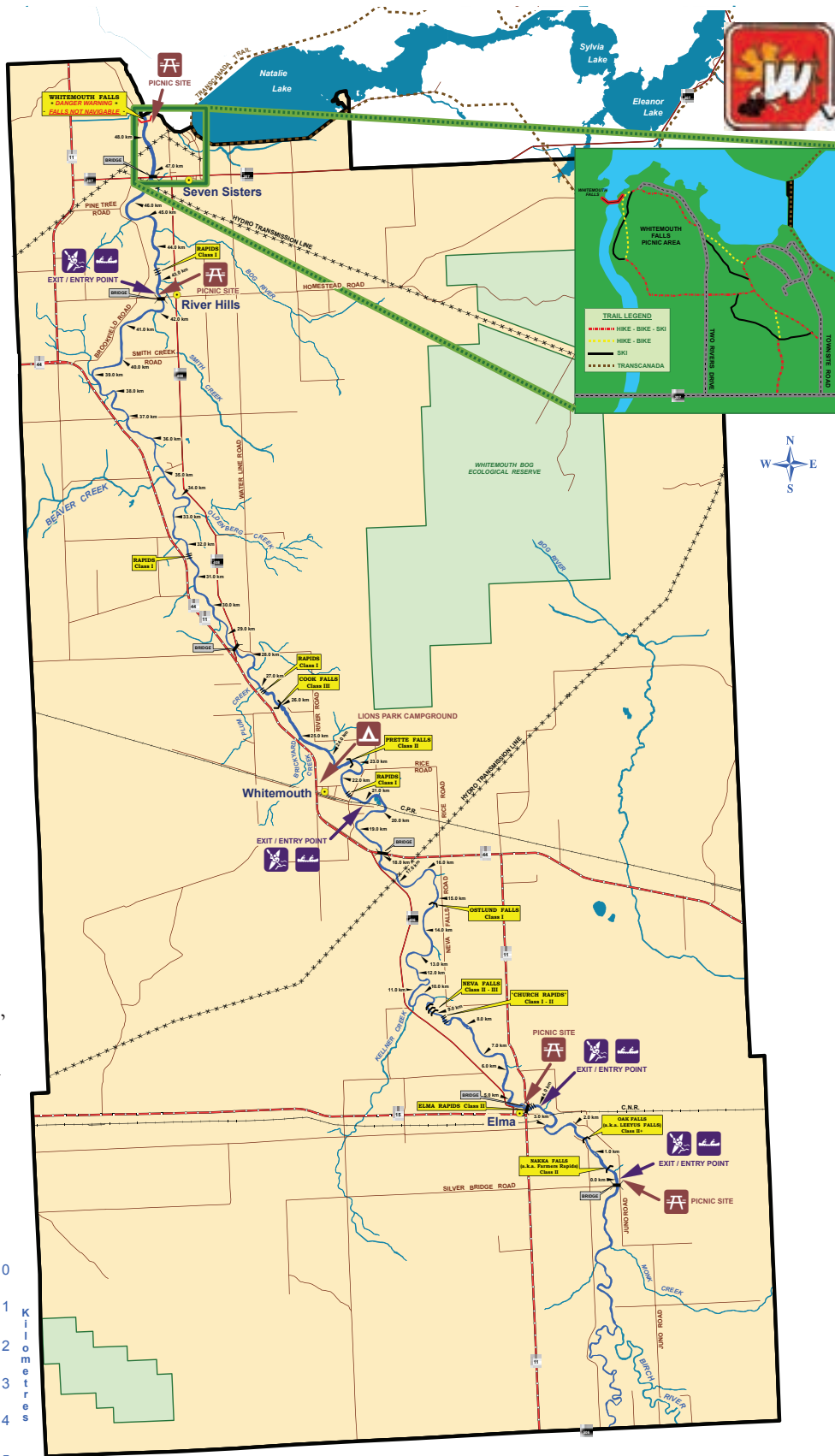
the picnic area to Seven Sisters Dam.

