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# THE EXPRESS

VOLUME 5 EDITION 34 THURSDAY, AUGUST 23, 2018

## WEEKLY NEWS

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## Rodeo action

EXPRESS PHOTO BY ROBERT E. WILSON

Tara-Lynn Caumartin gets set to lasso a calf in the break away roping at the Eriksdale Rodeo last Saturday.

news > sports > opinion > community > people > entertainment > events > classifieds > careers > everything you need to know

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# GEAC farmers' market plants roots in Gimli

By Caitlyn Gowriluk

When the Gimli Environmental Advisory Committee (GEAC) first decided to start hosting an annual farmers' market a few years ago, it was because its members saw a need in their community, said organizer Lynda Dodunski.

"There was such an increase in people wanting to buy local produce [and] know what [they're] eating," said Dodunski.

The committee, which is also responsible for the area's community gardens, saw a farmer's market as the perfect way for them to get involved in filling this need.

"We kind of tried to tie that in with the community gardens," said Dodunski. "Every year, we have somebody who had a plot at the garden who would have some produce to sell at the market."

While the area is already home to several other farmers' markets, they usually happen on weekends during the summer, when some people aren't around to attend them, said Dodunski.

"We wanted to give another opportunity to local residents to go to a market," she said. "People could come who might not have that opportunity."

For people like Pat Nuspl, who has been selling at the GEAC farmers' market since its first year, the market is also a chance for vendors to connect face-to-face with their customers.

"I think farmers' markets are becoming more popular as people are more concerned about where their food is coming from, and what is being put on things as they're growing," said Nuspl, who has sold homemade pickles, and products from Sandy Hook Soap Factory, her all-natural line of soaps and other beauty products, at the market.

"It's something where you can speak to the farmer. You can ask these sorts of questions. Maybe it's because we're getting to be a more aging population, [so] we're paying more attention to that sort of thing to have a more healthful lifestyle and to be more careful of what we're consuming."

This year, the committee is expecting to have somewhere around 15 vendors at the market — selling a wide variety of products including crystals, smoked fish, jewelry, jams, sewing products, walking sticks, honey, soaps, plants, teas and knitted goods — plus live music on-site, said Dodunski.

"It's really grown. The first year, it was quite small," said Dodunski. "It just seems to get better every year. And it gives local people who sell things an opportunity to come out and sell their products."

The 2018 GEAC farmers' market is on Friday, Aug. 24 from 2:30 to 5:30 p.m. at the Gimli Multipurpose Building, located at 17B North Colonization Rd.



EXPRESS PHOTO SUBMITTED

Pat Nuspl will be selling pickles at the Gimli Environmental Advisory Committee's annual farmers' market on Aug. 24.

## Ashern Fire Chief reminds everyone to be cautious when burning

By Jeff Ward

Ashern Fire Chief Ken Falk said the dry conditions this spring and sum-

mer have made for some prime fire conditions and he wants residents to be cautious when doing any burning.

Falk, who was part of a crew that spent days fighting a wildfire that burned over 18,000 hectares of pasture back in May, said that the dry conditions have not improved. Very little rain has made the ground bone-dry, and this summer his crew has been called out to three separate fires that have been started by hay bines striking stones in the meadow. He said that he's never seen that in his career and added that there is no moisture in the grass at all. He explained that he has spoken with farmers and asked them to bring fire extinguishers with them just in case but admitted that it might not be enough.

"If they're carrying, you do have the chance to put it out if you catch it quickly," said Falk.

"We did have one farmer who did have an extinguisher with him, but by the time he turned around, it was already too large and dangerous to deal with on his own. Another farmer wanted to mount a pack can on his tractor, which can help fight grass fires."

The RM of Grey, just south of Portage la Prairie, reinstated their burning ban on Aug. 15. Falk said that he saw it on social media and that typi-

cally burning bans don't come back this late in the season, which speaks to how dry things have been. He said that his department hasn't discussed reinstating a ban for Ashern but still cautions people to be very careful when burning.

Falk said they are constantly monitoring the situation and they're hoping for a good two to three days of rain. In previous storms, the rain would all but evaporate within hours after the storm due to how hot it has been.

"There has been some sporadic rain here and there and you think that a half-inch would look like something, but in two days' time, you wouldn't even know you had rain at all."

Fires can happen to anyone and it's important for people to be vigilant as fire can spread quickly with these conditions. Even Falk, who has decades' worth of experience dealing with fire, can have one spark surprise him.

"I also farm a bit myself and one day I was out on the hay bine and I had just done a row and turned around and noticed there was a fire on my field. Luckily it was close to the end of the field, so I was able to stomp it out. But I've never seen a fire started from a hay bine hitting a stone," said Falk.

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# Bringing back the birds

By Caitlyn Gowriluk

Last Thursday, a group of people showed up bright and early on the shores of Sandy Bar Beach.

But they weren't there for a day in the sun — it was part of a volunteer-led effort to clean up some invasive species of weeds that have started growing along the beach's shoreline.

The beach has been designated by Nature Manitoba as an Important Bird Area (IBA), which means it's a habitat with demonstrated significance to birds and biodiversity. In Manitoba, there are 35 IBAs that cover over 15,680 square kilometres.

The particular IBA at this beach — officially known as the Riverton Sandy Bar IBA — is most notable for its occasional records of nesting piping plovers, a species of shorebird that has been declared nationally endangered and globally vulnerable, said IBA program assistant Lynnea Parker.

But the piping plover has been seen at Sandy Bar less and less frequently, which is largely attributed to human activity, said Parker.

"It's become a less suitable habitat for them, so they haven't been seen back," said Parker.

One of the most pervasive issues keeping the piping plover away — and the one this volunteer-led event is trying to combat — is the introduction of several invasive species of weeds onto the shoreline, which has prevented them from continuing to nest there.

"They get brought by people walking up the bar and, say, bringing seeds on their clothes or on their shoes. And that distributes these weedy plants," said Parker.

The increased use of all-terrain vehicles along the beach has also helped the weeds settle into the shoreline, said Parker.

"Previously, these plants wouldn't have been able to establish because



A volunteer walks along Sandy Bar Beach with equipment to scope out any birds that may have returned to its shores after invasive vegetation made it uninhabitable for them.

of the loose sand," she said. "But the more compacted the sand gets through recreational activities on the sand bar — the more compacted it gets — [the easier it is for plants to] establish that normally wouldn't. And so we're just helping compensate for that by removing them."



EXPRESS PHOTOS BY CAITLYN GOWRILUK

Lynnea Parker, left, and Joanne Smith, the designated caretaker for the Riverton Sandy Bar IBA, right, pull weeds on the shore of Sandy Bar Beach on Aug. 16.



EXPRESS PHOTO SUBMITTED

A group of 24 volunteers gathered at Sandy Bar Beach on Aug. 16 to remove harmful vegetation that has made the area uninhabitable for some threatened species of birds. They filled 41 bags of weeds.

The annual weed pull at Sandy Bar Beach, now in its third year, has also begun to have another effect, said Parker.

"[The events] foster public appreciation for important bird areas and birding in general," she said. "It's a way for people to reconnect to the land and

feel like they can have a positive impact in environmental stewardship."

The Riverton Sandy Bar IBA has been designated by Nature Manitoba as globally significant for its congregatory species and concentrations of colonial water birds and sea birds.

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# PNHC contributes to Spousal Resiliency Training Retreat

## Submitted

Project New Hope Canada, a not-for-profit volunteer organization supporting veterans with PTSD and their families, has made a \$6,000 contribution towards this year's Spousal Resiliency Training Retreat to be held in Russell from Sept. 28 to 30.

This is the fifth year that PNHC has contributed to the retreats, with the amounts annually increasing as fundraising abilities have improved. Last year's retreat enabled 35 spouses to learn new coping strategies as well as emotionally recharging themselves to be better prepared to handle the challenges of living with a PTSD casualty. An equal number is anticipated to attend at this year's retreat. If you are a spouse of a PTSD casualty and are interested in attending a retreat, contact Angie Duda 204-831-3444 or Christine Howell 204-765-3000, ext 4031.

Organizationally, PNHC has recently had a change in executive with several long-term members stepping down. The current active directors are Carolyn Adamko as president, Noreen Stone as treasurer, Don Adamko as secretary and Tyra Master-Heinrichs and Victoria Stone as directors at large. As a volunteer organization, they are always looking for additional help. If you are interested in helping out occasionally at fundraisers or more often as a member of the board, all help is welcome. To volunteer, contact Carolyn Adamko at 204-461-1616 or 204-



**EXPRESS PHOTO SUBMITTED**  
Retreat organizers Angie Duda, left, Christine Howell, middle, receive a \$6,000 from family support co-ordinators and family liaison officer Carolyn Senchuk-Lavergne.

383-5223.

In order to fund retreats, PNHC is involved with several fundraisers. In mid-July, they directly supported the 3rd Annual Teulon Ride-In Rally by putting on the pancake breakfast, helping sell souvenir merchandise and running the 50-50 draw. The rally was a fundraising success, and PNHC anticipates

receiving a sizeable contribution from the rally committee once all bills are paid.

Coming up next is a fun golf tournament to be held at the Winnipeg Military Base Golf Course on Friday, Sept. 7. This will be a four ball-best ball competition with prizes for ladies and men in various golf skills and events. It also includes a pork tenderloin buffet lunch, all for \$40 per person. Book early by calling Carolyn Adamko and be one of the 100 maximum to play.

