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# THE EXPRESS

VOLUME 6 EDITION 35 THURSDAY, AUGUST 29, 2019

## WEEKLY NEWS

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## Peddalling power

EXPRESS PHOTO BY EVAN MATTHEWS

Cyclists gathered at the start line at the Gimli Recreation Centre Saturday morning for the MS Bike Gimli. Forty-nine teams and 350 riders raised approximately \$300,000 for the MS Society.

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

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# Gimli bike ride raises big money for MS Society

By Evan Matthews

Support comes in many forms. Sometimes it's in the form of community members cheering and waving pom-poms, whereas other times it's (more than) \$300,000.

Thankfully for the MS Society, its Bike Gimli event provided both.

"I have a cousin who is living with MS. There is a strong connection there for me. We always have to be raising awareness. New people come of age, people go through changes in life and they become ready to understand a new cause," said Currie Gillespie, the 2019 bike marshal and a participant for 13 years.

"When we can involve (a smaller) community like Gimli, it's just amazing. To go through the Sandy Hook and Winnipeg Beach sections, there are people on their front lawns screaming, ringing bells, clappers, etc. They're literally celebrating what we're doing."

Participants had the choice between two routes, with the longer of the two simply being an extension, according to MS Bike Gimli co-ordinator Jordie Moryl.

Both routes began with participants starting from the Gimli Recreation Centre, south to Sandy Hook, then to Winnipeg Beach, Ponemah, Dunnotar, Matlock and finally then back to Gimli for a total of 49.5 kilometres.

For the longer route, once participants arrived in Matlock, they would then move on to Petersfield and then back to Gimli, totalling 81 kilometres.

"There was a south wind, so everyone was riding into the wind on the way there," said Moryl. "On the way back, everyone was saying what a nice boost it was."

The 2019 MS Bike Gimli had 350 participants, Moryl said, 90 of them being "first time riders."

Through its participants' fundraising efforts and pledges, the 2018 MS Bike Gimli event raised an estimated \$300,000, according to Moryl.

The 2019 goal was to raise \$315,000, he said.

Funds raised contribute to the MS Society's programming and support for those living with MS, according to Moryl.

"I believe we hit those goals," said Moryl, who added the MS Society was still counting funds raised.

"We've been getting a ton of comments from first-time riders and long-standing participants about how great this past weekend was."

Multiple sclerosis is an autoimmune disease of the central nervous system (brain, spinal cord), according to the MS Society.

The disease attacks myelin, the protective covering of the nerves, causing inflammation and often damaging the myelin, according to the MS Society. Myelin is necessary for the transmission of nerve impulses through nerve fibres.

If damage to myelin is slight, nerve impulses travel with minor interruptions, according to the MS Society. However, if damage is substantial and if scar tissue replaces the myelin, nerve impulses may be completely disrupted, and the nerve fibres themselves can be damaged.

MS can cause varying symptoms such as extreme fatigue, lack of coordination, weakness, tingling, impaired sensation, vision problems, bladder problems, cognitive impairment and mood changes, according to



EXPRESS PHOTOS BY EVAN MATTHEWS

A total of 350 bike riders took part in the 2019 MS Bike Gimli.



Marc McDonald, captain for the Greatful Tread of Canada Life team.



Lauren Rassong, in the front, was a first-time participant

also be diagnosed with the disease.

For more information or to donate to the MS Society, visit [mssociety.ca](http://mssociety.ca).



Ron Bailey, one of the top fundraisers, raised \$11,849.41.

the MS Society.

Currently there is no cure, but each day researchers are learning more about what causes MS and are zeroing in on ways to prevent it, according to the MS Society.

Canada has one of the highest rates of MS in the world, according to the MS Society, with an estimated one in every 385 Canadians living with the disease. Though MS is most often diagnosed in young adults aged 20 to 49, younger children and older adults can

**Re-Elect**

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Authorized by the Official Agent for Derek Johnson



# 'I live with MS. That's why I ride'

By Evan Matthews

Stacey Napoleon rode in her first MS Bike Gimli event last weekend, but for her, MS is nothing new.

Diagnosed with relapsing and remitting MS in July 2015, Napoleon, 25, said hearing her doctor utter the two words "multiple sclerosis" changed her life forever.

Not all for the worse, though.

"It's not just about my MS symptoms, but my attitude has changed too. It gets easier. ... I don't get as upset or emotional," said Napoleon, who used to be very shy.

She addressed a huge crowd on Saturday Aug. 24 at MS Bike Gimli's, as she "made it through the entire speech," she said, laughing.

"The fact I spoke at that dinner on Saturday, it's just not like me. Something about sharing my story with MS, getting the word out and raising awareness, it makes me want to get up and do these things," said Napoleon, adding she's been sharing via social media and raising awareness for MS Bike Gimli since November 2018.

## The MS Gimli ride

MS can cause varying symptoms such as extreme fatigue, lack of coordination, weakness, tingling, impaired sensation, vision problems, bladder problems, cognitive impairment and mood changes, according to the MS Society.

The one symptom Napoleon does struggle with daily is fatigue. She said training in the weeks leading up to her first biking event was imperative.

"I'm learning a lot about listening to my body and not doing too much. Most people can do a five-kilometre walk no problem, but doing 100 kilometres over two days on a bike takes training," said Napoleon, who is from Garson, southeast of Selkirk.

"I had to start training in May, in the spring, but I had to be careful. It's

easy to overdo it. As I was training, I felt like anyone following on social media was also following my journey. It's been a bit overwhelming."

Rides like MS Bike Gimli helps to fundraise for MS Society programming and support for those living with MS, according to MS Bike Gimli Coordinator Jordie Moryl.

"We have a fantastic base of participants, and lots of our top fundraisers are incredible," said Moryl.

"We've had such a longstanding history with Gimli and the Interlake area."

People could be seen lining the highway at the ends of driveways, screaming and cheering, pom-poms waving in the air.

The event raised roughly \$300,000, according to Moryl.

That support isn't something to be understated, according to Napoleon. It's why she first started to volunteer with the MS Walk in 2016, she said.

So many people participate in the bigger MS Walks, Napoleon said, so sometimes it can be hard to connect. But the sense of community at the MS Gimli event this past weekend, she said, was unlike anything she had felt before.

"I can't even put it into words ... how great this weekend was," said Napoleon, as she began to cry.

"As much as people think this means a lot to the MS Society — to be raising funds and awareness — those affected and living with MS, to have all that excitement when I crossed the finish line and the support, it's hard to explain how that feels."

There were two routes, with the longer of the two simply being an extension, according to Moryl.

Participants rode from the Gimli Recreation Centre, south to Sandy Hook to Winnipeg Beach to Ponemah

Continued on page 9



EXPRESS PHOTO BY EVAN MATTHEWS

Nicky Syganiec, Stacey Napoleon and Nicole Spelchak stand proud after finishing the MS Bike Gimli on Sunday.

HAPPY LABOUR DAY WEEKEND

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# Eriksdale Library completes wheelchair accessible ramp and boardwalk

By Evan Matthews

The Eriksdale Public Library has had a bit of a facelift as renovations have come to a close.

Eriksdale Friends of the Library Committee co-chair Sandra Hogue said the installation of a new wheelchair accessible ramp and boardwalk wrapped up on Aug. 8. Gail Holmes is the other committee co-chair.

"The new ramp and (boardwalk) extend from the main entrance to the back door," said Hogue.

In order to complete the project, Hogue said the committee applied for and acquired grants to cover the estimated \$8,000 cost.

Part of the \$8,000 estimate is a (front) door that is yet to be installed, according to Hogue, but the committee is hopeful the door will be installed by next week.

"Before the snow flies at the latest," Hogue said.

But the main thing, according to Hogue, is that the ramp will be used.

"We have quite a few patrons who use walkers. Sometimes the walkers are wheeled, or some of them are the older style, but we see them a lot," said Hogue.

"We also have patrons with scooters and wheelchairs."

By proactively investing into the facility, Hogue said the hope is to avoid issues before they happen. The committee will continue to work at acquiring funding via grants to keep with that notion, she said.

Next up on the committee's wish list is the library's exterior siding but likely not until next spring.

But it's an exciting time to be involved with the Eriksdale Public Library, Hogue said, as the facility is getting some TLC for the first time in roughly 15 years.

"Maybe more," said Hogue.

"We've had a couple local fellas who have volunteered time and used their own supplies, who have built us bookshelves for inside," she said, add-



EXPRESS PHOTO SUBMITTED

Daniel Ives, left, and Sandra Hogue stand proudly on the Eriksdale Public Library's newly constructed ramp.

ing thanks.

Other tiny wish list items for the li-

brary include new blinds for the interior, Hogue said.

# Fisher Branch RCMP respond to fatal motor vehicle collision

Staff

At approximately 6:35 a.m. on Aug.

23, Fisher Branch RCMP received a report of a single-vehicle collision on Provincial Road 224, located six kilometres southwest of the Fisher River Cree Nation.

The investigation has determined that an SUV, being driven by a

52-year-old male from Dallas, was heading south on Jackhead Road when it failed to stop at the intersection with PR 224. The vehicle entered the ditch and struck the embankment.

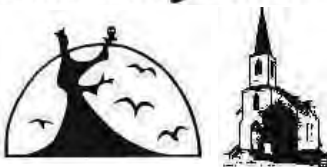
The 52-year-old driver, who was not wearing a seatbelt, was pronounced

dead on scene.

Alcohol is believed to be a factor in the collision.