Seven Sisters is home to the province's southern most hydraulic Electrical Generating Station, the largest station on the Winnipeg River system. Visits to the site are year-round, station tours are currently not available. The Trans Canada Trail crosses the spillway and continues north east to Pinawa, the first 5 km of the trails is part of the station's dyke system. To enter the Whiteshell Provincial Park via the Trans Canada Trail you head south and east on the station's south dyke system, traveling for 7km on the dyke. The dykes offer a unique experience, the first 4 km you are above the landscape.

The valley is a major snowmobile crossroad, staging/parking areas are available in Elma, Whitemouth and Seven Sisters. ATV riding is a growing sport, remember to respect private property and stay on marked trails, thank you.

Hunting is allowed in the Valley, please ensure you have an up to date map and ask for permission to hunt private lands. The valley has a large migratory game bird concentration in the fall, and a healthy upland bird population. White Tail Deer and black bear abound throughout the river valley.

Come for the drive. Eastern Manitoba is a beautiful place year-round, loop through the valley, circle the Whiteshell or eastern Manitoba, map a route and come on out!



www.rmwhitemouth.com

www.whitemouthriverrec.com



WHITEMOUTH RIVER RECREATION MAP

Welcome to our World!

We are so fortunate to have the Eastern Region at our door step. We enjoy some of the most beautiful landscapes in the Province of Manitoba and we extend a WELCOME to you and your family to come RIDE WITH US.

The Eastman SnoPALS Snowmobile Club grooms nearly 300 km of trails covering an area from the Brightstone District in the north, Whiteshell Provincial Park to the east, and the Agassiz Provincial Forest on the south / west. Riding our trails will take you from Prairie landscapes to snow covered forest trails, to the rivers and lakes of the Canadian Shield region.

Our club's groomed trails meet with our neighbouring clubs taking your ride into the Powerview/Pine Falls area, Beausejour and the Beaches, Lee River, Nopoming Provincial Park, Whiteshell Provincial Park and the beautiful areas along the Whitemouth River and Agassiz Provincial Forest.

Our club operates 3 groomers and maintains 5 warm up shelters. Over the last 2 years we have done extensive improvements to all of our shelters and have put out clean porta-potties at 2 locations. This year we have contracted with a local wood cutter to provide us with an ample supply of dry firewood for each of the shelters. There is nothing that completes a day on the trail like a warm fire and a hot dog cooked over an open fire.



Last year the club finalized a dream when we completed the construction of our new 42' x 60' groomer storage building in Seven Sisters.

The Rural Municipality of Whitemouth helped us achieve our goal by offering us the rent and ultimate sale of the corner lot in their industrial park. We are so happy to be there. It has been a long and sometimes difficult road but for the first time in our club's history we have all of our equipment under one roof. It was so amazing to see our volunteer mechanics actually do 3 days of pre-season maintenance on our equipment without having Mother Nature torment us with rain, wind or snow.

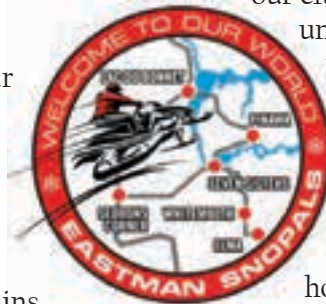
We now need to THANK the many club volunteers that spent countless hours working on this project and we need to thank our corporate sponsors who helped us reach our dream. You will find many of these sponsors posted on signs in our shelters.

Please help us say THANK YOU by supporting our local businesses while you ride our trails.

Our Website {www.eastmansnopals.ca} has been revamped by our WEBMASTER and we now have a club CALENDAR which lists our upcoming events and work parties. If you are interested in taking part in any of those events drop us an email on our "CONTACT US" page.

The club has recently designed new Eastman SnoPals apparel in the form of golf shirts and zipper hoodies. They are featured on our MERCHANDISE page on our website. If you would like to purchase any item for the 'sledder' in your family drop us an email.

The club hosted our ANNUAL BBQ to King Kookout. We have had an amazing turnout in previous years and had the same this year. The BBQ is free to club members and a nominal fee for non-members. Hope to see you there next year.