The final major fundraiser for the year will be an Old Time Dance followed by a fall supper to be held at the Meadow Lea Hall (near Marquette) on Sunday, Oct. 21. Country Pride is the band for the dance. Turkey, meatballs and coleslaw, along with trimmings plus dessert, will be served for supper. People are welcome to attend the dance or the supper or both. The cost is \$15 for the dance and \$15 for supper. Reservations for the supper are required. Bookings for dance and/or supper can also be made by calling Carolyn Adamko.

"PNHC would like to thank all the people who have supported us this past year, as well as those who plan to support us in this year's events," said Don Adamko in a news release. "Your participation in our fundraiser events helps veterans and their families live a better life."

# Ashern Farmer experiencing hay shortage from dry conditions

## By Jeff Ward

Similar to other farmers around the Interlake, John Bezemer, who lives West of Ashern, is also experiencing the issues of the extremely dry conditions of this summer that has him scrambling for hay.

Long periods of extreme heat coupled with very little rain have made for drought-like conditions on many pastures in the Interlake. Bezemer, who is also a Ward 2 councillor for the RM of West Interlake, said that his area has seen just enough rain to keep the grass growing but that his hay crop is approximately one-third to half of what it was last year.

And this is happening all over. Farmers are struggling to produce any quality hay, which has driven up the price of hay bales and forced producers to

find other means to feed their herd. Some are renting pasture and others are buying grain to supplement their feed. Either way, farmers are having to spend more money to feed the animals they have.

"Personally, me and my wife don't think we could afford hay at the cost it is now," said Bezemer.

"You're almost better off to sell the cows and then try to buy them back when you have more feed. It's simple math because it's a lot of money to tie up in feed."

Bezemer said that selling cows is something he most likely won't have to do as he's been able to get a decent amount of wild hay. It's not very good quality hay, but it's good enough to put time between now and when he would normally have to supplement his feed.

Bezemer calls it roughage feed but said it will buy him time. A few weeks might not seem like that much, but in this situation those two weeks can become very financially draining.

"As a rough average, one round bale will feed 10 cows for one day. So do the math: if you have 200 cows, it becomes a lot of hay you need to buy."

Bezemer offered an example of his hay yield this year compared to last. He said his good field produced 200 bales of hay last year and this year they got just 50.

"It makes you think if it was worth burning the diesel to go out and get it," he added.

Bezemer hopes the pasture will sustain itself through the winter. He said that with enough snow, the ground will come back to normal next year.

## Gimli Community Health Centre Non Urgent Walk-in Medical Clinic

A non-urgent walk-in medical clinic will be available 10:00 a.m. to 6:00 p.m. on Saturdays, Sundays and statutory holidays.

The clinic will be open to accept walk-in patients starting May 19 until September 3, 2018



Interlake-Eastern  
Regional Health Authority

**Appointments for the non-urgent medical clinic are not necessary.**

This clinic is in the physicians' offices in the Gimli Community Health Centre. Please use the 6th Avenue entrance (204-642-4595).

**On Saturday, September 1 the clinic will be open from 9 a.m. to 5 p.m.**

## Physician accepting new patients in Arborg and Riverton

Dr. Arminster Mann is now accepting new patients at the Arborg Primary Health Care Centre and, on Thursdays, at the Riverton Clinic. Dr. Mann completed his medical training in Punjab, India, and has also trained at the University of Manitoba.



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**Appointments with Dr. Mann can be made by calling:**  
**Arborg Primary Health Care Centre: Ph. 204 376 2781**  
**Riverton Clinic: Ph. 204 378 2460**

# getfishing

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## Sharing more than fish stories

Hello my good friends.

It was pleasant sitting in folding chairs on the bridge over the Brokenhead River in last Thursday's early morning sun with a cool breeze at our backs. Lawrence Proulx and I played our baited lines over the bridge's edge with other anglers participating in the Brokenhead Ojibway Nation Fishing Derby. Junior Manitoba Ice Fishing Association members Teagan and Keenen Park sat close by their baited hooks dropped against the reeds hoping for a perch catch. The ladies, who were helping run the derby in conjunction with last week's Treaty Days, were busy under cabanas selling tickets and tormenting the anglers on the bridge with the wonderful smell of barbecued hotdogs. Johnny Bear, the local MIFA board member, stopped by to say hi.

As the morning turned to early afternoon, a little girl wearing a cap with "Princess" on it came skipping by to the weigh-in event co-ordinator Tanis Bolten with what turned out to be the winning bass. Excited with her success, she charged back to her fishing spot along the river's bank only to return a bit later with an almost three-foot-long and first-place winning walleye.

"She's the luckiest fisher in the whole family," exclaimed her tall, thin,

dark-haired father, Darrell Bear.

Darrell told how his daughter, Netaysiah, almost lost the fish when, just as she landed it, it slipped the hook and was wiggling back toward the water in the sloping mud. Darrell stopped it with his foot until Netaysiah got it by the gills. Good for you, Netaysiah.

On the waterfront pier in Selkirk last Friday, I noticed a big man with short, curly, graying hair. We introduced ourselves, and Mr. Sawatski, given to speaking in short phrases, remembered a time when he and his father went fishing on Royal Lake in Ontario. After hours of not catching anything, they prepared to load their boat in very choppy waves. As the boat tilted backwards on the trailer, still in deep water, a pickerel flipped out of a cresting wave right into the boat!

Driving over the Netley Creek bridge through Petersfield, one cannot help glancing at the winding creek on either side with its slow-moving green waters and marsh fields. On a particular day last week, I happened to see two women beside their cars that were nosed up to the edge of the creek's water, pulling out their fishing gear. Never willing to lose the opportunity to find us a fresh fishing story, I left the road and turned onto the short grass by them.

One of the women was already at

the bank's edge about to cast out. I left Old Red and walked down to her past the other gal, who I later learned was her daughter, Alysh. I held out my card saying, "Hi, I was wondering if you might have a fishing experience you would share with our fellow anglers?"

"Give me a minute," she said quickly with an accommodating smile as she put her fingers to her lips looking skyward in thought.

"Yes, I have one," she burst out.

"Could I have your name?" I hastened to keep up with this rather small yet extremely fit tornado of energy.

In a strong voice, she began, her thoughts organized before she spoke. She emphasized the points of her story with emphatic nods, pacing as she spoke, her back arched in tension. Though her cheeks and chin were round and full, her eyes were soft and searching, under blond sun-bleached eyebrows. Her hair, lightened from many days under the sun, was pulled back tight under a well-used bright-coloured cap.

"I'm Ruby Schilke from St. Andrews," she began, launching into her story of years ago when she and a boyfriend, Ed, went on a fishing trip in northern Ontario. Young and fearless, they hauled quads east of Nopiming Park until mud washes stopped them.



EXPRESS PHOTO SUBMITTED

Netaysiah Bear with her trophies for best bass and walleye catches awarded by Shawn Kent at the Brokenhead Ojibway Fishing Derby.

Then they used the machines to get to an untouched lake devoid of man except for an old abandoned conservation boat with a small hole in it. To them, it was a found treasure.

They stowed their gear in it, making sure they had a bailing can, and set out for the best and fastest limit-filling fishing experience of their lives Ruby almost immediately caught a 33.5-inch jack — and she knows that for sure because on the inside of the conservation boat's side, a measuring rule was mounted for that purpose. Then her speech slowed and became lower. Standing with hands on hips, the picture of independence, she uttered, "I released that jack very quickly — and, come to think of it, Ed, later also."

Have a great week. Bye for now.

## Annual rodeo will be a double points event for riders

By Jeff Ward

A "double your points" side pot will be available to all riders registered for the 26th annual Ashern Rodeo, and organizers are hoping the incentive brings out more riders to take part Aug. 31 to Sept. 2.

Ashern Rodeo president John Bezemer said that he was informed last week that the Manitoba Rodeo Cowboys Association (MRCA) is offering a double points side pot. The side pot costs \$35 extra for senior events and \$15 for junior events. Double points could mean big changes to the year-end season standings for riders who place high, and Bezemer said he and the rodeo committee were very happy Ashern's event was chosen to have the side pot.

Of course, the rodeo will have dozens of other activities kicking off Friday evening with a street dance and touch-a-truck event hosted by the Ashern Skating Club at 5 p.m. The club is also making the first hour of their event a reduced sensory hour where lights, sirens and loud noises will be prohibited to make sure that people with complex needs can still participate and enjoy the fun.

Saturday morning starts with a pancake breakfast cooked by Ashern Fire Department members at Ashern Centennial Hall at 8:30 a.m., sponsored by the Ashern Rodeo Committee. The parade will start at 11:30 a.m. and the

rodeo grounds opens at 2 p.m. Rodeo events begin at 4 p.m. while the outdoor social starts at 8 p.m.

Sunday opens with the Cowboy Church Service at the grounds at 10:30 a.m. and at 11 a.m. the 26th Annual Threshermen's Reunion takes place at the Ashern Pioneer Museum for Threshing Day. The rodeo finals start at 3 p.m.

Kids' activities will take place all weekend and rodeo passes can be purchased at the gate. A day pass is \$10 and a weekend pass is \$15 with children ages six and under getting for free.