Fisher Branch RCMP, along with a forensic collision reconstructionist, continue to investigate.

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Deadline for all advertising will be Friday, August 30.

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WEEKLY NEWS

**Gimli Community Health Centre  
Non Urgent Walk-In Medical Clinic**

A non-urgent walk-in medical clinic will be available 9:00 a.m. to 5:00 p.m. on Saturdays, Sundays and statutory holidays. The clinic will be open to accept walk-in patients starting May 18 until September 2, 2019.

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



Interlake-Eastern Regional Health Authority

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

The emergency department will be available for urgent health concerns only. Always call 911 in the event of an emergency.

**Gimli Cemetery Association to hold candlelight meditation**

Staff

The Gimli Cemetery Association is inviting family and friends to a candlelight meditation ceremony to be held Sunday, Sept. 1 at 7 p.m. at the community cemetery on PR 222, across from the Diageo distillery.

The association will provide candles at the main gate. A silver collection will be available for those who wish to help support the event. People are encouraged to light a candle in memory of their loved ones.



# Scrabble players wanted to score big for St. Amant

By Gabrielle Piché

Scrabble lovers and smokie enthusiasts can support a good cause at a barbecue and lawn Scrabble tournament in Winnipeg Beach next month.

The tournament will take place at 458 Silverdale on Saturday, Sept. 14 from 12 to 4 p.m. Money raised at the tournament will be donated to St. Amant, a non-profit organization that supports people with developmental disabilities and autism.

Teams of four to six people will battle each other outdoors. Their weapons? Squares of carpet that look like Scrabble tiles. The teams will play each other in a lawn-sized version of the popular board game. The first-place team will win lube and oil changes from Giesbrecht & Sons Ltd.

Volunteers will be on site to make sure teams are following the rules and building legitimate words.

People don't need to play Scrabble to attend the event. Anyone can grab lunch, listen to music and participate in a live auction.

An auctioneer will sell items at the tournament while teams are taking a break from lawn Scrabble. A bird bath, framed prints, oil paintings and bags of bird seed will be auctioned off,

among other things. There will also be a silent auction. For the first time, there will be a live band at the tournament. La Plage Folle will perform.

Scrabble players must pay \$10 to join the games. Teams can sign in at 458 Silverdale as early as 11:30 a.m. on Saturday, Sept. 14.

People wanting to feast on a smokie lunch will pay \$10 for their food. The money goes to St. Amant.

Odette Carreiro began the lawn Scrabble tournament four years ago. However, she's been fundraising for St. Amant for the past five years. Her oldest son has lived at the non-profit's facility for the past 18 years.

"St. Amant has provided the most valuable services for parents of special needs kids and adults," Carreiro said. "They're very good."

Juliette Mucha, St. Amant's director, sends Carreiro newsletters and thank-you notes describing what the donated money is being put towards. In the past, the cash has gone to room renovations, new equipment, staff training and outings for St. Amant residents.

Carreiro held meat draws on the weekends when she first began to raise money. Now, Carreiro runs a



EXPRESS PHOTO BY ODETTE CARREIRO

Scrabble team The Champs, pictured, have won the lawn Scrabble tournament three years in a row.

Facebook page called "Bidding wars for St. Amant Centre."

"People donate all their unwanted household items to me," Carreiro said.

Carreiro takes pictures of the items and posts them on Facebook. People then bid on the goods, and the highest bidder wins. They collect their purchase at Carreiro's house.

Carreiro figures she's raised around \$30,000 for St. Amant.

"It makes me feel complete," Carreiro said.

She still runs the Facebook page, even while organizing the barbecue and lawn Scrabble tournament.

People wanting to register for lawn scrabble can contact Carreiro at 204-641-5449 or Shelly Goodman at 204-641-1318. Anyone can stop by the tournament to watch Scrabble games and have lunch.



EXPRESS PHOTO BY EVAN MATTHEWS

At one point, the fish fry was so busy that guests formed a line before entering. In total, 230 meals were served with volunteers cooking up over 120 pounds of pickerel.

## Kiwanis Fish Fry building community support

By Evan Matthews

Fish is a high source of protein — and a great way to raise funds.

On Saturday Aug. 24, the Winnipeg Beach Community Centre hosted its fourth annual Kiwanis Fish Fry as part of fundraising efforts for a new gym in the facility.

"We're looking at acquiring equipment and building a gym in the lower level," said Winnipeg Beach's recreation director Allan Sulyma.

"We're excited to get that program going. We want to send a huge thank-you to the Gimli and District Kiwanis and their volunteers and people who came out to support."

Gimli and District Kiwanis members did the cooking and serving for the event, while the Netley Creek Hutterite

Colony donated the coleslaw, according to Sulyma.

Sulyma said 230 meals were served, including over 120 pounds of pickerel.

Total funds raised had not been tabulated by press time.

Take care of details so they don't have to. *Just ask Ken.*

**KEN LOEHMER**  
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### CandleLight Meditation

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## NFL all out of Luck

By Evan Matthews

The sports world stopped for just a few minutes on Saturday night when Indianapolis Colts superstar quarterback Andrew Luck abruptly retired.

Players retire all the time, so what makes this big news?

Luck is 29 years old. For context, other great National Football League quarterbacks like the New England Patriots' Tom Brady is 42 or the New Orleans Saints' Drew Brees is 40.

Luck made his decision to leave the game and the team he loves because, simply, he felt he had to.

Football's extremely rough nature had put Luck in what he called a "cycle of injury, pain and then rehab," and he called the cycle "unceasing and unrelenting."

Over six NFL seasons — it should be seven, but Luck missed all of the 2017 season due to injury — the Colts' quarterback sustained a plethora of injuries.

Luck's injuries included torn cartilage in two of his ribs, a partially torn abdomen, a lacerated kidney (which left him peeing blood), at least

one concussion, a torn labrum in his throwing shoulder and, most recently, this season's calf and/or ankle issue.

While Luck choked back tears during his retirement speech, as he made the most significant change in his life to date, the sports world immediately shifted its focus.

How will Luck's retirement impact Fantasy Football teams? Will Andrew Luck make the NFL's Hall of Fame? How will the Indianapolis Colts fair without Luck?

Many Colts' fans slammed Luck for his decision to "abandon his teammates" and to leave the team without its best player. At the Colts' preseason game, fans went so far as to "boo" Luck off the field.

"I'll be honest, that really hurt," Luck said to media after the game.

Without going into the specifics, if you read Luck's career stat lines, he was on pace to be one of the greatest quarterbacks of all time.

Though he never brought a Superbowl to Indianapolis, he did a fantastic job creating a culture of winning for the team.

All of this to say, none of the specifics matter. Andrew Luck is a human being first and an athlete second.

Luck did what he had to do, what he thought was right, for himself.

"The injuries have taken my joy of this game away. I've been stuck in this process, haven't been able to live the life I want to live," Luck told reporters.

"This is the hardest decision of my life, but it is the right decision for me."

How often has anyone heard a public figure, in any platform — whether it be politics, sports, acting or singing — be so candid and honest.

In a time when most football conversations centre on brain injuries (and CTE), we have a man who has made the choice to get out with a full life in front of him. He made \$95 million over seven years, and he wants to enjoy his life.

The lesson we can all take away from Andrew Luck is that no matter how many millions of people idolize you, no matter how many millions of dollars are to be made, no matter what, you only get one life.

What you do with it is up to you.

Letters to the Editor:

letters@expressweeklynews.ca

## letter to the editor

### Welcome to the Mr. Rutz

I am sure most of us are in favour of saving and preserving our wetlands. We are all aware of the impact wetlands have on cleaning our lakes.

I have lived my entire life in Gimli. As a boy, I used to spear fish carp where Siglavik is today. Water used to flow across Highway 9 and flood field on the west side. Siglavik, Miglavik and parts of Odin Green were all built on wetlands. The road to Willow Island in the late '50s and '60s was two to three feet under water. As a teenager, I used to jump shot mallard on both sides of this underwater

road.

I have been following this land dispute through your newspaper. P4P group against one Mr. Rutz who wants to build a house on his own land. Also it should be noted that 34 acres of wetlands was donated to the RM of Gimli via Rutz. Mr. Rutz may have erred in not getting the necessary permit, but he did receive the go-ahead from two provincial governments, the PC and the former NDP plus the RM of Gimli. This to me as an outsider looking in appears to be a personal dispute that the Smith

and their followers are taking against one individual.

Many of these protesters have built on wetlands and now are singling one individual from doing the same thing they have done.

Talk about the pot calling the kettle black.

Kudos to the RM of Gimli council for granting Mr. Rutz permission to build on his own land and finally put this dispute to bed.

Thank you for the donation to our preservation of our wetlands. And welcome to Gimli, Mr. Rutz.

- Norman Valgardson

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## Lifting people out of poverty: The Manitoba Liberals plan for jobs and fair incomes

Submitted by Manitoba Liberals

Manitoba Liberal Leader Doug Lamont announced a major plank in his party's platform to end decades of neglect and inaction on poverty in Manitoba under the PCs and NDP alike with a series of measures designed to ensure all Manitobans receive a livable income by 2024.

For many years, Manitoba has had some of the deepest poverty in Canada and the number of people on welfare has been rising steadily since 2008 to an all-time high of over 71,000 people. Twenty per cent of Manitobans have not seen an increase in their incomes in 40 years.