This year our club planned to host our RIDE TO HECLA on February 25th & 26th. Unfortunately there wasn't enough snow to ride there, but several members drove there and had a wonderful winter getaway at the Lakeview Hecla Resort on breathtaking Hecla Island.

This year the club started RIDE DAYS. I joined the club when I retired in Lac du Bonnet to find people to ride with. Well, watch the calendar for posted ride days and RIDE CAPTAINS who will choose the destination. If you are interested to ride with us contact the Ride Captain.

The Eastman SnoPals is an exceptional club with great people. We have full time residents, seasonal residents and non-residents who are all members of our club. If you ride our trails, think about becoming a member to support the good work that is being done. If you have the time, you can volunteer to help with the events, trail maintenance or even become a groomer operator.

Be safe on the trails. Respect the land owners. Don't DRINK and RIDE. See you on the trails. ❄️

Executive and Members
Eastman SnoPALS

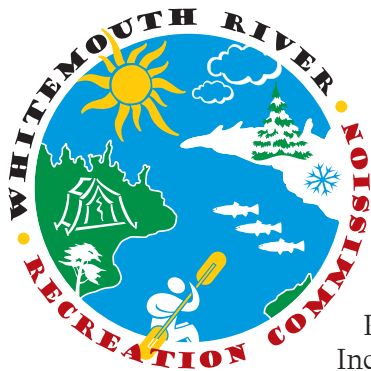


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Whitemouth River Recreation Commission

Whitemouth
River

Recreation Commission Inc (WRRC) is to use the delivery of public recreation services to further the growth and development of the communities and individuals. Organizational Goals are based on the following six pillars: Programming; Leadership Development; Volunteer Development; Resource and Communication; Public Education and Awareness; and Facility.

WRRC serves the Rural Municipality of Whitemouth, which includes the following four town-sites: Whitemouth, Elma, Seven Sisters Falls and River Hills. The WRRC works closely with community clubs in the region; helping to support, promote and develop programming specific to their community's needs. We also work closely with our local health authority and local non-profits and community groups, through the sharing of information/resources, and promotion of programs and events.

In October 2016, Whitemouth resident Annie Bergen was hired as half-time Recreation Director for the WRRC. In addition to her role as Rec Director, Annie is also an artist,

primarily known for her large-scale murals and public art mentorships with schools and communities. Since Annie has come on board, WRRC has been busy offering new programs, engaging residents in recreational and skills development opportunities, and bringing community together for common projects and purposes.

Programs and courses offered through the WRRC include; Men in the Kitchen, Canadian Firearms Safety and Hunter Safety, Swim to Survive, Vegan Cooking, First Aid, Square Foot Gardening, Meditation, British Soccer Camp, Mural and Mosaic making, Yoga, Circuit 30. The WRRC has also hosted ski, snow shoe and knitting demonstrations.

There are ballet and hip-hop dance classes happening at Whitemouth School, as well as loom bracelet-beading classes, Paint Nights and a fun and engaging summer-art camp. Some new and exciting things



in the works: a Photography Club that meets monthly, and a Paddle Club in which folks will arrange to meet up weekly at specific spots along the Whitemouth River, in order to explore and paddle the river together.

If you have an event or program within the RM of Whitemouth that you need help promoting, please email the information so that we could be of assistance. If you are interested in sharing

your skills and becoming a community leader, please contact the WRRC.

For more information about WRRC and to stay up to date with events and programs taking place, please visit the WRRC website or Facebook page. You can also contact Annie via email or telephone. ☺



Website www.whitemouthriverrec.com.
Facebook <https://www.facebook.com/whitemouthriverrec/>
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Seniors Connecting with Students to Build Respect

What happens when you put a group of seniors together with students into a school art-room? Usually the students will let go of any inhibitions and abandon themselves to the paints and various art mediums. For seniors it may take a little longer and they may be saying they are not very artistic but give it some time and the influence of the student's easygoing attitude and you soon have a classroom with the creative juices flowing from the young, and not so young. Behind the scenes you have a professional artist to guide the work, and a teacher to organize the students so all the grades can participate. The end result is a masterpiece that will be cherished for years to come.