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*kl*  
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# get informed

NEWS > VIEWS > GIMLI > ARBORG > HIGHWAY 6 > SURROUNDING AREAS

## Manitobans can do their part in stopping auto insurance fraud

**Submitted by Manitoba Public Insurance**  
Auto insurance fraud has a financial cost for all Manitoba Public Insurance ratepayers, which is why the province's public auto insurer is putting out the call to Manitobans to report suspected fraudsters.

Disturbingly, the corporation's Special Investigation Unit is seeing an increase in fraudulent activity. As a result, MPI watchdogs are initiating more investigations and using new investigative tools that are anticipated to save Autopac ratepayers upwards of \$8 million this year, compared to \$6.5 million in 2017.

One such investigation recently resulted in a Hadashville man being ordered to repay \$35,056 in insurance benefits paid after pleading guilty to making a false statement. In addition to the court-ordered restitution, the man, who stated he was unable to work due to injuries after an auto crash, was fined \$1,000 plus court costs of \$450. He was also given a three-year supervised probation order, during which time he must com-

plete 50 hours of community service work.

Investigations revealed the man was working full days doing construction, including working on his cottage and boathouse while collecting income replacement benefits from MPI.

"Fraud is a concern for all insurance companies and Manitoba Public Insurance is no exception," said Curtis Wennberg, vice-president of customer service and chief operating officer of Manitoba Public Insurance.

"While some may see fraud as a 'victimless crime,' the reality is that auto insurance fraud costs every single ratepayer, which makes every honest MPI customer a victim. This is why we're reaching out to all Manitobans to help stop auto insurance fraud by reporting information confidentially and anonymously to the Manitoba Public Insurance TIPS line."

What is auto insurance fraud?

While some frauds may be elaborate and highly planned, such as staged collisions involving multiple vehicles or intentional vehicle arson, auto in-

surance frauds can also be less overt. Examples may include exaggerating personal injury, claiming income replacement indemnity when able to work, claiming unrelated or pre-existing vehicle damage, or providing a false or misleading account of how a crash happened.

Committing auto insurance fraud can have serious consequences. In Manitoba, claims confirmed as fraudulent will result in termination of benefits, outright denial of insurance coverage or possible criminal charges being laid.

"Fraud schemes can be very complex but also very simple," added Wennberg. "In the end, they all create unnecessary costs to our ratepayers, which is why we are committed to investigating all suspected fraudulent activity involving claimants or service providers."

Are you aware of a suspected auto insurance fraud?

Call the Manitoba Public Insurance TIPS line 204-985-8477 or toll-free 1-877-985-8477.

## Manitoba farmers and motorists reminded to keep safety a priority during harvest

**Submitted**

With harvest underway across much of the province, Manitoba Agriculture is reminding farmers, farm families, employees and motorists to keep safety as a top priority during this extremely busy period, recognizing there are many tasks to be completed when the weather co-operates.

Planning and taking appropriate

precautions can help limit the health and safety risks connected to the harvest season, with the goal of reducing the likelihood of injury.

To help improve safety on and around the farm, Manitobans can:

- take extra precautions when driving past or near slow-moving farm equipment;
- be respectful of other drivers, as

long lineups of slow-moving vehicles can cause frustration;

- ensure all lights are working and properly adjusted before moving farm equipment on public roads;
- be aware of height, length and weight restrictions on farm vehicles and when permits may be required;

Continued on page 7

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# get informed

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## New website for rural and northern mental health supports

By Caitlyn Gowriluk

Thanks to a recent donation, people in rural and northern communities can now access online mental health supports with a single click.

Manitoba Farm, Rural & Northern Support Services was selected as a charity of choice at this year's Crop-Connect Conference and received money that went toward making much-needed updates to its website, said manager of counselling services Janet Smith.

"What we wanted to do with this one was just make it cleaner, brighter, easier to navigate," said Smith. "[We wanted people] to see themselves in it, to learn about what we do, and to be empowered to reach out for help if they or someone they know is struggling."

Manitoba Farm, Rural & Northern Support Services provides mental health supports to people in rural and northern communities through its toll-free number and, more recently, through an online chat support feature on its website.

What sets it apart from other mental health resources, though, is that all its counsellors have farming backgrounds and specialize in supporting the farming community.

But this doesn't mean, as many people think, that their services are only for farmers, said Smith.

"We're also well-versed in the needs and issues that pertain to rural Manitobans, and those in the north," said Smith. "The issue that you're calling about doesn't have to do with farming."

Having services that are specifically designed with people living in rural communities in mind is an important step in making sure everyone has access to adequate mental health supports, said Smith.

"Folks that live in farming communities, rural communities and the north have really unique needs. For farmers, of course, there's the fact that, in many ways, farming culture is a culture. Farmers tend to have some unique stressors, often associated with their livelihood. Right now, we're seeing extraordinarily dry conditions, so we're hearing from farmers that are really worried about their yields and whether they'll have enough hay to feed their cattle," said Smith.

"Farming is considered one of the world's most dangerous and stress-

ful occupations, and so I think the fact that our counsellors all have farming backgrounds is something that can connect them and help them build rapport with their callers. Farmers don't tend to reach out for help easily, despite the high stress levels that they experience. That is changing, [and] we're glad to see it changing, but it's taking some time."

Manitoba Farm, Rural & Northern Support Services' supports are all free and confidential, covering issues including addictions, abuse, trauma, domestic violence and financial stress, said Smith.

Their toll-free number is 1-866-367-3276, which can be accessed Monday to Friday from 10 a.m. to 9 p.m. Their live chat supports are available on their website at supportline.ca.

## Fairford Control Structure undergoing upgrades

By Jeff Ward

The Fairford River Water Control Structure is currently undergoing rehabilitation work as crews focus on Phase 2 of work that began in 2016.

The structure saw safety improvements during Phase 1 of the project in 2016 with grate covers placed over the openings of the base and improvements to worker safety on the platform.

Phase 2 is currently underway, which is to install a new stoplog lifting system and stoplogs that will be completed over the next few months.

Chris Propp, a hydrologic services engineer for Manitoba Infrastructure, explained that the new system will reduce the number of workers needed to operate the stoplogs from six to just two. The new system will be far more efficient in changing the outflows through the structure.

Stoplogs are what controls the flow of water through the structure. In this case, they are 20-foot-long steel tubes filled with concrete that, before the improvements, needed to be manually set by a crew. Propp said this new system can be done by remote and is

powered. The speed limit on Highway 6 is reduced to 60 kilometres per hour over the bridge while work is underway.

The outflow through the structure is also being reduced to 60 per cent of its full capacity, in accordance with existing operating guidelines. Propp explained that 60 per cent is around the natural outflow of the Fairford River.

The Hydrologic Forecasting and Water Management branch of Manitoba Infrastructure advised that the water level on Lake Manitoba, which is currently in the middle of the target

operating range of 810.5 to 812.5 feet, will continue to decrease. A combination of lake outflows and evaporation losses will see the level go down, but it will remain above 811 feet.

Through a media bulletin, the government said that "this fall, Lake Manitoba inflows, outflows and precipitation conditions will continue to be monitored and evaluated. Adjustments will be made if necessary to ensure that the lake will be within the target operating range heading into the spring break up."

### > HARVEST, FROM PG. 6

- recognize the risks associated with fatigue when driving or handling other tasks;
- regularly inspect and maintain farm equipment;
- create a safe, separate and supervised play area for children on the farm; and
- identify which farm tasks may be appropriate for young people, based on their age, skill levels and the youth work guidelines available at [www.cultivatesafety.org](http://www.cultivatesafety.org).

The Manitoba Farm Safety Program provides training, resources and support to producers to ensure they understand workplace safety require-

ments and provide a healthy, safe workplace. For more information, visit [www.manitobafarmsafety.ca](http://www.manitobafarmsafety.ca) or follow the Twitter channel at [www.twitter.com/MBFarmSafe](https://twitter.com/MBFarmSafe).

If harvest becomes stressful for producers and their families, free confidential support is available through Manitoba Farm, Rural and Northern Support Services at 1-866-367-3276 (toll-free) or online at [www.supportline.ca](http://www.supportline.ca).

For more information about oversize vehicles and necessary permits, visit [www.gov.mb.ca/mit/mcd/mcpd/mfes.html](http://www.gov.mb.ca/mit/mcd/mcpd/mfes.html), or call 204-945-3961 or 1-877-812-0009 (toll-free).

### New Doctor Accepting Patients in Gimli

The Interlake-Eastern Regional Health Authority and its community partners are pleased to welcome Dr. Sarah Bleloch to practice in the Gimli Community Health Centre. She completed her medical studies at the University of Manitoba with a focus on women's health, addictions, eating disorders and mental health.



**Dr. Bleloch is currently accepting new patients. To make an appointment, please call 204-642-1618.**

# Eriksdale Creamery Days celebrates history, community togetherness

## Staff

Eriksdale's annual Creamery Days Fair and Rodeo saw hundreds of people come out for a weekend filled with fun activities for families and a thrilling rodeo that kept spectators on the edge of their seats.

Creamery Days is a weekend-long festival with live music, an old time country dance, parade, museum tours, kids games and activities, good food and a rodeo packed with events. The fair and rodeo are one of the town's big summer events, and this past weekend it saw hundreds flock to both McEwen Park Rodeo Grounds and the Eriksdale Creamery Museum to take part.

A nice long parade of the community's hard working organizations toured through town Saturday morning. A small storm tore through Eriksdale following the parade but thankfully didn't dampen the events and only lasted about 20 minutes.