Many basic income supports have not increased since 1993, when Brian Pallister voted to roll them to 1986 levels. Under the PCs and NDP alike, the social housing allowance stayed frozen

at \$285 a month for over 20 years. Lamont said the Employment and Income Assistance (EIA) system in Manitoba is sadistic and ineffective because it seeks to punish people out of being poor, whether they are young, old, have children or are disabled.

"This is a province with enormous opportunities and resources and there is no need for anyone to be living in poverty when there is so much work to be done," said Lamont. "We have an opportunity and an obligation to end poverty in Manitoba and to provide people with tools and opportunities to lift themselves up."

In addition to reforming EIA, Manitoba Liberals will introduce three complementary programs to help lift people out of poverty that provides individuals with choice as well as job opportunities:

- A minimum basic income

based on a "negative income tax" model, that tops up income

- Raising minimum wage to \$15 within two years of being elected
- A voluntary "Manitoba Works for Good" jobs program that would pay individuals who find themselves out of work with to do jobs in the public interest, as an alternative to EIA or basic income.

Liberals say there is abundant evidence showing that these measures will not just hugely improve lives, but benefit the economy.

"It's time to put an end to the failed 40-year experiment in trickle-down economics that both the NDP and PCs have pursued and invest in grassroots economic growth," said Lamont. "We're all better off when we're all better off, and this plan gives people dignity and opportunity they have been denied for years."

## Manitoba PC party shines spotlight on growing film industry with \$25 million

Submitted by Manitoba PC

A re-elected Progressive Conservative government will increase investments in the Manitoba Film and Video Production Tax Credit by \$25 million over the next four years.

"Our film industry puts a spotlight on our province, and this commitment shines the light right back," Pallister said. "We maintained our investment in this surging industry because it's proven to create jobs and drive economic growth. Now we'll move it forward by growing that investment even more."

Expansion of the tax credit will encourage more post-production work — things like computer-generated imagery, video editing, special effects — and infrastructure investments, so companies producing everything from big-

budget movies to award-winning documentaries will have even more reasons to do business in Manitoba.

Industry analysis estimated the Manitoba Film and Video Production Tax Credit generates upwards of \$90 million in tax revenue annually. The industry also creates jobs and drives economic growth with an estimated five-year GDP impact of nearly half a billion dollars.

"In addition, our government will invest an additional \$1.5 million in training and education for film crews and industry workers over the next five years," said Pallister. "Through partnership with our post-secondary institutions, we'll continue to develop our local workforce — already approaching 2,000 skilled workers — and keep growing Manitoba's film indus-

try."

Production in Manitoba more than doubled its annual investment in the last decade, hitting approximately \$200 million last year alone.

The reach of new investment in the tax credit and training goes beyond job creation and investment attraction. In 2017-18, production took place right across Manitoba, giving exposure to Winnipeg, Selkirk, St. Andrews and 45 rural and northern communities. Film production is a full-time industry in Manitoba now, as production trucks and filming locations are continually active across the province.

"Setting the stage for this industry's success puts our beautiful province centre stage, creates jobs, and drives economic growth. It's a win-win-win," said Pallister.

## A final reflection on reporting in the Interlake



Gabrielle Piche

By Gabrielle Piche

Nervous — that was the first thing I felt last February when I got hired for a summertime reporting position at the *Stonewall Teulon Tribune*.

I'd never been a full-time reporter before, and I was unfamiliar with the Interlake area. Naturally, I was unsure how I would fare at my new job.

Thanks to the people I've met in the Interlake, my past four months at the *Stonewall Teulon Tribune*, the *Selkirk Record* and the *Express Weekly News* have been incredible.

I've met countless numbers of people who are kind, compassionate and open to sharing their stories. There are so many fascinating individuals in the Interlake.

I was struck by the sense of community some areas of the Interlake display. People devote hundreds of hours to volunteering in their community — and the work shows.

I saw community pride in the town parades I attended, where locals drove floats down their Main Streets or cheered from the sidelines. I saw community pride in local events run by volunteers or organizations, whether it was a new garden opening or an annual festival.

I never ran out of story ideas because there was always something going on.

The staff at the *Tribune* and the *Record* were a huge help to me this summer. They gave useful feedback and showed immense patience as I stumbled through stories.

I felt appreciated and encouraged by the feedback I received from readers too.

I'll begin my final year of schooling at Red River College soon, but I won't forget the lessons I've learned and the memories I've gained from my time in the Interlake.

Thank you to the Interlake residents who have shared their stories with me this summer.



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## Fishing blessed with a little luck

Hi folks.

One of the most satisfying fall rituals I have is collecting the apples each morning that have fallen from my trees. That and the changing of the colours of the trees leaves alerts me to the eventual coming of invigorating winter fishing days once more. Though an enjoyable afternoon of catching fish from an ice hole in your shack might be many weeks away, our sister angler Belinda Vinette gave me such a great winter story for us last week I felt I had to pass it along.

It was a sunny, not-too-cold afternoon a few winters ago as Belinda, her husband Darren, brother Drew and his wife Brenda sat in their ice shack fishing on the Netley Creek by Petersfield. The sun streamed through the small windows, brightening the already white walls. Their heater filled the shelter with warmth. The floor, which was mostly ice, had melted to the point that shadows of swimming fish could be seen.

"Oh my gosh!" Belinda cried out as she saw a long, dark shadow slowly glide under the ice from one end of the shack to the other. Just as it was about to disappear, it turned and the line on Belinda's short rod took a nosedive into the water. She fell from her chair to one knee, desperately holding onto her rod that was being pulled away with frightening force. She was almost face to face with the screen of their underwater camera where she

could see mud being churned up by a monster jackfish. Its pointed green teeth-filled mouth struck the camera as it swept from side to side trying to rid itself of Belinda's hook.

Quickly she regained her chair and let line out as the fish ran. When it stopped, she reeled in slowly. Three times it ran and three times Belinda reeled it in, coming to rest by her ice hole. Drew was ready and plunged his hand down into the hole's icy water, grabbing the fish by its gill. He got lucky; the whole head of the jack cleared the hole in one pull. After hand-over-hand yanking on its slimy sides, the jack finally lay across the ice floor of the shack. They took pictures of the fish then quickly released it.

Belinda and her gang aren't the only ones who like to use electronics when fishing or who are blessed with a little luck. Last week I met Guy Proulx and his buddy Charlie Reuther who had just come off the lake after boat fishing in the Lake Winnipeg south basin. It seems they were cruising a kilometre off the west shore. Guy, watching his fish finder, suddenly shouted at Chuck, "Stop! The bottom's structure's rough and full of fish!" They anchored and cast out. Immediately they began hauling in small walleye and throwing them back.

Then suddenly the fish stopped biting. The guys relaxed, waiting. Then again, Guy checking the finder's display and shouted, "Wow! There's

something big down there."

As he said it, Chuck got a vicious strike that bent his rod, smacking it on the gunwale of the boat. He braced his feet against the side of the boat and started hauling up. As he brought the fish to the side of the boat, the long green back of a metre-long jack broke cover. They landed it, flopping into the boat, as Guy noticed renewed movement on his finder.

"There are all kinds of fish under us again!" he exclaimed.

"Guess what?" Charlie shouted, "Now the jack's gone. Our luck will change."

I got a picture of Guy's catch. It looks pretty lucky to me!

Late last week, I met Shane Gosnell, a thin chap with brown hair, a grey moustache and a sense of humour about his sometimes absent luck. He told of a time when he and wife were young. She and the rest of the family left him fishing on the Red River to go play in the Selkirk Park. That would have been fine except they also left him with their six-month-old baby.

There he sat, his fishing rod between his bare feet, holding the baby with one arm and a sandwich in the other hand. Without warning, he caught a big cat that just kept rolling on top of the water, slowly dragging his rod into the river! He tried as best he could to hold his rod with his bare feet while screaming for the family to come help. They didn't! He lost the fish with the



**EXPRESS PHOTO BY ARNIE WEIDL**  
Guy Proulx of Matlock with his great catch from the Lake Winnipeg south basin.

rod to the river and his sandwich to the riverbank mud.

His luck was also absent a few years later when fishing with family on the Red and got his hook caught in the branch of a huge tree that hung over the river. He climbed up the branch upside-down to claim his hook and lost his grip. As he fell toward the water, his son said to his grandfather, "I guess we're going to be fishing for 'dads' today!"

Till next week. Bye for now, friends.

## NDP plans major expenditure on Lake Winnipeg

Submitted by NDP Interlake-Gimli

Interlake-Gimli New Democratic Party Candidate Sarah Pinsent brought a message they were waiting to hear.

She told the Silver Harbour Property Owners Association Saturday afternoon that an NDP provincial government will spend \$500 million to upgrade Winnipeg's north end sewage treatment plant, one of the principal polluters of Lake Winnipeg.

"Our government will invest this money over the next 10 years," said Pinsent who was the only candidate to show up at a meet-and-greet event organized by the Silver Harbour property owners group at the nearby Arnes community hall a few miles north of Gimli.

The NDP candidate's announcement was music to the ears of Fred Veldink, chair of the property owners' environmental committee and organizer of the Saturday afternoon event.

"The health of Lake Winnipeg is our major concern and we are anxious for action to solve its prob-

lems," Veldink said.

Attacking the lake's woes is just one plank in a comprehensive NDP platform to address environmental concerns including the escalating warming of the planet.

"Climate change is the challenge of our time. The consequences are already affecting all Manitobans in the form of floods, wildfires and droughts," Pinsent said.