This is a picture of what took place at the Whitemouth School in the process of creating the two mosaics that each stretch four feet wide by four feet long. The message that is conveyed through these pieces of art is one of respect; respect for seniors and respect for youth.

Community members volunteered their time to participate in the painting that is the back drop for the mosaic. They also relayed their message of encouragement and printed it on leaves that are part of the overall tree. The real fun began with adding glass rocks, mirror and other embellishments into the clay-like substance to create the mosaic. Some of the items on the mosaic at the Whitemouth School are personal pieces of vintage jewelry and watches that volunteers contributed to add that bit of history and personality. There was a sense of being drawn into the project as it was taking shape and the

seniors and students kept working at it over several months. There were eight or nine individuals from the community as well as different groups of seniors that had their hands in it including 'Sky's the Limit' (Adult Day Program) and eight to ten willing residents from the Personal Care Home.



The Mosaic created by the students is displayed at the Personal Care Home, while the one created by the seniors fittingly hangs in the entrance of the Whitemouth School.



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This was just the beginning of a collaborative effort of seniors working with students to create art. At the end of the school year Two Rivers Services to Seniors and the Whitemouth School organized an art show featuring the mosaic pieces, and also displaying various art projects that the students did throughout the school year. This project was made possible by a New Horizon's grant awarded to Two Rivers Services to Seniors, our local artist Annie Bergen and Joan Hyra, art teacher at the Whitemouth School .

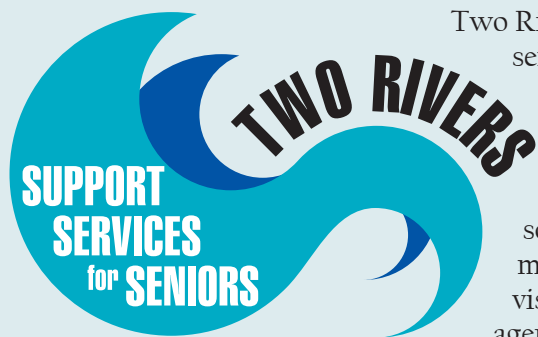
Even though the initial project; Expect Respect was finished in March 2016, the inter-generational art is still happening. The Whitemouth Art Show, now an annual event, is held at the Whitemouth School during Customer Appreciation weekend, usually the first Saturday in June. Students continue to work with seniors at the school as well as at the Personal Care Home (PCH). Joan Hyra, art teacher, has seen the benefits of providing this opportunity to all her students by continuing to bring her art projects with a few students at a time to the PCH and teach young and old to create together and has this to say about it, "The students at Whitemouth School love spending time with the seniors in their Community, both at the Personal Care Home and with the seniors from the Adult Day Program who come to the school. The students are always excited to go, and seek me out in the hall to ask when they can go back again. In each other, the young and the old find striking similarities, and share a similar rhythm, one that focuses not only on doing, but on the power of being. It is through the simplicity of doing art together;

helping each other and learning from each other that they find a renewed purpose, build self-esteem and confidence. But, perhaps, most importantly it's the positive interactions in an intergenerational program that, more than anything else, teaches us how to be human."

Annie, our artist, also comes to the PCH to teach art to our elderly about once every month. Debbie Mueller, director of the Recreation Department, says, "The seniors don't think they can do art but with the direction of our artist, some simple projects and the visual results have boosted their personal sense of worth."



Annie has this to say about the Art project, "Working on this intergenerational art piece was very rewarding. I appreciated to see the students and seniors connecting in such a positive way



Two Rivers Services to Seniors is a non-profit organization that provides services in the community by coordinating volunteers and fee for service workers to assist seniors and persons with disabilities.