Selkirk-Interlake-Eastman MP James Bezan and Interlake MLA Derek Johnson both spoke during the opening remarks on Saturday and commended the Eriksdale Creamery Museum board for their hard work in organizing another event. Bezan said he remembered Eriksdale Creamery butter on his table when he was growing up and it's a fond memory.

The Heartland Rodeo Association put on another thrilling rodeo Saturday and Sunday, which saw the viewing gallery at McEwen Park full. Bareback, saddlebronc, tie-down rop-

ing, goat tying, team roping and even mutton busting among others were all part of the weekend events.

## Rodeo Results

Saddlebronc: 1st - Anthony Potvin, 2nd - Ryan Vandersteen. No other qualified rides.

Tie Down Roping: 1st - Scot Peters, 2nd - Duane Caumartin, 3rd - Kurt Desjardins.

Goat Tying: 1st - Aliviah Collins, 2nd - Carrie Bannister, 3rd - Morgan Reimer.

Breakaway Roping: 1st - Shyla Fuchs, Dana Gardiner tied for second with Reayn Caumartin, 3rd - Chantel Colli.

PeeWee Barrel Racing: 1st - Tristain Caumartin, 2nd - Karen Caumartin, 3rd - Zachary Lage.

Junior Barrel Racing: 1st - Kalbry Pearson, 2nd - Janelle Darragh, 3rd - Tara-Lynn Caumartin.

Ladies Barrel Racing: 1st - Alex Park, 2nd - Shyla Fuchs, 3rd - Adele Sobey.

Junior Steer Riding: Dane Pearson and Cole Chapman, tied for first with Damon Tritthart and Laine Chapman, 3rd - Stathen Stuart.

Steer Wrestling: 1st - Anthony Potvin, 2nd - Clay Allan. No other qualified rides.

Team Roping: 1st - Ed Loewen/Cral Brandt, 2nd - Heather Manns/Justin Unrau, 3rd - Jeff Galbraith/Jerry Grant.

Bull Riding: 1st - Karson Turel, 2nd - Jonny Mymko. No other qualified rides.





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# Golf tourney to support First Nation animal rescue

Inwood Golf & Country Club event Sept. 8

By Jennifer McFee

Animal lovers will be interested in the opportunity to support the first annual fundraising golf tournament for Spirit of Hope Rescue.

The event is scheduled for Saturday, Sept. 8 at 11 a.m. at Inwood Golf and Country Club to raise funds for the volunteer-run non-profit dog rescue that works with more than 30 First Nation communities across the province.

Since its inception in 2012, Spirit of Hope Rescue has saved more than 2,500 dogs, with more than 115 dogs in foster care at any given time. The foster-based rescue averages about 40



Foster dogs need forever homes.



EXPRESS PHOTOS SUBMITTED

Shelly Courtney has fostered about a dozen dogs. Now she's helping to organize a golf tournament for Spirit of Hope Rescue.

adoptions each month.

Teulon resident Shelly Courtney has fostered about a dozen animals for the organization, and she also oversees the applications for other potential foster homes.

"We work with a lot of northern communities. We rescue dogs that are up on the reserves and do spay and neuter clinics to prevent further breeding. They have 'dog shoot' days up there. More rescues are getting involved and trying to save all of them from that type of situa-

tion," said Courtney, who is involved in organizing the fundraiser.

"They're not being fed and they're diseased. We bring them down and put them through the veterinary ordeal. They get their shots and they get put into foster homes so that they're cared for. They get some basic training so that they can find their forever home."

The funds raised from the golf tournament will help to cover the cost of vet bills as well as any other items.

"The vet bills are always accruing to look after animals all year long and bring them in. So any kind of fundraising is nice to bring down those vet bills so that we can save more dogs," Courtney said.

"There are a lot of supplies that are donated. A lot of the time we have sponsors that will fly in animals in emergency situations. Sometimes in emergency situations, there's just not enough supplies and we need to buy things like

leashes, collars and other items."

Fundraisers for the organization take place often throughout the city, but they're more rare in rural communities.

"It's nice to have one outside of the city for all of us dog lovers out here to enjoy and support," Courtney said.

"It's our very first one, so it's hard to anticipate how many people will be coming. But with word of mouth, I'm guessing that it's going to be a good turnout."

For anyone who doesn't golf, they're welcome to help out by sending in a donation, by providing a prize for the silent auction or by simply spreading the word about the event.

The cost to participate in the four-some Texas Scramble is \$60 per player, which includes a cart and supper.

For more information or to register, contact Shelly Courtney at 204-861-2423 or sohrgolf@gmail.com. The registration deadline is Aug. 30.



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# Gimli SuperWalk sheds light on Parkinson's conversations

By Caitlyn Gowriluk

For Shirley Michaluk, it took at least five years of nearly constant aches and muscle spasms to get a proper diagnosis. Doctors initially thought she had fibromyalgia, a neurological condition that cause widespread pain and fatigue.

But, even years later, the medication they had prescribed for her wasn't working.

"I was in a lot of pain," said Michaluk. "And I was shaking."

Finally, a physiotherapist she saw in 2011 noticed signs in Michaluk that pointed to another cause. After a visit to her doctor's office and an appointment with a neurologist, Michaluk was given a new diagnosis: Parkinson's disease.

Even as a retired nurse, the diagnosis came with a steep learning curve.

"I'd never heard about Parkinson's," said Michaluk. "I'd never had a patient who had Parkinson's."

But Michaluk is far from alone in her experience: more than 25 people are diagnosed with Parkinson's disease every day in Canada, said a report from advocacy organization Parkinson Canada. Data from Statistics Canada show there were over 55,000 people living with Parkinson's disease in 2010, a number the Parkinson Canada report said is expected to more than double by 2031.

Despite the growing number of people living with Parkinson's disease in Canada, many still don't know much about the condition, said Michaluk.

"So we're continually trying to educate people," she said. "We're continually trying to help people who have Parkinson's by teaching others about it and how to deal with us or care for us or look after us."

One of the best ways to do this is by having open conversations about what it can be like — because it's different for everyone — to live with Parkinson's disease, said Michaluk.

"I think a big part is admitting [it], and not to be ashamed of having it," said Michaluk. "There's other people that are having the same problems, or slightly different, but that understand



Shirley Michaluk sits at home as she knits a small dishcloth in her living room on Aug. 14. Michaluk, 67, was diagnosed with Parkinson's disease and had a stroke in 2011, which has forced her to stop doing some of the things she loves, like volunteering.

and can help you to get through life."

That's what makes the upcoming Parkinson SuperWalk in Gimli next month such a good opportunity, she said. It gives people a chance to have the kind of conversations about Parkinson's disease that she sees as crucial to making things easier for people living with the condition.

While Michaluk said there are often disheartening moments of living with Parkinson's disease — like seeing people older than she is who can do things she hasn't been able to continue doing, like driving, volunteering and knitting — she perseveres.

"When I wake up in the morning, first thing, I have to sit on the side of the bed for a while before I can get up," said Michaluk. "Then I have to push myself to get up."

It's a slow process, and it happens every morning, but Michaluk said there's something she tells herself that helps.

"It's almost like the little train that knew they could," she said. "I wish I can. I wish I can. I wish I can."

And then, every morning, she does.

The Parkinson SuperWalk in Gimli is happening on Sept. 9.



EXPRESS PHOTOS BY CAITLYN GOWRILUK

Shirley Michaluk and her husband, Michael Michaluk, walk outside on their back porch. Shirley uses a walker specifically made for people living with Parkinson's disease — it shoots a red laser onto the floor for the user to follow with their steps, which can help prevent gait freezing episodes, one of the disease's most debilitating motor symptoms.

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# Heat didn't get in the way of a good time at Moosehorn Community Pride

By Jeff Ward

Blistering heat may have caused attendance numbers to dip slightly but Moosehorn Community Pride still saw hundreds come out for a day filled with activities.

The family-friendly event that serves a different community within the RM of Grahamdale each year came to Moosehorn on Aug. 11. Community Pride featured a pancake breakfast serving 250 people, a parade, bed races, volleyball, kids games, face painting and many more activities throughout the day.

June Huska, one of the event organizers, said the heat, which saw mid to high 30s that day, did keep some people away but it was still a great event.

"Thank goodness for a bit of wind through the day," said Huska.

"We had our volunteers out there all day and the breeze really saved us. I would say the day was a tremendous success and I can't thank our volunteers enough for their help."

Huska said that tents helped keep attendees out of the sun and that the exhausting work of making sure things were running smoothly was worth the smiles on people's faces.

Next year Community Pride will be hosted in Gypsumville and St. Martin.



EXPRESS PHOTOS BY BEV GOODRIDGE

Hundreds came out to celebrate RM of Grahamdale Community Pride in Moosehorn on Aug. 11.

## New doctor accepting patients in Gimli

Submitted by IERHA

The Interlake-Eastern Regional Health Authority is pleased to announce Dr. Sarah Belloch is now accepting new patients at the Gimli Community Health Centre, located in Johnson Memorial Hospital.

She completed her medical training at the University of Manitoba with special interests including women's health,

addictions, eating disorders and mental health.

She says it was a connection to family that first motivated her to be a doctor.

"My grandpa was sick when I was younger so I spent a lot of time in the hospital with him. As I got older, I realized that I really enjoyed working with people and helping people, so medicine was a great fit."