"Our government will seize the opportunity to take serious action on climate change. We will create new careers in a cleaner, healthier province partly by keeping Manitoba Hydro strong, growing and publicly owned. This will be accomplished by strengthening the legislation that protects Manitoba Hydro from the threat of privatization and helps to keep rates low."

Pinsent also said the NDP is dedicated to helping families make greener choices and will encourage recycling and re-purposing to reduce litter harmful to the environment."



**EXPRESS PHOTO SUBMITTED**  
Interlake-Gimli NDP candidate Sarah Pinsent, centre, talked politics Saturday with Wally Johannson, left, and Fred Veldnik of the Silver Harbour Property Owners Association.



## > MS, FROM PG. 3

to Dunnotar to Matlock and then back to Gimli for a total of 49.5 kilometres. For the longer route, participants then went to Petersfield and back to Gimli, totalling 81 kilometres.

2019 MS Bike Gimli had 350 participants, Moryl said.

### What is MS?

Multiple sclerosis is an autoimmune disease of the central nervous system (brain, spinal cord), according to the MS Society.

The disease attacks myelin, the protective covering of the nerves, causing inflammation and often damaging the myelin, according to the MS Society. Myelin is necessary for the transmission of nerve impulses through nerve fibres.

If damage to myelin is slight, nerve impulses travel with minor interruptions, according to the MS Society. However, if damage is substantial and if scar tissue replaces the myelin, nerve impulses may be completely disrupted, and the nerve fibres themselves can be damaged.

"One day I was playing soccer, and I noticed something was wrong with my right eye. I just figured something was in it," said Napoleon, who admitted her diagnosis, which happened over one week, happened quicker than many other people's.

"I took some eye drops, woke up the next morning and it was worse. It seemed to get worse as the day progressed, too."

Due to a lack of access to specialists, Napoleon said she went to walk-in clinics and ERs, but every doctor she saw didn't see anything wrong with her eye.

"It was discouraging," said Napoleon.

But within a week of her initial symptom, she decided to go to Misericordia Health Centre, a facility with eye specialists on-site.

"The doctor said he suspected optic-neuritis, which is often a first symptom of MS," said Napoleon. "I went for tests the next day. ... They were able to confirm I had MS based on the combination of tests."

Currently there is no cure, but each day researchers are learning more about what causes MS and are zeroing in on ways to prevent it, according to the MS Society.

Napoleon said, thankfully, she hasn't had a relapse since her first incident and credits her doctor and her prescribed medication for symptom management.

Canada has one of the highest rates of MS in the world, according to the MS Society, with an estimated one in every 385 Canadians living with the disease. Though MS is most often diagnosed in young adults aged 20 to 49, younger children and older adults can also be diagnosed with the disease.

For more information or to donate to the MS Society, visit [mssociety.ca](http://mssociety.ca).

## Clarification

### Staff

Over the last number of weeks, the *Express* has been covering the ongoing dry season, shortage of feed and resulting beef crisis.

In each of those stories, the passage, "The situation has led to many farmers potentially running the risk of being unable to feed their livestock, but also unable to sell, which translates to a mass slaughter as a last resort."

While this is true, the Manitoba Beef Producers have asked the term "mass slaughter" be clarified.

MBP President Tom Teichroeb stated while cattle prices may be less than ideal; there is "always a market" for farmers to sell their cattle. It is also important to understand that whichever marketplace producers may choose for their livestock, it is done in an ethical and responsible manner.



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##### Additional location(s):

Sept. 4	All Saints Anglican Church, 1 Railway St, Matlock
Aug. 31, Sept. 5	Ashern Centennial Hall, 1 Hwy 325, Ashern
Sept. 2	Eriksdale Memorial Community Centre, 22 Railway Ave, Eriksdale
Sept. 4	Faulkner Senior Centre, Faulkner Rd, Faulkner
Sept. 2	Inwood Memorial Hall, Hwy 17, Inwood
Sept. 2	Mary Thorarinson Estates, 341 Ingolfs St, Arborg
Sept. 5	Narrows West Sunset Lodge, Hwy 68, Oakview
Aug. 30	Riverton Community Hall, 175 Riverton Ave, Riverton
Aug. 29	Royal Canadian Legion - Lundar, 50 3rd Ave, Lundar
Aug. 30	St. Laurent Recreation Centre, Hwy 6, St. Laurent
Sept. 3	St. Martin Community Hall, 9 Martin St, St. Martin
Sept. 1	Ukrainian National Home of Fisher Branch, 33 Provencher St, Fisher Branch

#### SELKIRK

##### Returning Office

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##### Additional location(s):

Aug. 30-Sept. 1	Clandeboye Community Hall, 111 Main St, Clandeboye
Aug. 30	Gaynor Family Library, 806 Manitoba Ave, Selkirk
Aug. 30-Sept. 1	St. Andrews Fire Hall, 5610 Hwy 9, St. Andrews
Aug. 30-Sept. 1	St. Clement Parish Hall, 5 St. Clements Rd, St. Andrews

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Sept. 2	Easterville Community Council-Admin Building, Arena Rd, Easterville
Sept. 3	Fisher River Hall, Fisher River Cree Nation
Sept. 3	Grand Rapids Community Complex, Grand Rapids
Sept. 4	Kinonjeoshtegon First Nation Band Office, Jackhead
Sept. 2	Moose Lake Community Council Office, 302 Martin Rd, Moose Lake
Aug. 29-Sept. 5	Otineka Mall, Hwy 10 N, Opaskwayak Cree Nation
Sept. 2	Peguis Community Hall, Lot 25, Peguis First Nation
Sept. 1	Pinaymootang Band Office, Fairford
Sept. 3	Pine Dock Community Hall, Lot 2, Pine Dock
Sept. 2	Wanless Community Hall, 29 Fescue Blvd, Wanless

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# Creativity never stands still at Ponemah Beach Artisans' Festival

By Patricia Barrett

The Ponemah Beach Artisans' Festival has just about everything you could possibly want from a summer market, including one-of-a-kind works of art and jewelry, wild berry jam, farm-fresh vegetables, hanging tea towels and some head-turning attire.

The market is held on Fridays during the summer and attracts locals and people from across the region to the quaint village square where the Dunnottar Station Museum and the art centre are located.

Heidi Hunter of Runs With Scissors Studio is primarily a fibre artist and makes colourful dresses, tank tops and T-shirts using a method called low water immersion dyeing, in which one "squishes" fabric in a vat of dye to create a mottled effect.

She also produces whimsical art pieces, blending colour and texture. Mucking around one day with feathers and paint, Hunter came up with prints that beguile the eye and the imagination.

"I put paint on my printing plate, put feathers down and lift them off," said Hunter, who took a printmaking course in Mexico. "I just spontaneously found that I could use layers of feathers and paper."

Hunter is the founder of the Proutopia Festival Art Market and will be hosting over 25 artists on Aug. 31 and Sept. 1 at her Prout Road home located near the junction of PR 229 and 17E, just west of Winnipeg Beach.

The theme of this year's Proutopia is Birds of a Feather (hence the feather art) and it will feature a sunbird art exhibit and a special guest artist from New York. Hunter built a wooden bower for the artist in her backyard after hearing her speak about the male bowerbird's habit of collecting brightly coloured objects (feathers, shells, glass, bits of plastic, etc.) to woo a mate.

The Interlake's Queen of Chocolate, Doreen Pendgracs was among the Ponemah market-goers, admiring the ever-changing arc of the creative mind.

"This is way the creative mind works, constantly evolving and adding new layers," said Pendgracs, admiring Hunter's feather prints. "Creativity never stands still."

Among the artists were Cathy Sutton (Nepenthe Studio), who makes felt hats and mitts; Valarie Newsham (Val-Art Designs), who makes pendants from beach glass; and Susan Hope (Yellow Door Art), who turns doilies, hankies and other textiles into sculptures and decorative collars for



Valarie Newsham of Val-Art Designs from Winnipeg Beach.



Cathy Sutton of Nepenthe Studio in Winnipeg Beach makes cozy felt hats and mitts, including fishers' mitts.



Heidi Hunter, with a feather-fish print, hosts the Proutopia Market at her Runs With Scissors Studio, west of Winnipeg Beach.

wine bottles.

Offering up fresh vegetables, such as garlic, peppers, rhubarb, kale and cucumbers, were sisters Erin Gawalko and Lindsay Broschuk. Gawalko grows vegetables on her farm in Hadashville, northeast of Steinbach, and



Valarie Newsham collects glass from the beach and turns it into beautiful jewelry.



Susan Hope's wine bottle holder with decorative wine collar.



Artist Susan Hope of Yellow Door Art, with her husband, creates art sculptures using old doilies and hankies.



EXPRESS PHOTOS BY PATRICIA BARRETT  
Sisters Erin Gawalko (left) and Lindsay Broschuk offer farm-fresh vegetables and wildflowers from Hadashville.



Heidi Hunter makes colourful garments using the low water immersion dyeing technique.

spends time at the family cottage in the Ponemah area.

Linda Weshnoweski's saskatoon jam was in high demand. She makes a variety of preserves from berries she picks while camping in Hecla or Riding Mountain, as well as beets and



Linda Weshnoweski from Sandy Hook, with a customer, makes a variety of wild berry jams.

horseradish.

She said her husband gets nervous whenever she makes a batch of saskatoon jam for the markets.

"Every time I walk out the door, my husband says, 'Are you selling all the saskatoons?' So, I put a case aside for him."