The goal is to help them maintain their independence and remain in their home as long as possible. Services include transportation to medical appointments, shopping trips and social events, as well as house-cleaning, yard work, including minor maintenance and snow removal. We also provide friendly visiting to people who may feel isolated and referrals to appropriate agencies. Coordinators are trained to install and maintain the

Victoria Lifeline personal response service so help in an emergency can come at the push of their personal help button. We distribute Emergency Response Information Kits (ERIK®), manage the Meals on Wheels and Congregate Meal programs as well as organize health and wellness events of various topics. The list goes on and varies in each of the communities that we cover. Two Rivers was incorporated in 1995 and currently serves the RM of Whitemouth, RM of Reynolds, RM and Town of Lac du Bonnet and the LGD of Pinawa. For more information about Two Rivers services in the Whitemouth/Reynolds area please contact Darlene Mitton at 204-348-4610, email: wmrivers@mymts.net

Services to Seniors is a community program that is offered across Manitoba.



through the collaborative creation of art. The end result is two beautiful, mixed-media mosaics - one which graces the Personal Care Home and the other, the Whitemouth School entrance. The mosaics serve as a source of pride for those who contributed in its creation, and a source of beauty and inspiration for the many people who pass by on a daily basis. The messages written on the painted leaves leave a positive imprint to those who stop to read the words and a sense of wonder as they examine the various

tactile materials used to make this rich community mosaic.”

The purpose of this inter-generational project was to show respect and teach about the problem of elder abuse. The second part of the Expect Respect project involved producing an educational bingo game to teach young and old about the problem of elder abuse. Darlene Mitton, Resource Coordinator for Two Rivers created the game, replacing the usual numbers with statements that deal with abuse toward elders. Joan Hyra from Whitemouth School again showed her support by having a trial run of the game with her grade 7/8 class. The bingo game was launched on January 19, 2016 at the Whitemouth Community Center. The community showed their support with approximately 100 people, including the grade 7/8 Whitemouth School students, joining together to have fun and learn. To make it even more fun instead of bingo chips the game was played with M&M candy. Prizes were awarded to those that produced a Bingo.

Susan Crichton, Elder Abuse Consultant, was the guest speaker at the launch of the Expect Respect project, as well as at the art show in June and at the Bingo Launch in January.

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Whitemouth Reynolds Planning District

Encompasses the Rural Municipalities
of Whitemouth and Reynolds

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Building Permits are issued from the respective Municipality by the Building Inspector/Development Officer on contract. Prior to any moving, renovating, building or demolishing any structure, contact the R.M. office and speak to the Building Inspector. The safety of the public is ensured by the properly constructed/renovated dwellings, garages, or storage buildings complying with the National and Manitoba Building Codes.

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A Natural Legacy

As Canada celebrates its 150th birthday, we are provided with the opportunity to reflect on the landscape which lay before settlers when they first arrived in the Whitemouth River Watershed Natural Area.

A review of maps from the “Township and parish plan and plats” collection at the Manitoba Archives (see attached), shows what the land looked like in 1890 during early settlement. The area was described by the surveyor as a mixture of woodlands and wetlands, with a landscape dominated by:

- “Generally level country covered with Spruce, Tamarack and Alder” (West of the Whitemouth River);
- “Rolling country covered with large poplar, spruce, tamarac, birch, hazel and willow underbrush” (along the Whitemouth River); and
- “Heavily timbered country interspersed with tracts of muskeg, small gullies and windfalls” (East of the Whitemouth River).

Today, this unique landscape is the meeting place of



NATURE DEFINES US



natureconservancy.ca/mb
1.866.683.6934
manitoba@natureconservancy.ca

the boreal coniferous forest, vast peatlands, and the eastern Superior mixed forest which make up the Whitemouth River Watershed - one of nine natural areas where the Nature Conservancy of Canada focuses its work in Manitoba.

The Whitemouth River and its creeks and streams flow through a landscape comprised of healthy wetlands, forests and farms. The watershed supports human and wildlife communities dependent on the landscape with millions of tonnes of carbon stored in the largest peatland expanse in southern Manitoba.