Dr. Belloch is originally from Virden and knows what it's like to live, work and be a part of a small community. When asked about what motivated her to work in the Interlake-Eastern RHA, Dr. Belloch said, "I always knew that I wanted to practice rurally and the Interlake-Eastern staff and patients have been very friendly and supportive of having me as a part of their practice. I also

like the variety — I can tailor my practice to my interests and do what I enjoy most."

Dr. Belloch and her husband Daniel are fans of sports, travel and live music. They play together in a competitive dodgeball league and have traveled to Europe, Thailand, Alaska, the Caribbean, Mexico and various places throughout Canada and the United States. Describing the region as a "beautiful place to settle down," she and her husband are currently looking for a home in the Interlake.

Patients can make an appointment with Dr. Belloch by calling the Gimli Community Health Centre at 204-642-1618. Please be sure to have your Manitoba Health card ready when calling to make an appointment.



Dr. Sarah Belloch

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# Arborg Street Festival changes up for fifth year

By Caitlyn Gowriluk

The annual Arborg Street Festival might be the only summer festival in Manitoba that hopes for less-than-ideal weather.

If it's too nice outside, said festival organizer Susan Bauernhuber, the farmers — who make up a significant amount of their potential attendees — might stay out in the fields instead of coming to the festival.

"But if the weather's a little on the cooler side, and a little misty, then we see an increase in numbers," said Bauernhuber.

Although it's still a relatively new event, the annual Arborg Street Festival is already looking to add new activities and events to its schedule, said Bauernhuber.

"Every year, we like to try and change it up or add something new to our street festival that will hopefully bring in even more people," said Bauernhuber. "It's good, we find, to give a little bit of variety and change instead of having it the same every year."

One of the new activities on the agenda for this year's festival, which happened along Arborg's Main Street this past Friday and Saturday, was a duck race event on Friday night.

Participants in the duck race each bought a numbered plastic duck (which were available for sale at several local businesses in the weeks

leading up to the festival). On the day of the event, hundreds of plastic ducks were dropped into the river in a race to the dam, where the first to arrive at the finish line was the winner.

Bauernhuber, who has been involved in organizing the festival since it began four years ago, said that organizers had heard about the duck race activity happening at other similar street festivals.

"We decided that this is what we'll do," said Bauernhuber. "Let's give it a whirl and see what happens."

Also new to this year's festival was the Interlake's Got Talent competition on Saturday, an event sponsored by Interlake Co-op that saw 20 people show off their talents in a bid to be crowned the winner of the inaugural competition.

The festival also saw some repeat events from previous years, including live music performances and a fireworks display, and a pancake breakfast on Saturday morning.

While this year's event is barely behind them, Bauernhuber said organizers are already thinking about the kinds of new activities they can add for next year's festival.

"We would like to see it grow a little bit more, and we'd like to keep adding some new things, and maybe eventually make it a full weekend," said Bauernhuber.



EXPRESS PHOTOS BY BRETT MITCHELL

Dawson Abuda has fun in the water and sand table.



George McBurney shows off a piece created by Phil Lord of Boissevain.



Dalton Grant clowning around at the Street Festival.



The Partners in Time Dance group entertained friends and family.



Dustin Cochrane entertained on the outdoor stage.



Ryker Kraus, left, and Karlin Friesen try curling.



Street hockey teams played in a friendly but competitive fun tournament.

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## Honey-Balsamic Glazed Salmon

pinch of chili pepper flakes  
1 tablespoon chopped fresh tarragon (optional)

Heat oven to 400 F. Season salmon with salt and pepper; place on parchment paper-lined baking sheet. Whisk together vinegar, honey, mustard, garlic and chili pepper flakes; brush over salmon.

Bake 18-20 minutes, or until fish just starts to flake easily with fork. Sprinkle with chopped tarragon, if desired.

Tips: Substitute maple syrup for honey, if desired. Omit chili flakes and season with freshly ground pepper.

Prep time: 5 minutes  
Cook time: 20 minutes  
Total time: 25 minutes  
Servings: 6  
1 salmon filet (about 2 pounds)  
1/2 teaspoon salt  
1/4 teaspoon pepper  
3 tablespoons Filippo Berio Balsamic Vinegar  
2 tablespoons honey  
1 tablespoon Dijon mustard  
1 clove garlic, minced



## Independent Thinking Should Be Encouraged

that is, to think our own thoughts, is programmed into us.

Are you an independent thinker? Are you raising your children to be independent thinkers? These are important questions. More than ever before, because of its pervasiveness, the media and the marketplace become major determinants of our culture. Think about the influence of action figures or toys like Pokemon or beanie babies. Consider the huge impact of shows like Seinfeld or Friends. Catch phrases from those shows became incorporated into our everyday language. Regardless of age, our consciousness itself can be shaped in ways so subtle we barely notice it.

It is easy to become immersed in the flow of the culture so that we become who we are 'supposed to be', at any given age. The problem is, that is not who we really are. It takes courage to question the way things are, or to challenge the status quo on any issue. Before that courage is required however, there must be an ability to think the thoughts. If we do not think our own thoughts have value, regarding them as secondary or inferior to "what others think", we gradually lose the ability to think creatively. This is unfortunate, for that ability to think creatively,

We are the only species with the ability to reflect upon our thoughts and behaviors. If we 'follow the crowd' or rely on sources outside of ourselves exclusively for ideas about how to be, or even grow, then we miss out on a profound and uniquely human experience. Those who have been most influential throughout human history are those who expressed ideas, which were different, even contrary, from what came before. Interestingly, creative thoughts continue to arise in consciousness throughout our lives but are often dismissed before they are even expressed. We censor them out of existence. The way to develop good independent thinking is to begin paying attention to all thoughts as they arise. Particularly notice the ones you do not say, because of what others might think. Risk speaking them. Encourage your children to share all their thoughts on an issue, without judgement. If we validate their thinking when they are young, they will not, as adults, have to 'work' at something that should be so natural.

*Gwen Randall-Young is an author and award-winning Psychotherapist. For permission to reprint this article, or to obtain books, cds or MP3's, visit [www.gwen.ca](http://www.gwen.ca). Follow Gwen on Facebook for daily inspiration.*



## Greek-Style Roasted Sweet Potato Salad

2 cloves garlic, minced  
1/2 teaspoon salt  
1/4 teaspoon pepper  
2 pounds sweet potatoes, sliced into 1/2-inch rounds

1 cup shredded romaine lettuce  
1 tomato, chopped  
1/3 cup sliced pitted Kalamata olives  
Heat oven to 400 F.

To make Red Wine Dressing: Whisk together olive oil, vinegar, parsley, honey, garlic, salt and pepper.

To assemble Roasted Sweet Potato Salad: Whisk together olive oil, vinegar, oregano, mint, garlic, salt and pepper; toss with potatoes until well-coated. Arrange in single layer on parchment paper-lined baking sheet. Roast about 30 minutes, or until golden brown and tender.

Arrange sweet potatoes on serving platter. Top with lettuce, tomato and olives; drizzle with dressing.

Tips: For traditional Greek flavor, sprinkle with crumbled feta cheese before serving. Alternatively, cut sweet potatoes into wedges.

Prep time: 15 minutes  
Cook time: 30 minutes  
Total time: 45 minutes  
Servings: 8  
Red Wine Dressing:  
1/4 cup Filippo Berio Extra-Virgin Olive Oil  
2 tablespoons Filippo Berio Red Wine Vinegar  
2 tablespoons chopped fresh parsley  
1 teaspoon honey  
1 clove garlic, minced  
1/4 teaspoon salt  
1/4 teaspoon pepper  
Roasted Sweet Potato Salad:  
3 tablespoons Filippo Berio Extra-Virgin Olive Oil  
1 tablespoon Filippo Berio Red Wine Vinegar  
1 teaspoon dried oregano  
1/2 teaspoon dried mint



## Green Bean, Asparagus and Goat Cheese Salad with Honey Dijon Vinaigrette

1/2 pound green beans, trimmed and cut into 1-inch pieces  
1/2 pound asparagus, trimmed and cut into 1-inch pieces  
6 cups baby arugula  
1/2 cup crumbled goat cheese  
1/4 teaspoon salt  
1/4 teaspoon pepper  
1/4 cup diced sundried tomatoes in oil  
2 tablespoons chopped fresh chives

To make Honey Dijon Vinaigrette: Whisk together white wine vinegar, shallot, tarragon, mustard, honey, salt and pepper; whisk in olive oil.

To assemble Green Bean, Asparagus and Goat Cheese Salad: In steamer basket, steam green beans and asparagus 3-5 minutes, or until tender-crisp. Rinse under cold water and drain well. Transfer to large bowl; add arugula and goat cheese. Season with salt and pepper.

Toss salad with vinaigrette. Garnish with sundried tomatoes and chives.

Tip: If desired, omit green beans and double asparagus.

Prep time: 10 minutes  
Cook time: 3 minutes  
Total time: 13 minutes  
Servings: 4  
Honey Dijon Vinaigrette:  
2 tablespoons Filippo Berio White Wine Vinegar  
1 shallot, minced  
1 tablespoon finely chopped fresh tarragon  
2 teaspoons Dijon mustard  
2 teaspoons honey  
1/4 teaspoon salt  
1/4 teaspoon pepper  
1/4 cup Filippo Berio Extra-Virgin Olive Oil  
Green Bean, Asparagus and Goat Cheese Salad:

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Ice Dawgs getting ready for new CRJH league

**Staff**

The Arborg Ice Dawgs are excited to announce they have joined the Capital Region Junior Hockey League.