# Hopping the rails for two bits at the Dunnottar Station Museum

By Patricia Barrett

A seasonal resident from Matlock came clean about his boyhood railway exploits back in the early 1950s when the Canadian Pacific Railway carried passengers between small towns along Lake Winnipeg.

Dave Stairs was visiting the Dunnottar Station Museum in Ponemah last Friday and told the *Express* how each beachside town, including Matlock, Whytefold, Ponemah and Winnipeg Beach, had its own train station and would ferry passengers and freight to and from Winnipeg — along with the odd train-hopper or two.

Stairs' dad purchased their Matlock cottage — originally built by the principal of Winnipeg's Sisler High School — in 1949, and Stairs and his friends would spend summers swimming in the lake and roaming about the countryside.

"Right from when I was a kid, we were down in the lake all day long, just brown as could be, all summer, no mom and dad looking after us," said Stairs. "That's the way it was back then."

The freedom to explore led Stairs and his friends to the Matlock railway station. It cost "two bits" (25 cents) to ride the rails from Matlock north to Winnipeg Beach and another two bits for the trip back. And let's just say young people aren't always flush with cash.

"We would sneak onto the train," said Stairs. "We'd just be looking out the window so the conductor wouldn't bother us because it was two bits to go from Matlock to Winnipeg Beach. And the conductor knew darn well, but he'd just let us go free."

In 2004 a group of residents formed a not-for-profit organization called The Friends of Dunnottar Station Project, and with a provincial grant purchased and moved the original Matlock station (c. 1903) to Ponemah, at the north



Seasonal resident Dave Stairs, who has a cottage in Matlock, used to hop the rails for two bits back in the early 1950s.

end of Dunnottar.

Dedicated volunteers collected historical artifacts, including uniforms, railway spikes, cash registers, trunks and so forth, and continue to maintain the wooden building. They even built a station platform based on original CPR construction blueprints.

It wasn't difficult to find visitors willing to wear a railway cap and stage a re-enactment of how the station used to run back in the day. Sharon Helgason grabbed a rather large box of cheese that at first glance resembled a hat box, and asked stationmaster Don Bowles and his steward Ali Howard to see how much it weighed on the old-fashioned scale housed in the museum.

Bowles and Howard had their hands full with scores of visitors checking out the artifacts in the museum, telling railway stories and offering people a chance to weigh themselves on the scale. A young lady and her mom were checking out an old Underwood typewriter, expressing disbelief as to how anyone could possibly type on



EXPRESS PHOTOS BY PATRICIA BARRETT

Passenger Sharon Helgason (front) has CPR stationmaster Don Bowles and steward Ali Howard weigh a shipment of cheese from the Whytefold Store.



The Dunnottar Station Museum in Ponemah is housed in the original 1903 railway station from Matlock.

such an instrument.

"It's our 13th year being open and I have a couple of ladies that help me," said Bowles. "Ali is doing her practicum here this summer, just finishing her bachelor degree at the Canadian Mennonite University. She's been a great help. She's going to join our

board."

The museum is open on weekends from 10-4 or by appointment. It's located at 300 Railway St. near the Ponemah Beach Central Art Centre. For more information, contact the Village of Dunnottar municipal office.

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10:00 pm fireworks @ the end of Main St.

### SATURDAY AUGUST 31

8:30 am pancake breakfast at Centennial Hall  
11:00 am parade- Call Courtney at 204-302-1426  
2:00 pm rodeo grounds open to public  
4:00 pm 27th annual Ashern Rodeo begins  
8:00 pm outdoor social at the rodeo grounds  
50/50 tickets and bessy bingo  
Food vendors on site  
NEW this year come check out the trade show at the rodeo  
Half time show Prairie Sky Drill Team

### SUNDAY SEPTEMBER 1

10:30 am cowboy church service at the grounds  
11:00 am 27th annual threshermen's reunion at the museum  
3:00 pm rodeo finals start  
Kids activities all weekend  
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# A grainy affair: Wave artists open their studios this weekend

By Rashmi Kumar

Some call it craft. She calls it art. Artist Rosemary Miguez is not the one to build sandcastles, instead, she uses it powerfully as a means of her artistic expression. The artist will be a part of the upcoming Interlake Wave Artists' Studio Tour to be held from August 31 to September 1.

Miguez creates art pieces which connect the mind and soul, through the eyes – offering an emotional or spiritual experience by inviting deep personal attachment as the viewer beholds the work. By combining Gesso and Sand she is able to harness the light to illuminate shape and shadow revealing the hidden story within the art.

The tour gives the public an opportunity to visit an artist's studio, see the tools used to create the art form, and at times even catch a glimpse of art in progress. This year, Miguez is showcasing her sand and gesso artwork. "It is something I began last year with a combination of sands from Spain, Grand Canyon, Wreck Beach in BC, Cuba and here from our lake. I am enjoying this combination," she says.

"My attraction to sand begins with rock. Rocks hold the history of the earth within them. The sum of all of the rocks' experiences are crushed over time, thus creating sand. Every grain of sand is testimony to an ancient world. Born out of this ancient landscape the Spirit of the Rock reflects a deep commitment to honour individual experience. Each painting is a commitment to this uniqueness," said Miguez on her website.

But why sand? "I love the tactile feeling when I begin to mix sand and gesso and sculpt them together. For



A light-bulb highlights the sand and gesso in a lamp shade.

those who do not know, gesso is an acrylic compound used to seal artist canvases for the paint (oil or acrylic) to not seep through the canvas."

Miguez has discovered a unique way to work with sand and gesso to create texture and relief and to create some 3-D effect. Most of her works involve the use of natural or artificial light. This artist started experimenting by creating a white on the white look (white canvas with white gesso and sand combination). And she subsequently kept adding colors.

"The addition of colors primarily comes from the different sands I use from around the world," said Miguez.

Interestingly, Miguez is not all about leaving her work for public interpretation. She goes the extra mile to comment on current social and political issues as well.

"I have some work that deals with deforestation and homelessness. They don't seem to have a connection but they do. As we continue to tear down the forest the animals lose their homes and become "homeless" and "wander" into cities. To create more awareness toward this cause, I have used envi-



Sand and gesso on bottles, some with lights inside.

ronmental objects like wood, sand, gesso, and mirrors," says Miguez.

She's also taken up the issue of "human" homelessness and dealt with it quite cleverly. This subject was primarily done on the mirror, for people to reflect upon their vulnerability of becoming homeless or to think of those wandering the streets.

This artwork will not be displayed during the tour but was jointly showcased at Cre8ery Gallery in Winnipeg, a couple of years ago.

Miguez is every bit excited to share her art with her visitors.

"It is also a place where visitors can ask questions and I'm looking forwarding to answering them!"

The tour - that is held every year on the second weekend in June and the long weekend in September - extends from Highway 67 past Gimli to



PHOTOS SUBMITTED

Rosemary Miguez creates art which connects the mind and soul through the eyes.

Spruce Bay. There are over 25 artists on the tour, and all of them will have blue and white Wave signs and flags outside their studio to guide visitors. Tour hours will be from 10 am to 6 pm. Artists are also open year-round for those who want to customize their visits.

As for Miguez, her eyes are on other provinces for 2020. She calls it her future goal and wants to share a piece of her history with one and all.

"I believe that sand holds the history of the Earth. That "sand" in my paintings may have begun as a mountain, a large rock, a small rock and finally sand."

To see a full listing of all the studios participating visit: <https://www.watchthewave.ca>

**CO-OP Interlake**

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## Garden owner sends out invite to onion thief

Staff

The hard-working gardeners who lease a plot in the Gimli community gardens in the north end of town had their plots raided last week. Lesley Monkman took to Facebook after her onion garden was decimated. Although she made her feelings known, she invited the thief to join their gardening community.

"The plots are inexpensive and any one of us gardeners would be willing to teach or help you grow your own vegetables," wrote Monkman. "But just taking our produce is unacceptable." The Gimli Environmental Advisory Committee leases the plots every spring.



PHOTO COURTESY OF FACEBOOK

Lesley Monkman took to Facebook after her garden was decimated last week.



## Peguis First Nation establishes urban reserve



EXPRESS PHOTO SUBMITTED

Crown-Indigenous Relations Minister Carolyn Bennett and Peguis First Nation Chief Glenn Hudson signed the papers officially establishing an urban reserve last month.

### Staff

The Honourable Carolyn Bennett, Minister of Crown-Indigenous Relations, congratulated Peguis First Nation on July 10 for the establishment of their urban reserve in the City of Winnipeg.

"The establishment of Peguis First Nation's urban reserve in Winnipeg is an important step towards a better future for Peguis First Nation. This addition to reserve will advance economic development, create employment opportunities and advance reconciliation. I look forward to seeing the positive role this will play for the community members of Peguis First Nation," said the Honourable Carolyn Bennett, M.D., P.C., M.P., Minister of Crown-Indigenous Relations.

Peguis First Nation Chief Glenn Hudson thanked everyone who has worked to settle long-standing Treaty Land Entitlement claims with the federal, provincial and municipal governments.

"This is a big win and a significant step forward for Peguis First Nation in the reclamation of our ancestral lands here in Treaty 1," said Hudson.

"This will create economic opportunities, more opportunities for business, employment, social and cultural development, opportunities to bridge the gap between Indigenous and non-Indigenous people here in Winnipeg and Manitoba. We look forward to using this land to further the long-term vision for our community."

The Addition to Reserve will create an urban reserve of 3.71 acres located at 1075 Portage Ave. in Winnipeg. This land designation will advance opportunities for economic development and employment for First Nation members, allowing for

greater First Nation autonomy. This urban reserve will also benefit from a Municipal Services Agreement with the City of Winnipeg, as a result of First Nation and municipal collaboration.