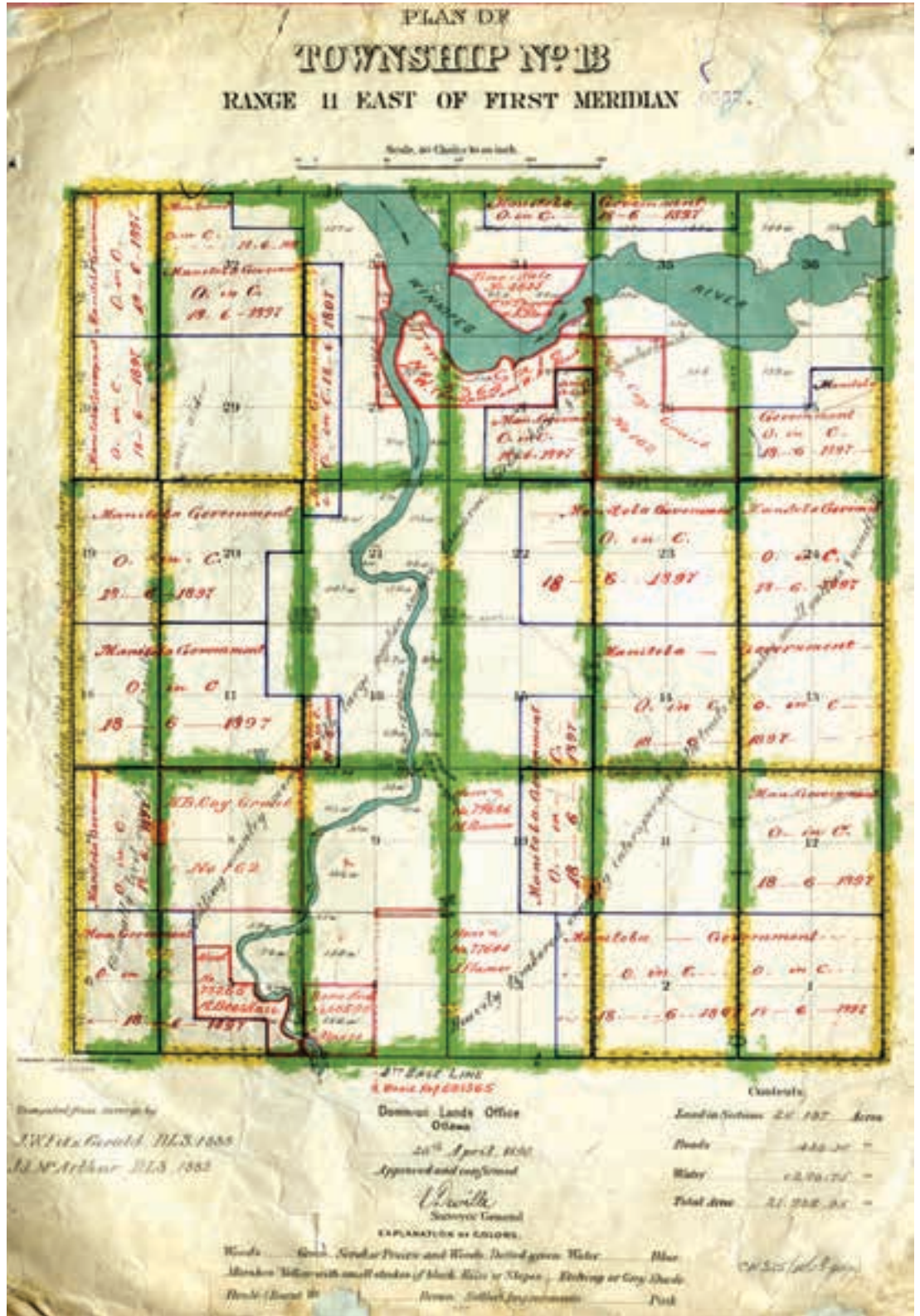
If you wish to support the natural heritage of the Whitemouth River Watershed by protecting the land and the species that call it home, we encourage you to contact the Manitoba Region of the Nature Conservancy of Canada at 1.866.683.6934.

The Nature Conservancy of Canada is the nation's leading land conservation organization, working to protect our most important natural areas and the species they sustain. Since 1977, NCC and its partners have helped to protect more 63,000 acres (25,495 hectares)

within Manitoba.