The CRJHL will have five teams in the inaugural year.

The Ice Dawgs' training camp will be in Gimli until the start of October before moving to Arborg. Practices during the season will be weekly

in Arborg and bi-weekly in a more southern town to accommodate players who are coming from Winnipeg for work or school.

Any hockey players born between 1998-2002 that want to try out for camp can contact either Ice Dawgs' general manager Scott Bobbee at 204-641-1625 or email sbobbee\_15@hotmail.com or head coach Jim Wer-

bicki at 204-781-0998 or via email at werbicki.renos@gmail.com for more information in regards to the league and upcoming camp.

The team is also seeking a few new positions of staff and board members.

New staff needed would be assistant manager, assistant coach, equipment manager, trainer, skate sharpener, water bottle specialist as well as a var-

ious other small jobs.

For board members, the Ice Dawgs are seeking energetic people to help with various jobs to help make a positive impact on their non-profit hockey club.

If interested in becoming a part of the hockey staff or board member please reach out to Scott Bobbee for more info via email.

## Selkirk Fishermen announce training camp dates

**Staff**

The Selkirk Fishermen will be hosting its annual rookie camp on Sept 4 (8 to 9:30 p.m.) and Sept. 6 (8:30 to 10 p.m.) at the Selkirk Rec Complex.

Some rookie camp participants will be asked to play in a rookie/veteran game on Sept. 9 at 7:30 p.m.

The camp is for players born from 1999 to 2002 that were not signed to

junior cards in 2017-18. Cost for the camp is \$50 per player.

Players born in 1998 that want to come to the camp, or if they were on a Junior A, B, or MMJHL card last season, please contact Chris Poponick by phone at 204-770-3540 or via email at chris.poponick@gmail.com prior to attending camp on Sept. 4.

Players are asked to register online

at selkirkjrbbfishermen.ca or on Sept. 4 at 7 p.m.

The Fishermen will be switching from the Keystone Junior Hockey League to the newly-formed Capital Region Junior Hockey League this season.

The Fishermen's main camp goes on Sept. 10, 13, 18, 20, 25 and 27.

Selkirk home exhibition games are

scheduled for Sept. 23 (7:30 p.m.) versus the North Winnipeg Satellites and Sept. 30 (7:30 p.m.) against the St. Malo Warriors.

On Oct 2, Selkirk will play the Satellites in north Winnipeg.

Selkirk also expects to play a road game at St. Malo although the date had not been finalized at press time.

## Interlake Impact suffers rare loss

**Staff**

It's never easy winning a soccer game.

But it's that much harder when a team is forced to play an entire game a player short.

That was the case for the Interlake Impact in last Saturday's 3-0 loss to Sporting Club Mosaic in Winnipeg.

Interlake was forced to play a man short due to injuries and players on vacation, said the Impact's Benny Wiens.

The loss was a big one for the Impact in the Manitoba Major Soccer League 5th Division standings.

Sporting Club Mosaic is now 9-2 and has 27 points to sit in sole possession of second place.

They are seven points behind Jeddinstvo FC (11-1-1) and two ahead of the Impact.

Interlake, now with an 8-3-1 record and 25 points, has played one more game than Sporting Club Mosaic.

The top two teams in each division at the end of the regular season advance to a higher division next season.

Interlake was scheduled to play the United in Stonewall this past Tuesday but no score was available at press time.

The Impact will then battle Jeddinstvo on Friday (9 p.m.) at the Ralph Cantafio Sports Complex in south Winnipeg.

### ARBORG ICE DAWGS TRAINING CAMP IN GIMLI

Registration Saturday, Sept. 15 at 4:00 p.m. Ice time at 5:15 p.m. And Sunday, Sept. 16 at 4:00 with more ice times to follow.

**Each new player is required to pay \$50 as a fee for camp.**

The camp will be held in Gimli until the start of October then moving to Arborg. Practices during the season will be weekly in Arborg and bi-weekly in a more southern town to accommodate players who are coming from the city for work or school.

If you are or know of a hockey player born between 2002-1998 and want to try out for camp please talk to: Scott Bobbee (GM) at 204-641-1625 or email sbobbee\_15@hotmail.com or Jim Werbicki (Head Coach) (204)-781-0998 or email werbicki.renos@gmail.com for more info in regards to the league and upcoming camp.

The team is also seeking a few new positions at various positions of staff and board members. New staff needed: assistant manager, assistant coach, equipment manager, trainer, skate sharpener, water bottle specialist as well as a various other small jobs.

For board members we are seeking energetic people to help with various jobs and help make a positive impact on this non-profit hockey club.

**If interested in becoming a part of the hockey staff or board member please contact Scott Bobbee (GM) at 204-641-1625 or email sbobbee\_15@hotmail.com**

# Classifieds



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## MATURE STUDENT PROGRAM

Mature Student High School Diploma

Evergreen School Division is now accepting registrations from individuals, both within and outside of the division, who wish to obtain a mature student high school diploma.

Interested candidates must be 19 years of age or over and out of school for at least six months.

The program is flexible for your educational needs and you can work at your own pace. The centre is open Tuesdays from 9:00 – 3:30 and Wednesdays from 9:00 until noon for teacher assistance, with the remainder of time working in the comfort of your home.

The program begins September 18, 2018 and will be held at the Evergreen Technology and Education Centre, 234 Tudor Lane, Gimli Industrial Park.

The annual registration fee is only \$40.

For more information, or to register please contact:  
Gail Kreutzer, Career Development Consultant  
[Gail.Kreutzer@esd.ca](mailto:Gail.Kreutzer@esd.ca) (204) 642-1718



## TENDER REQUEST

We are tendering out two bathroom and shower renovations. Complete removal of existing tile and sub floors. Replacing and levelling sub floors and re-tiling. Call our office at 204-642-9707 to pick up job description and arrange for times to inspect job sites. Work to be completed by October 30, 2018. All quotes must be in our office by 4pm August 30, 2018

### SCRAP METAL

Buying scrap metal, cars, tractors, combines, farm scrap, any metal material, any farm machinery. Ph Lonnie at 204-886-3407 lve. message or cell at 204-861-2031.

### PROPERTY FOR SALE

Gunton – large vacant residential lot in town. Mobile homes are permitted on approval. Why pay monthly rent when you can own? \$69,900. Call 204-467-8537.

### PROPERTY FOR SALE

3000 acres of complete high end cattle & grain operation for sale in Sask. Manages 2k to 3k cow/calf operation with complete solid infrastructure. 200k acres cultivated. Contact Doug at 306-716-2671 or [saskfarms@shaw.ca](mailto:saskfarms@shaw.ca)

### HELP WANTED

Medical Transcription! In-demand career! Employers have work-at-home positions available. Get online training you need from an employer-trusted program. Visit: [CareerStep.ca/MT](http://CareerStep.ca/MT) or 1-855-768-3362 to start training for your work-at-home career today!

### HOUSE FOR RENT

2 bdrm. house for rent in Vidir area. Ph 204-364-2287 or 204-642-2764.

### HELP WANTED

Dream Job! Live in caregiver/housekeeper. Summers in Winnipeg and winters in the tropics. Call 204-997-4629.

Taylor & Company, Hay River, NT. Requires permanent Service Technicians for plumbing, heating, WETT and refrigeration. Relocation package available. Email resumes to [info@taylorco.ca](mailto:info@taylorco.ca) Fax 867-874-4670 [www.taylorco.ca](http://www.taylorco.ca)

### MISCELLANEOUS

New 14 ft. Unload Bin Tube & auger. 7x41 & 8x46 Farm King augers. 1977 IHC 3-ton box hoist & roll tarp. 10 & 15 HP 3-phase motors. 3000 imp. gal stainless tanker w/or/wo converter. 3-phase wheel balancer. Hot water pressure washer. Power trowel. Cement mixers. Brake drum & disc lathe. 60 sheets 12 ft. drywall. 16.9x24 Diamond Lug tires on rims. 25 ft. swather reel. Fuel tanks. 5th Wheel plate assemblies. Much more. Selkirk 204-785-0498.

Getting ready for fall? Need employees? Need to sell something? Have an event to promote? Province wide classifieds reach over 400,000 readers weekly. Call 204-467-5836 or email [classified@mcna.com](mailto:classified@mcna.com) for more details.