The Government of Canada is proud to have contributed \$1 million through the Community Opportunity Readiness Program to support pre-construction and construction costs of the mixed-use buildings on the new reserve land to enable Peguis First Nation to pursue economic development opportunities.

The Government of Canada is committed to the implementation of Treaty Land Entitlement agreements and is working with First Nations in Manitoba to meet outstanding Treaty Land Entitlement obligations.

### Quick Facts

- The Manitoba Treaty Land Entitlement (TLE) Framework Agreement and individual TLE agreements in the province are intended to fulfill a long-standing commitment arising from treaties signed by Canada and First Nations.

- Additions to Reserve and Reserve Creation are part of the Government of Canada's overall efforts to help advance reconciliation by facilitating First Nation self-determination, self-governance and self-sufficiency.

- Since November 2015, the Government has added 205 Treaty Land Entitlement parcels to reserve across Canada, totaling over 136,000 acres. Over the same period, the Government has added 119 Treaty Land Entitlement parcels to reserve within the province of Manitoba, totalling over 90,000 acres.

## FALL & WINTER ACTIVITIES & registration section 2019-2020

# Physical activity for children and youth

For children and teens to grow up healthy, it's important they are physically active and eat healthy foods every day.

To help children develop habits that will last a lifetime, an active, healthy lifestyle must start early in life. Physical activity has benefits at every age, and helps kids:

- keep their heart and lungs strong and healthy,
- become more flexible,
- develop strong bones,
- keep a healthy body weight,
- lower the risk of several diseases and health problems,
- improve their mood and self-esteem, and
- do better in school.

"Sedentary behaviour" means time spent doing very little physical activity, such as sitting at a computer, playing video games, or watching television. Children and teens

should spend less time on these activities and more time being active.

How can I get my kids to be active?

Your child learns the most about healthy active living from you. Include the whole family in regular physical activity and healthy eating. It's easier if families do things together as part of the daily routine.

Choose activities that suit your child's age and stage of development.

Give your child lots of time to be active in both structured activities, like organized sports, and unstructured activities, like playing in a playground.

Keep activities fun.

As teens strive for independence, they may want to do some things on their own. Encourage them to go for a walk or bike ride with friends.

**Reechka**  
Ukrainian Dance Club

**REGISTRATION/OPEN HOUSE**  
Monday, September 9th & 16th  
starting at 5pm at the AEMYS

- TWO FREE TRIAL DANCE CLASSES.
- REGISTRATION NIGHT.

Any questions regarding times and fees call Shelly Burak  
204-364-2480 or email rburak@mts.net

**GIMLI BARVINOK DANCE**

**Fall Registration**

**Wednesday, September 11, at 6:30**  
at the Dr. George Johnson Middle Years School.

Two free week trial to follow. Classes are aged 4 and up.  
Interested adults - we will run a class if there is interest.

Contact info.  
ls smichaluk@lssd.ca  
**204-641-4928.**

**AGM October 2 at 6:30 pm**



# Cowboys and cowgirls to ride into Ashern for 27th annual rodeo

## Staff

The 27th annual Ashern Rodeo returns this weekend promising two-days of buckin' broncos, mutton bustin', barrel racing and more over the September long weekend.

The popular annual event draws riders from all over the province, including some of the best from the west, and reigning champions of the rodeo, as they compete for cash prizes, family-friendly entertainment and, of course, glory.

The dual Manitoba Rodeo Cowboys Association and Canadian Cowboys Association rodeo kicks off Saturday at 4 p.m. and includes tie-down, steer wrestling, calf-tying, saddle bronc and bull riding — in addition to ladies' barrel racing, a rodeo clown act, Prairie Skye Drill team half-time show, and the mutton bustin' competition, featuring our youngest athletes.

Sunday's finals at 3 p.m. feature many of the same events, as well as winner presentations.

Of course, the rodeo will have dozens of other activities kicking off Friday evening. The street dance hosted by the Ashern Skating club is from 5 to 10 p.m. The bouncy house, street train and street hockey will also be

on site. The concession booth will be open for those who want to have supper up town.

Every day at the rodeo is sure to be explosive, but the Friday night fireworks extravaganza is scheduled for 10 p.m., following the street dance.

Saturday morning starts with a pancake breakfast at Ashern Centennial Hall at 8:30 a.m.

The parade will wind its way through town starting at 11 a.m. and the rodeo grounds are open at 2 p.m. with events beginning at 4 p.m. The outdoor social at the rodeo grounds starts at 8 p.m.

There will be a number of food trucks, along with a pop-up horse tack vendor and a apiarist selling honey on site at the rodeo grounds.

Sunday opens with the Cowboy Church Service at the grounds at 10:30 a.m. and at 11 a.m. the 27th 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 6 and under free.



EXPRESS FILE PHOTOS BY LANA MEIER

Rodeo action will get underway on Saturday at 4 p.m. at the 27th annual Ashern Rodeo.



## Welcome to the Team!

### New veterinarian joins Selkirk Veterinary Services

Dr. Klug, Dr. Munro and the rest of the staff at Selkirk Veterinary Services (SVS) are pleased to welcome Dr. Heather Sparkes to their team.

Dr. Sparkes graduated from the program at the Western College of Veterinary Medicine in Saskatchewan after spending three years as an agriculture student in Winnipeg. Her interest in veterinary medicine stemmed from growing up on a small beef farm and her love for all animals.

Originally from Arborg, Dr. Sparkes started practicing in Regina, SK, before moving closer to her family and choosing Selkirk as her new place to practice veterinary medicine. While in Regina, Dr. Sparkes practiced at the Animal Clinic of Regina where she gained hands on experience dealing with emergency cases. When asked what she is looking forward to living and working in the Selkirk area, Dr. Sparkes replied, "Being in a small town again, no traffic, being close to my family and going for hikes. It's nice to walk around and enjoy the feeling of Selkirk." In the past month Dr. Sparkes has settled nicely into Selkirk with her family. Along with her husband and one year old baby girl named Madison, the couple also has a little little Shi-Tzu fur baby named Aussie.

Going forward and growing her practice, Dr. Sparkes is hoping to gain dental and ultrasound experience. She chose to work at SVS along with Dr. Klug, who specializes in dentistry and surgery, hoping to learn from her professional experience. When asked what her best advice to pet owners is when it comes to taking care of dogs, Dr. Sparkes says prevention is the best medicine. Ensuring that puppies receive their 8 week vaccinations and then continuing to vaccinate at the proper ages would be foremost. Tick and heartworm prevention are also a necessity in Manitoba.

SVS also has several kittens available for adoption. Pictured in the top right is Dr. Sparkes with Hector, the most gentle, happy kitty who just recently underwent hernia surgery. For more information about their lovable adoptable cats please contact the clinic.

Selkirk Veterinary Services is located at 6 Wersch St. in Selkirk. To book an appointment, call 204-482-5720. Dr. Klug, Dr. Munro and Dr. Sparkes look forward to helping all your beloved, furry friends.



Dr. Heather Sparkes

## Annual coffeehouse raises funds for CancerCare Manitoba



EXPRESS PHOTO BY JO-ANNE PROCTER

Jillian Henry of Arnes performed at the 9th annual Coffeehouse to End to Cancer. The Coffeehouse raised over \$22,500 for CancerCare Manitoba.



# Crazy Jumpers celebrate 10 years with Cross Country event

By Evan Matthews

Ten years is a special milestone, so too should be the celebration.

Crazy Jumpers Dog School and Boarding celebrated its 10th anniversary on Aug. 25, with 35 dogs and their families participating in the K9 Cross Country event.

"The course consisted of trails through the forest, where volunteers set up 20 stations with tasks for the person — or their dog — to perform and earn subsequent points," said Kim Masiak, Canadian Association of Rally Obedience participant and aspiring judge.

"Tasks included scent tests, rally obedience skills, going through tunnels, and a recall exercise," she said, adding thanks to the 25 volunteers who helped execute the event.

All of the events proceeds raised was then split 50/50 between the Gimli Humane Society and the Prairie Wildlife Rehabilitation Centre, according to Masiak, with the total funds raised reaching \$2,066.

The cost to enter each dog was \$15, but funds were also raised through a silent auction, nail clipping station, photos, paw print art, vendors and a barbecue.

The top three point-getters received a prize all donated by Solshine Premium Pet Food in Gimli.

Patty Ruffeski with her dog Winston finished in first, while Jodie Fitzgerald and her dog Chico took home second, and Lu Derksen and her dog Mac-Gyver rounded out the podium. Tracy Benson won the poker derby.

Local community businesses donated roughly 30 silent auction prizes, too, Masiak said. Organizers set up the K9 Cross Country event at Crazy Jumpers Dog School and Boarding, which is located on Highway 231 between Gimli and Fraserwood, or two miles east of Fraserwood.



First-place winners Patty, Dave and their dog, 14-year-old Winston.



EXPRESS PHOTOS BY EVAN MATTHEWS

Simone from Prairie Wildlife; Patricia, owner of Crazy Jumpers; Sheila from Gimli Humane Society; and Cindy from Gimli Humane Society.



Participants Jill Gillespie, Arleen Kristofferson and Carmen Asu with four-legged furry friends.



Paw print art station. Nadine Gislason with her dog and volunteers Jill and Val Gillespie.



Noel and Ron Rogowsky with their dogs Louie and Lincoln on the course.