At this point in history, it's important to reflect on how we can work together to ensure that future generations continue to share in this natural legacy with results we can walk on. 🌿

Archives of Manitoba. Parish Plans. Schedule #NR0212.



COMMUNITY CENTRES AND ORGANIZATIONS

COMMUNITY CENTRES

Seven Sisters Community Centre & Skating Rink

Hall Rentals204-348-7693
Hall.....204-348-2535

Whitemouth Recreation Association

Hall Rentals204-348-2196
Hall.....204-348-2501

Whitemouth River Recreation Commission Inc.

49 Railway Ave
Whitemouth204-348-2221, ext 4

Whitemouth School.....204-348-2595

PLACES TO WORSHIP

St. Paul Lutheran Church

Corner of #408 & Homestead Road
River Hills204-348-2855

Whiteshell Baptist Church

Corner of #307 & #408
Seven Sisters Falls.....204-348-2536

Redeemer Lutheran Church

135 Henderson Avenue
Whitemouth204-348-2855

Ross United Church

39 First Street
Whitemouth204-348-2313

Whitemouth Fellowship

28 First Street
Whitemouth204-348-2453

Whitemouth Mennonite

3 Miles South on #406 off #44
Between Whitemouth & Elma.....204-348-2555

OTHER ORGANIZATIONS INCLUDE:

- Awana Youth Club
- Playtime Nursery School
- Church Youth Groups
- Seven Sisters Falls Wildlife Association
- Whitemouth Happy Hours Seniors' Club
- Whitemouth Library
- Whitemouth Municipal Museum Society
- Whitemouth Regional Community Development Corporation



ACCOMMODATIONS IN THE VALLEY

Cooks Falls Campground

66000 River Road
Whitemouth204-348-7752

Dunlop's Tourist Hotel

63060 Hwy 307
Seven Sisters204-348-2646

Lions Club Campground

President Shannon Malkoske
Whitemouth204-348-7777

Moon Gate Guest House

Michel & Jenny Dupas
#61105 Highway 406
www.moongateguesthouse.ca
Whitemouth204-348-2473

Rivers Edge Resort

Scott & Joy Sutyla
99 Regan Avenue
www.riversedgeresort.ca
Elma.....204-348-7368

Seven Sisters Motel & Restaurant

63004 Hwy 307
Seven Sisters204-348-3106

Staff House Bed & Breakfast

45 Elizabeth Crescent
Seven Sisters 204-223-6578 / 204-254-6889

Whitemouth Hotel

167 Railway Avenue
Whitemouth204-348-7774

EMERGENCY PHONE NUMBERS

Fire, Ambulance, Police 911

RCMP - Whitemouth..... 204-348-2935

- Lac du Bonnet..... 204-345-6311

- Pinawa 204-753-2217

Whitemouth District Health Centre 204-348-7191

Lac du Bonnet Health Centre 204-345-8647

Pinawa Hospital 204-753-2334

Pine Falls Health Complex 204-367-4441

For availability of open ER & doctors 1-866-267-5818
www.ierha.ca for schedule



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E V E N T S C A L E N D A R

Stay tuned to the RM of Whitemouth web site for a more complete listing of event dates in the Whitemouth River Valley. www.rmwhitemouth.com

April

Annual Soup, Sandwich & Cookie Fundraiser for Health Auxiliary

May

Annual Ladies Salad Supper Whiteshell Baptist Church in Seven Sisters, public invited

Annual Shooting Skills Day

International Museum Day

Lion's Picnic

June

Whitemouth Customer Appreciation (also pancake breakfast, library fundraiser, intergenerational art show) town wide garage sales

Kid's Day at the Museum

Seven Sisters Community Club Paint Night

July

Day of Music at the Museum

Seven Sisters Community Club Annual Water Event

August

Whitemouth Sports Days

Steak Night

Boreal Shores Art Tour

September

Seven Sisters Community Club Annual Harvest Party

Heritage Days

Eastern Juried Art Exhibition

Kids Best Cookbook Presentation

October

Museum's Haunted House

Seven Sisters Community Club Art Night (Friday night)