Batteries for everything. Automotive, farm, construction, ATV, marine, motorcycle, golf carts, phones, tools, radios, computers etc. Reconditioned, obsolete and hard-to-find batteries. Solar equipment. The Battery Man. Winnipeg. 1-877-775-8271 [www.batteryman.ca](http://www.batteryman.ca)

# take a break

> GAMES

## SUDOKU

2	7	4						3
				4		8		
	9		3				7	
		2			1			
8			1	6				
7		3	5					2
6								4
	2	9	8					
	8			3				9

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Advanced

### Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

9	6	7	3	4	2	1	8	5
5	1	3	9	7	8	6	2	4
4	2	8	5	1	6	7	3	9
2	4	9	6	8	5	3	1	7
7	3	6	2	9	1	5	4	8
8	5	1	7	3	4	2	9	6
9	7	4	5	2	3	8	6	1
1	8	2	4	9	7	6	5	3
3	9	5	8	1	6	4	7	2

Sudoku Answer

D	E	G	N	O	S	P	S	C	P	S
E	G	N	I	X	E	S	V	H	O	H
G	N	I	T	A	T	E	R	S	T	L
V	M									
S	O									
O	S									
E	N	V								
T	O	R								
L	V	P								
M	E	L								
L	O	H								

Crossword Answer

# CROSSWORD

### CLUES ACROSS

- One-time money in Spain
- "Got \_\_\_ of one"
- Set a framework for
- Cover with drops of water
- One who does something for a living
- Germanium
- An enclosure for confining livestock
- Locks a door
- Buddy
- Supplement with difficulty
- Not moving
- Islamic unit of weight
- Warmers
- Hindu queen
- Border river near Bosnia and Herzegovina
- Analyzed
- Caps
- Pastime
- Contrary belief
- Walking devices
- Accustom to something unpleasant
- Singing methods
- Shouts of farewell
- Hand (Spanish)
- Small constellation
- Cardinals are this
- Gives a hoot
- Chatter incessantly
- Thallium
- Making very hot
- Hours (Spanish)
- Remove completely
- Eyeglasses
- Rubbed clean

### CLUES DOWN

- Blues Traveler frontman
- Found it!

1	2	3	4	5	6	7		8	9	10	11	12	
13									14				
15							16	17	18			19	
20						21					22		
23						24				25			
26			27	28	29				30				
			31						32				
			33						34				
35	36	37					38						
39					40						41	42	43
44					45						46		
47					48							49	
50					51					52	53	54	
55					56					57			
58										59			

- Killed
- A helper to Santa
- Male fashion accessory
- Autonomic nervous system
- US Attorney General
- Greek sophist
- The world of the dead (Norse myth.)
- Excessive and dangerous dose
- One who receives a legacy
- Brooded
- Hindu warrior king
- Used to anoint
- One point east (clockwise) of due north
- Connecting part of the brain stem
- Most uncommon
- Do-nothings
- Emerge
- Neat
- Herb of tropical Asia
- Reviews poorly
- Waterproof overshoes
- Fireplace floors
- Surround
- Regretted
- One who whips
- Ticket price
- Calming
- Citrus fruit
- Drooped
- An explorer's necessity
- Speak profanely
- Pouch
- A type of date (abbr.)
- Away from
- Large beer
- Once more



# Classifieds



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Come HOME and join our team!

## Class Three Truck Driver/ Yard Associate

### Qualifications:

- Friendly and helpful attitude towards customers
- Excellent communication skills
- Ability to work cooperatively in team atmosphere
- Willingness to continually develop professional skills and knowledge base
- Available to work a flexible schedule including some Saturdays

Competitive wages and benefit package available.

Please submit your resume to  
[randy@arborghbc.com](mailto:randy@arborghbc.com)  
or drop off in person.

**Arborg Home Hardware** building centre  
Here's How.  
451 Main Street, Arborg  
204-376-3090



**ASHERN AUCTION MART  
FALL SALES  
WILL COMMENCE  
WED AUGUST 22, 2018**  
CONTACT  
BUDDY 204-768-0018  
KIRK 204-768-0019  
TO BOOK YOUR CATTLE

# RONA

## Employment Opportunity

Join one of Canada's largest home improvement companies! Gimli Rona is now accepting applications for a full-time sales team member. If you are committed to providing exceptional customer service, we want to meet you.

### Qualifications:

- Retail customer service experience
- Excellent communication skills
- Computer literate, able to learn new software and processes
- Mature and responsible with sound decision-making and problem-solving skills
- Proven leadership capabilities
- Ability to learn fast and work independently

This full-time position requires any day of the week availability.

Applicants must have the physical ability to perform tasks that may require prolonged standing, sitting, or other activities necessary to perform job duties.

Drop off your resume in store at Rona Gimli 100-7th Ave or submit by email to [laura@ronagimli.ca](mailto:laura@ronagimli.ca)

### MISCELLANEOUS

Parts & full trailer repair, trailer safeties & Autopac Trailer Repair. Sales, Leasing & Financing of flat-deck, dumpbox, cargo, gooseneck & utility trailers & truck beds. Kaldeck Truck & Trailer, Hwy #1 MacGregor, MB. 1-888-685-3127.

### LIVESTOCK

Piglets for sale, two months old, 20-30 lbs. \$10 each. Call 1-204-572-5882.

### UPCOMING EVENTS

Visit Manitou, MB. Sept. 7 & 8 Honey Garlic Maple Syrup Festival. Free admission, car show, crafts, Farmers' Market, music, kids' activities, supper buffet. 204-242-2703.

### UPCOMING EVENTS

Dunrea Flea Market - Rain or shine! Antiques, collectibles & more! Over 75 vendors. Admission \$3, 11 a.m. - 4 p.m. Sunday, September 2, 2018, Fair Grounds, Bois-sevain MB.

### HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Stonewall Elk Ranch Ltd., 204-467-8884 or e-mail [stonewoodelkranch@hotmail.com](mailto:stonewoodelkranch@hotmail.com)

## POWERBEND TIRE & SERVICE

is looking for a full-time mechanically inclined and motivated individual to join our team.

### Work includes:

Diagnose and perform general vehicle repairs & maintenance, changing oil and tires

- Applicant must have a valid drivers license
- Be able to communicate professionally with customers
- Perform duties as instructed

Work hours are Monday - Friday 8:00 am - 5:00 pm

We offer a competitive wage for the right candidate

Contact Jeff @ (204) 376-2247  
(204) 641-0076



## EMPLOYMENT NOTICE

Lakeshore School Division requires a **Mechanic** for its school bus garage located in **Ashern, Manitoba**. This position will involve the maintenance and rebuilding of buses in the Lakeshore Fleet. This is a permanent full-time position commencing as soon as possible.

Applicants will be considered based on their experience in the Truck and Transport, Automotive, Heavy Equipment, or other related trade.

Journeyman status in Truck and Transport trade with a school bus inspection certification and class 2 driver's license are the preferred qualifications. Lakeshore School Division. The school division will also consider experienced individuals who are willing to apprentice in the Truck and Transport mechanic trade.

**SALARY and Benefits:** As per collective agreement

**STARTING DATE:** As soon as possible

A complete job description is available on request.

Please direct any questions to Mark Parkes at 204-739-2101 or 204-280-0804.

Interested candidates may forward their application to:  
Mark Parkes, Director of Operations & Infrastructure  
Lakeshore School Division  
Box 100  
Eriksdale, MB, ROC OWO  
Phone: (204) 739-2101 Fax: (204) 739-2145  
[parkesm@lakeshoresd.mb.ca](mailto:parkesm@lakeshoresd.mb.ca)

**Deadline for applications: Friday, September 7, 2018 at 2:00 p.m.**

We thank all who applied for their interest, but only those selected for an interview will be contacted. Lakeshore School Division may contact former employers.

Successful candidates must complete a Criminal Record and Child Abuse Registry check prior to commencing employment.

### ANNOUNCEMENT

#### CARD OF THANKS

Thank you to all the staff at Gimli Community Health Centre for their care and compassion to Bob while he was a patient there. Thank you to everyone for your prayers, messages of condolences, flowers and all who attended Bob's memorial service. Thank you to Bardal Funeral Home, Reverend Courtney Reedman Parker, and especially to Mona for all your extra help. Also thank you to Hedy and Dennis for the music, and Sarah and Caroline for looking after the luncheon.  
-Roberta Horner and family



## NOTICE

The Board of Trustees regular meetings for the 2018-19 school year will start on Tuesday, August 28, 2018 at 6:30 p.m. Regular Board meetings are held the last Tuesday of each month at 6:30 p.m. at the Division Office, unless otherwise advertised.

Lakeshore School Division requires

### SUBSTITUTE TEACHERS

For the 2018/19 school year.

A teaching certificate is preferred but experience working with children will also be considered.

There is a need for Substitute Teachers in all of our communities, please indicate your preference.

Please send a resume to:

Ms Janet Martell, Superintendent/CEO  
Lakeshore School Division  
Box 100, Eriksdale, MB ROC OWO  
[martelj@lakeshoresd.mb.ca](mailto:martelj@lakeshoresd.mb.ca)



## NOTICE OF NOMINATIONS Evergreen School Division

Notice is hereby given that nominations for the offices of School Trustee of the aforesaid Local Authority will be received in the office of the Evergreen School Division at 140 Street West, Gimli, MB

During business hours from **8:30 am - 4:30 pm**  
on the following days

**September 12, 13, 14, 17 and 18, 2018**

### NOMINATIONS FOR THE FOLLOWING POSITIONS

Ward No. 1	Arborg, Riverton	3 trustees	4 year term
Ward No. 2	Gimli, Fraserwood	4 trustees	4 year term
Ward No. 3	Winnipeg Beach, Dunnottar	2 trustees	4 year term

The nomination deadline is **September 18, 2018 at 4:30 pm.**

Nominations cannot be accepted after this day.

All nominations shall be made in writing and shall be signed by at least twenty-five voters, or NOT less than 1% of the voters (whichever is the lesser) of the ward, but in all cases by at least two voters.

Nominations may be filed in person at the above location, on the dates and hours specified, by an agent, or by fax at (204-642-7273). Nomination papers, and/or candidate's declaration of qualification, can be obtained at Evergreen School Division at the above location.