## Manitoba Greens sugar tax proposal would save \$36 million in health care costs

Submitted Green Party of Manitoba

Party leader James Beddome said that Greens would put a 20 per cent tax on sugar-sweetened beverages if elected, which would reduce rates of diabetes in Manitoba and raise an additional \$20 million in revenue annually to put back into the health care system.

"Putting a 20 per cent tax on sugary drinks is enough to give most people pause, and consider other, healthier options," said Beddome. "This strategy has been proven to significantly reduce the consumption of unhealthy drinks like soft drinks, which can have

a large impact on preventing type-2 diabetes and other related illnesses."

A recent Canadian study estimates that a 20 per cent tax on sugary drinks could prevent over 200,000 cases of type 2 diabetes in Canada over the next 25 years, and prevent thousands of other cases of heart disease, strokes and cancer. In addition, the initiative would save an estimated \$11 billion in health care costs over the same time period. For Manitoba, this works out to annual health care savings of \$16 million, in addition to the \$20 million in revenue that would be generated from the tax. "We have an opportu-

nity here to encourage Manitobans towards healthier choices, while at the same time saving money in health care costs and raising additional revenue that can go towards promoting the health and wellness of Manitobans," said Beddome.

Beddome was clear that any savings in health care costs would be invested back into the health care system, and that all revenue gained from the tax would be put towards evidence-based preventative health care initiatives. He also stressed that reducing sugar consumption is only one step towards addressing the diabetes epidemic in

Manitoba.

"We need to focus on preventative health care strategies that take social determinants of health into account," said Beddome. "Reducing poverty through a basic income will also go a long way towards reducing diet-related chronic illnesses, like diabetes." While the Greens will start with taxing sugary drinks, they plan to eventually expand the initiative to include other forms of junk food, which would lead to increased population level health benefits and generate further revenue to be put back into the health care system.



# First-ever Canadian motorhome rally takes place in Winnipeg Beach

By Gabrielle Piche

Motorhomes bearing licence plates from across Canada and the United States lined Winnipeg Beach's campground last week.

The Entegra Coach Owners Association (ECO) held their first-ever Canadian rally in Manitoba from Aug. 18 to 23. Entegra Coach motorhome owners stayed in Carberry on their first night and spent the rest of the rally parked in Winnipeg Beach.

Pat Bauer started the ECOA because he'd been part of another club where motorhome owners would meet and travel together.

"We started the club with the idea that we're going to go to great locations, assemble a group of great people, have some great food, and have a little bit of education and see the sites," Bauer said.

Though the ECOA was formed in 2013, members had never held a rally in Canada before — everything was in the United States.

Don Enns, a Manitoban ECOA member, asked Bauer when a Canadian rally would happen. Enns brought up the subject at ECOA rallies in Elkhart, Ind. and Spearfish, S.D.

"He said, 'Well, if you want a rally in Canada, plan one,' and I took him up on his challenge," Enns said.

Enns, the district chief with the Winnipeg Fire Paramedic Service, started planning in September. He needed to find a space that would fit 45-foot-long motorhomes with vehicles attached.

"Most of the coaches end up being 65 feet long," Enns said. "Finding campsites that can accommodate vehicles that long is extremely difficult."

Luckily, Winnipeg Beach's campground can fit automobiles of that size. Enns spoke with officials in Winnipeg Beach and from the Province of Manitoba to reserve spaces at the campsite for an ECOA rally.

"The province was really receptive to us," Enns said.

In the end, 31 motorhomes made their way to Winnipeg Beach for the rally. Twenty-six came from the United States. There were campers from Texas, Florida and California, among other states and provinces.

Some of the tourists had never been to Canada before. Many had never stepped foot in Manitoba.

"Here's a really good opportunity for us to showcase our province," Enns said.

Enns planned excursions to the Canadian Museum for Human Rights and The Forks. Rallygoers also watched a performance by the Japanese drumming group Fubuki Daiko at Winnipeg Beach's bandstand.



Stephana Cunningham, left, and Pat Bauer. Cunningham works in marketing and events at Entegra Coach, and Bauer is the founder and president of the ECOA.



EXPRESS PHOTOS BY GABRIELLE PICHE

ECOA rallygoers take a group picture in Winnipeg Beach's campground on Aug. 21.



Campers parked their Entegra Coach motorhomes next to each other in Winnipeg Beach. People need to own an Entegra Coach motorhome to be part of the ECOA.



Motorhome owners from Texas and California eat dinner in Winnipeg Beach on Aug. 21.



Daisy Barcelona (left) and Ray Pillar load their plates with food from Danny's Barbeque & Smokehouse.



Danny's Barbeque & Smokehouse catered a dinner for rallygoers on Aug. 21.

Danny's Barbeque & Smokehouse catered a meal for the group, and the Royal Canadian Legion's Winnipeg Beach branch prepared two dinners and three breakfasts.

"A lot of people aren't familiar with the little town of Winnipeg Beach," said Mayor Tony Pimentel. "Getting this kind of exposure is really great."

Rallygoers also spent time at Sand Hills Casino in Carberry, and they passed through the International Peace Gardens on their way into the province.

Darlene Sterzenback had never been to Manitoba before. The Sugar Land, Texas native lives in her motorhome.

"One thing I've noticed about Canada is that everybody has a Canadian flag flying in front of their house," Sterzenback said. "I think that says a lot about Canadians."

Sterzenback said she liked the Canadian Museum for Human Rights, but she could've spent two days there because there was so much to explore.

Don Boettcher was one of the few Canadians attending the ECOA rally. He's from Cambridge, Ont. He had Americans asking him several questions in Winnipeg Beach.

One person asked Boettcher if they could take a maple leaf home.

"We have enough maple trees, I think we can afford it," Boettcher said.

He and his wife Gerri have been to seven or eight ECOA rallies over the past five years. Normally, the couple takes their motorhome to the United States.

"It's nice to have fun, have a rally with Entegra Coach and have everybody come up here to see our beautiful country," Boettcher said.

It was ECOA president Pat Bauer's first time in Canada. During the rally, the Floridian said he'd happily take another trip up north.



# Rescue program in Dunnottar saving hundreds of feral cats; volunteers wanted

By Patricia Barrett

Over the past few years, Dunnottar residents have been saving feral cats from starvation and premature death, and are currently looking for new volunteers to help them socialize and find homes for kittens.

The Village of Dunnottar provides funding for spaying and neutering under its Trap, Neuter and Release Program (TNR) to help control the population in the municipality, which includes the towns of Matlock, Whytewold and Ponemah, but residents who trap feral cats and don't want to release them back to the wild cover the cost of their care.

Matlock residents Sharon Brandow and Dory Walker have gone above and beyond the TNR program, feeding feral cats and their kittens year-round, trapping the kittens then trying to find them a permanent home so that they don't freeze to death over the winter or are killed by wildlife.

"Once I know they're eating canned food — which means their mother is weaning them — I try to trap them and we bring them home, tame them, get them spayed or neutered and get them their vaccinations," said Brandow, referring to the Warm Hearts volunteer rescue program she helped set up. "Then we try to find homes for them."

They use the TNR program to cover the cost of spaying or neutering, but pay for food, vaccinations, de-worming, etc., out of their own pockets until they can socialize the kittens and find them a good home.

"We keep them in a room and we go through a long process of socializing them," said Walker. "At first they hide when we take the food in, but pretty soon they're not scared and we can pet them while

they're eating. By the time we adopt them out, we can tell their new owners that these are socialized kittens, not the kind that will hide in your basement forever."

Walker says it usually takes a few months to socialize the kittens.

In addition to Brandow and Walker, other residents in the municipality are feeding the feral cats year-round and trapping the kittens in the warmer months. Some residents, such as Betty Jackson, made attractive cat tote bags and sold them for \$15 each, turning the proceeds over to resident rescuers for food and other costs, said Brandow.

"At the last Ponemah market this year, we sold cat and dog hats that a neighbour had knitted," said Brandow. "If you made a donation to the cat rescue, you could get a free dog or cat hat."

But some cats just won't go into a trap, she said, and that means it's an ongoing challenge to keep the feral population under control.

"I've saved about a couple hundred kittens," said Brandow, "and I'm tired. We're getting burnt out and we need someone to take over the fostering of the kittens. They can't survive on their own. They need a lot of support. They have miserable lives getting through the winter even if they're getting fed."

The support from Dunnottar Mayor Rick Gamble and his council has gone a long way to helping the cats, and council even had a feral cat shelter built near the waste station.

"We're so lucky here that we have a mayor and council that care about the cats and have allocated money to help take care of them," said Brandow. "They built a shelter at the landfill site. It got finished last year. It's nice not to feel alone and have



EXPRESS PHOTO SUBMITTED

These three kittens are socialized and ready for a loving home.

this support."

Anyone interested in helping Brandow and Walker tame/foster kittens, or who want to provide a "forever home" to one of their already socialized kittens can email them at [warmhearts369@gmail.com](mailto:warmhearts369@gmail.com).

Residents can trap feral cats and take them to the Selkirk Veterinary Services or the Selkirk Animal Hospital for spaying or neutering and be reimbursed by the municipality for veterinarian costs. The program runs from May 1 to Oct. 15. Contact the municipal office at 204-389-4962 for more information.

# Farmers react and adapt to hot and dry conditions

By Kaitlin Vitt

Low precipitation and high heat this spring and summer are taking a toll on Manitoba crops.

"If you could order rain, that would be perfect," said Pete Skrabek, who farms land in the Teulon area.