November

Museum Remembrance Day

WRA Annual Craft Sale

Seven Sisters Community Club Annual Craft Sale

December

Nursery Santa Breakfast & Santa Claus parade

WRA Annual Christmas Dinner

Annual Carol Fest

Holiday Train

January

Seven Sisters Community Club Game Night

February

Seven Sisters Falls Winter Fest

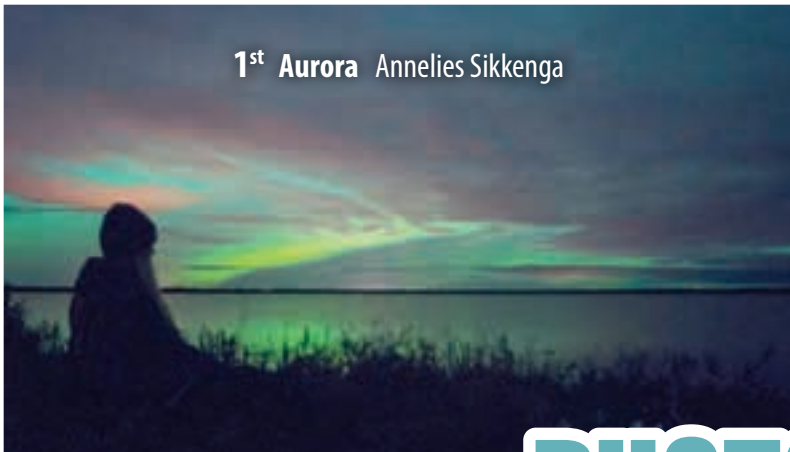
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2nd Apple Blossom and Pine Cones
Heather Koriak

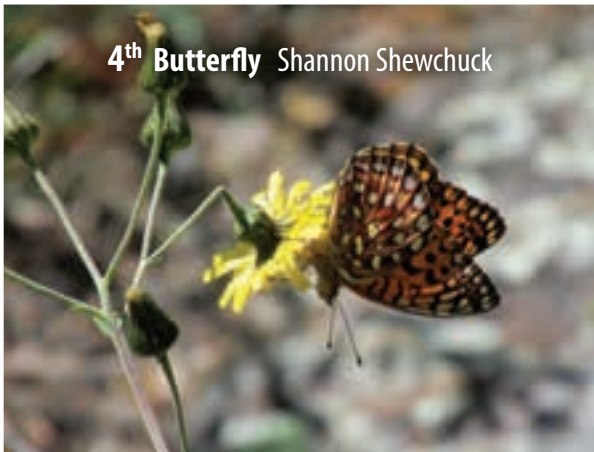
PHOTO CONTEST WINNERS



3rd Squirrely Day
Siggy Schumann



6th Mystic Maybe
Siggy Schumann



4th Butterfly Shannon Shewchuck



7th Winterlandschaft Siggy Schumann

PH: 204-348-2318

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C O N T R A C T I N G



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Meet the new look for the Rural Municipality of Whitemouth. We've captured the spirit of our community in a new identity, complete with a logo and name chosen by our very own community members, so that we can share it with others and express who we are: proud residents of the Whitemouth River Valley.



We want our towns to grow and flourish, so we're reaching out to potential newcomers. While you'll see this new identity around town in the future, remember that our heart will never change. Please join us in celebrating the new logo and inviting others to fall in love with this community.

Diamond Shelters

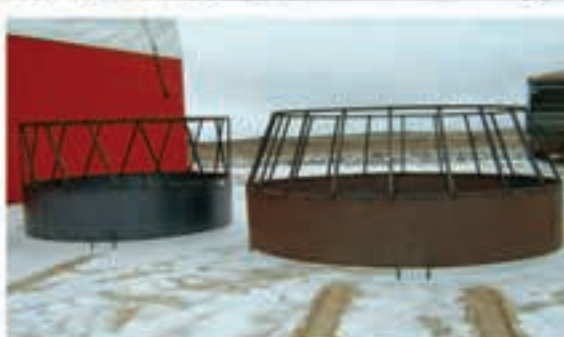
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