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

Dated at the R.M. of Gimli in the province of Manitoba, this 22nd day of August, 2018

**Charlie Grieve, Secretary-Treasurer  
Local Authority of Evergreen School Division**  
Phone: 204-642-6266 or 204-642-6260

## AUCTION SALE

**For Ted & Rick Glucki of Stonewall, MB  
Saturday, September 8, 2018, at 10:00 a.m.**

Sale site: From PR #236 & Hwy #67 – 5 kms East on Hwy #67.  
At junction of Hwy #7 & #67, turn North on Hwy #7 for 6 mi. to Road 83.  
Travel East for 1 mi. (Yard site).

Included in the sale: **Tractors/Equipment/Vehicles** -1950 Studebaker Bullet, Champion 4 dr sedan; 1951 Lanz Bulldog Tractor, Model D9506; J.D. 1830 w/148 bucket, panel fork, 3pt hitch, good rubber (5324 hrs); **Car Repairs Equipment** (lots new); Portable shop station; Rhino Tire machine; Kwik-way 3/5 ton hoist; Snap-on Oscilloscope, MT-665 w/all attach; **Yard & Miscellaneous:** 9 x 22 Metal shed; (2) Kubota Riding mowers; Cub Cadet Riding mower J.D. Riding mower; Farm King 6ft Snow blower; Kubota G4100 Tiller; **Tools & Shop-** Wrangler 80 pallet jack; General Tire light sign; Allis Chalmers metal sign; **Some Household.**

For full listing go to: [www.globalauctionguide.com](http://www.globalauctionguide.com)  
Sale conducted by Bergner Auction Service, Ashern, MB (204) 768-2669  
Email: [bergnauct@mymts.net](mailto:bergnauct@mymts.net)

McSherry Auction Service Ltd

NICK SAMAGALSKI

Sunday Aug 26, 11:00 am

East Selkirk, MB  
6 Miles North on Hwy 59 Then  
2 Miles East on RD 82N Then  
South 1/8 Mile on 32E #81121  
Contact # (204) 326-0877

Construction & Vehicles \* Yard  
& Recreation \* Tractor & Equip  
\* Tools & Misc \* \* 5 Guns \*  
Antiques \* Household \*

Stuart McSherry Stonewall, Manitoba  
(204) 467-1858 or (204) 886-7027  
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# Classifieds



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## HELP WANTED DIRECT SUPPORT WORKERS

To provide Assistance  
To Adults living with a Developmental Disability  
In the Community

We are looking to hire DSWs on a part-time or casual basis to work in our community residences - team players with a mature attitude, excellent judgment skills, caring disposition and a genuine interest in serving the exceptional people who live in our homes. Must be comfortable accompanying individuals on community outings and providing personal care such as bathing assistance. Other duties include household upkeep, daily cooking, and record keeping tasks.

We offer an interesting and rewarding work experience, group benefits and pension plans and a flexible schedule, including day, evening, night and weekend shifts. If hired you will be asked to pass criminal record and child/abuse registry checks. Valid driver's licence is required, basic cooking skills and experience working in a caregiving capacity an asset. Required training will be provided, covering First Aid/CPR, NVCI and the Vulnerable Persons Act.

Please apply in writing to: Executive Director  
Riverdale Place Homes Inc.  
Box 968, Arborg MB R0C 0A0

Or email: [kfinnson\\_rph@outlook.com](mailto:kfinnson_rph@outlook.com)

Application Deadline: Aug. 31, 2018

For more info contact: Kathy Finnsen, Exec. Director 204-376-2940



## RURAL MUNICIPALITY OF GIMLI MUNICIPAL HERITAGE NOTICE

TAKE NOTICE THAT:

The building commonly known as Sunrise Lutheran Camp Chapel, in the Rural Municipality of Gimli, Province of Manitoba, and legally described in Certificate of Title No. 2623271/1 WLTO as:

The Building only on the property described as, legal subdivisions 3 and 4 of section 5-19-4EPM EXC out of legal subdivision 4 public road plan 5620 WLTO 78 Range 1, Plan 13744 WLTO (L DIV) EXC firstly plan 7029 WLTO, EXC secondly all mines and minerals and other matters set forth in the original grant from the crown in section 16-19-4EPM

of which the records of the Winnipeg Land Titles Office show as owner: Sigrun Thora Palson and Kevin Valdamar Palson

and the building known as the Sunrise Lutheran Camp Chapel thereon, has been designated as a municipal heritage site to be protected under the authority of *The Heritage Resources Act*, by Municipal By-law No. 18-0010 of the Municipality of Gimli, adopted on the 8th day of August, 2018.

AND FURTHER TAKE NOTICE THAT:

A copy of this Municipal Heritage Notice shall be filed in the appropriate land titles office or registry office, in accordance with the provisions of *The Heritage Resources Act*.

Dated at Gimli, this 8th day of August, 2018.

Joann Murphy  
Chief Administrative Officer  
Rural Municipality of Gimli

McSherry Auction Service Ltd

## ACREAGE AUCTION BILL & ELSIE LYLYK

Saturday Sept 1st @ 10:00 AM

Winnipeg, MB, 85 Fraser Rd  
Contact # (204) 254-8899

Tractor & 3 PH Equip \* JD 850 Dsl MFWA 3PH w  
JD 75 1415 Hrs \* JD 403 3PH 48" Rotary Mower  
\* JD 3PH Plow \* 3PH 60" Rotovator \* 3PH 60"  
Snowblower \* 3PH 5' Rotovator \* 3PH 7' Blade  
\* Yard Equip \* Utility Trailers \* JD 455 Dsl Hyd R  
Mower w 5 HP High Lift Bagger- 869 Hours \* JD  
14.5 38" R Mower \* Ford 16 HP Garden Tractor  
\* Rototillers \* Push Gas Mower \* 18 Volt Pole  
Pruning Saw \* Misc \* 83 Honda 185 Trike \* 6)  
Guns \* Camping Items \* Tools & Misc \* Honda  
Generator \* Stihl Chainsaw \* Air Comp \* Table  
Saw \* Home Repair \* Antiques \* 73 Original  
Equip Model 200 Double Track Snowmobile  
\* Hartford Ins. Sign \* Dresser \* Telephone \*  
Railway Lantern \* Trunk \* Household \* LR Suite  
\* Fridge \* Filing Cabinets \* Appliances \* Large  
Quantity of Used Carpet \* Various Household \*

Stuart McSherry - Stonewall, MB  
(204) 467-1858 or (204) 886-7027  
[www.mcsherryauction.com](http://www.mcsherryauction.com)



## RURAL MUNICIPALITY OF GIMLI INVITATION TO TENDER

CLOSE DATE August 31, 2018 at NOON

The Rural Municipality of Gimli is accepting tenders for the following:

**Farmland at Gimli Business Park**

Tenders will be received by the undersigned for the lease of farmland located at Gimli Business Park for the period of January 1, 2019 to December 31, 2023.

Land consists of approximately 460 cultivated acres which may be used for the production and harvesting of grain and hay crops but may not include crops which attract birds or other wildlife. Included in the Land Lease Agreement will be the requirement for the Lessee to pay the annual taxes imposed or levied against the Leased Land, on or before the tax due date.

Sealed submissions clearly marked "Farmland Rental Tender, submitted by \_\_\_\_\_" will be received by the undersigned at the address below until **noon August 31, 2018**. Late submissions will not be accepted.

Submit to:  
Rural Municipality of Gimli  
62 – 2nd Avenue, P.O. Box 1246, Gimli, MB. R0C 1B0  
ATT: Joann Murphy

Questions or concerns in respect to the tender can be directed to:  
Joann Murphy  
RM of Gimli Phone 204-642-6650

The RM of Gimli reserves the right to reject on one or all bids, to waive irregularities and informalities therein, and to award the tender in the best interest of the RM of Gimli in its sole discretion. Must comply with Municipal requirements for liability insurance and WCB coverage (if applicable), to be eligible to be awarded the contract.



## RURAL MUNICIPALITY OF GIMLI NOTICE OF NOMINATIONS

NOTICE IS HEREBY GIVEN that on the following days, Wednesday, September 12, 2018 to Tuesday, September 18, 2018, during regular office hours, between the hours of 9:00 a.m. and 4:30 p.m. **by appointment** at the R.M. of Gimli office, 62 Second Ave., Gimli, Manitoba, I will receive nominations for the offices of:

Mayor and 4 Councillors of the aforesaid Local Authority

The nomination deadline is Tuesday, September 18, 2018, at 4:30 p.m. Nominations cannot be accepted after this day and time.

All nominations shall be made in writing and shall be signed by at least twenty-five voters, or NOT less than 1% of the voters (whichever is the lesser) of the authority, but in all cases by at least two voters. Each nomination shall also be accompanied by the candidate's declaration of qualification.

Nominations may be filed in person at the above location, on the dates and hours specified, or by an official agent, or by fax. Nomination papers, and/or candidate's declaration of qualification may be obtained at the R.M. of Gimli office or by contacting the S.E.O. by e-mail or at the telephone numbers listed below.

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

Dated at the R.M. of Gimli, in the Province of Manitoba, this 21st day of August, 2018

Maureen Martin Osland  
Senior Election Official  
Rural Municipality of Gimli  
204-642-7343  
E-mail: [elections@rmgimli.com](mailto:elections@rmgimli.com)

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