Since a wave of a magic wand isn't an option, farmers must get creative in other ways, like using new farming technology — for example, special applicators used in tillage that slice into the ground and result in less moisture loss compared to other methods.

"You can tell the difference between the fields that have the newer tech and those that don't," Skrabek said. "These tough years kind of squeeze out people who aren't to the day with the best technology."

Today's farming tools can more easily adapt to demands of the land compared to the past when equipment was purpose built. But it's not completely up to fancy tools — you still have to know understand your soil and how various nutrients affect it.

This year's dry weather has led to fertilizer burn — when fertil-

izer builds up since it's not "flushed" through the land by rain, resulting in damage to crops — and "dirty fields," or fields scattered with weeds.

Weeds, like other plants, have pores called stomata that are used for gas exchange. When it is hot and dry outside, the weeds close their pores to seal themselves so they don't lose internal moisture, Skrabek explains. This makes weeds difficult to kill, since the pores are closed and the weed is not taking in the herbicide.

Insects have also been a problem — dry conditions means crops grow slowly, making the plants more susceptible to pests.

Ultimately, reduced rain means reduced yield. So how will this affect consumers?

It won't, or at least not directly — consumers are sheltered from producers because of processors, Skrabek said. Plus, Canada is export driven, meaning lots of product is shipped to other nations. Skrabek said he thinks if there were more "farm-to-table" initiatives, then the challenges farmers face would be more obvious to con-



EXPRESS PHOTO BY LANA MEIER

The unusually hot dry weather has resulted in fields scattered with weeds.

sumers.

But those in the cattle industry are directly seeing the effects and are turning to grain farmers for help.

"Many beef producers have been hard hit by back-to-back dry conditions that have led to diminished pasture and forage yields and depleted their hay and straw reserves," said Tom Teichroeb, Manitoba Beef Producers president, in a news release.

"Faced with these conditions, they are looking to source both traditional and alternative sources of feed and bedding. We are encouraging producers with these kinds of resources available to consider listing them for sale."

A fact sheet on the Keystone Agricultural Producers of Manitoba website lists resources where cattle farmers can find hay, straw and alternative feed.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Eriksdale Rodeo results

### Staff

The Eriksdale Creamery Days Fair and Rodeo was a great success, drawing crowds for events all weekend long on Aug. 16, 17 and 18.

Of the 10 tie-down roping contestants, Duane Caumartin ranked first, followed by Clay Bergerson in second and Terence Caumatrin in third.

For goat tying, Danielle Moran took first, followed by Sheradyn Griffith in second and Mickey Sattler in third.

For breakaway roping, Dana Gardiner ranked first, followed by Quinn Mullin in second and Jodie Davis in third.

For peewee barrel, Karen Caumartin ranked first, followed by Tristan Caumartin in second and Emma Dee Marshall in third.

For junior barrel, Sheradyn Griffith ranked first, followed by Tara-Lynn Caumartin in second and Mickey Sattler in third.

For ladies barrel, Jillian Overby ranked first, followed by Janeen Rivard in second and Mary-Anne Bach in third.

For junior steer riding, Damon Tritthart ranked first, followed by Dane Pearson in second and Alexander Kummer in third.

For team roping, Brad Lage and Cody Giesbrecht ranked first, followed by Ethan Fairlies and Pete Pingert in second and Dick Sobey and Melissa Loewen in third.

There were no qualified times for bareback, saddle bronc, steer wrestling and bull riding.



EXPRESS PHOTO BY JENNIFER MCFEE

Crowds gathered to cheer on participants in the Eriksdale Rodeo.

## Manitoba finishes in three-way tie for eighth at 16U Girls Invitational Championship

### By Brian Bowman

Manitoba's offence took a while to get going but once it did, it was very impressive.

Manitoba scored a whopping 45 runs in its final three games — winning two of them — at the 16U Girls Invitational Championship in Bedford, N.S., last weekend.

"With us coming in the day before the tournament, the girls were a little sluggish for the first couple of games," said Manitoba head coach Blaine Fortin, who lives in Lundar.

"It was nice to see them finish on a high note, that's for sure."

Manitoba wrapped up play Sunday with a solid 15-4 victory over Newfoundland.

Manitoba scored six runs in the first inning, added three in the fourth and six more in the fifth, to end the game due to the 10-run mercy rule.

"Our goal was to always come out of the first inning at least tied and try to limit the damage as much as possible

and try to take it to the other team," Fortin said. "We finally got a couple of bounces here and there and crooked numbers are always good."

Teulon's Jacey Ledowchowski led Manitoba with two hits and four RBI. She was later named Manitoba's most valuable player for the tournament.

"She was seeing the ball really well," Fortin observed. "Earlier on, she was putting a little bit too much pressure on herself. In the last few games, you noticed the difference. She was having a bit more fun and not trying to do too much. (She was) just going up there and doing her thing."

On Saturday, Manitoba was edged 11-10 by Ontario. Ontario scored the game-winning run in the bottom of the seventh inning.

"The girls weren't disappointed in that game," Fortin stressed. "They had every right to hold their heads high."

Ledochowski again had two hits for Manitoba. Manitoba had the bases loaded with one out in the sixth in-

ning but failed to score.

Earlier that day, Manitoba, whose roster also included Lundar's Shyanne Chartrand, was very good with a convincing 20-5 win in just four innings over New Brunswick.

After scoring a run in the first inning, Manitoba exploded for 12 in the second, added five more in the third, and then plated a pair in the fourth.

Fortin was impressed with Chartrand's work ethic with their program this past season.

"Shyanne hasn't played a whole lot at the high-performance level and she came in and gave 100 per cent," Fortin said. "She hit the ball, some of them hard right at people, but she gave me 100 per cent the whole way. She has a lot to look forward to next year."

Manitoba started play last Thursday with a 9-2 loss to Saskatchewan. Both teams had six hits but Manitoba committed seven errors.

Ledochowski pitched two innings and had a pair of strikeouts.

Later that day British Columbia blanked Manitoba 7-0.

B.C. broke the game wide open with five runs in the top of the seventh inning.

On Friday, Manitoba was defeated 10-1 by Quebec.

The experience of competing at a national tournament will definitely benefit the players throughout their careers.

"There's only a couple of girls that won't be coming back next year," Fortin noted. "This experience will be very huge for these girls. They know what to expect and they know what it takes to win this tournament or to get to the medal round of this tournament."

Teulon's Rod Ledochowski was an assistant coach for Manitoba while his wife, Diana, was the Chef de mission.

British Columbia was a perfect 5-0 at the tournament, shutting out Alberta 6-0 on Sunday.

## Interlake Impact blanks SC Riot in MMSL action

### Staff

The Interlake Impact played some very good soccer with a solid 3-0 win over the SC Riot last Friday in Manitoba Major Soccer League 5th Divi-

sion action.

Tristan Grigg scored twice for the Interlake while Benny Wiens also tallied.

With the win, the first-place Impact

improved their record to 10-3-3 and they now have 33 points. That is six points ahead of Kucame FC and Sinjar FC.

Interlake has now scored 37 goals

while allowing just 19 this season.

The Impact is back in action this Thursday when they play the Portage Cobras at the Buhler Recreation Park. Game time is 6:30 p.m.



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Mail resume to Box 1305 Arborg ROC 0A0, or drop off at Nic Nacs or Shachtays Or email to Susie@giftwares.ca

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Home Is Best!

We are currently looking for:

**SUPPORT STAFF:**

**Permanent Position**  
**Bi-Weekly Hours- 47**  
**Hours of Work- Evenings**  
**Benefits- Eligible after probationary period**

Heima offers a variety of services for men and women living with an intellectual disability through all stages of their adult life. We are looking for positive, reliable and hardworking individuals to assist the people we support in all aspects of their lives.

We offer paid onsite orientation; Group Benefits and Pension after appropriate qualifying time; Trained in First Aid/CPR and NVCI is an asset, but we will train. Criminal Record and Adult Abuse checks are mandatory. All interested parties must have a valid driver's license and be 18 years of age. Only those considered for interview will be contacted.

**Resumes can be emailed, mailed or dropped off to:**

**Cherie-Lyne Petrowski**  
Executive Director  
P. O. Box 1949  
66B - 1st Ave.,  
Gimli MB ROC 1B0  
email: heimaexec@mymts.net  
Phone: (204) 642-9707

**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.

Buyer for all farmyard scrap, any autos, appliances. NO ITEM TOO LARGE! Best prices paid, cash in hand. Phone Alf at 204-461-1649.

**CONDO FOR RENT**

**Spacious, gorgeous 2 bdrm. condo from Sept. 1st - July 1st in Aspen Park, Gimli.** Newly renovated & painted. A/C, new appliances & ceramic tiles, fully furnished, pool. Condo corp. responsible for grass & snow removal. \$900/mo. plus hydro. Call/text Howard 1-204-355-7771.

**OFFICE SPACE FOR RENT**

Small office for lease in Selkirk. Access to furnished board room included. \$296/mo. Includes common area fees. Email bigandcolourful@mts.net for more information.

**FARMLAND FOR SALE**

160 acres cultivated crop land in the RM of Bifrost-Riverton. PR 222 & Rd. 131NE. Section 29-NE quarter. 1.5 miles north of Hnausa on PR 222. Offers can be mailed to Box 634, Riverton, MB. ROC 2R0.

**APARTMENT FOR RENT**

Tollak Place has 1 & 2 bedroom suites, located at 40 Eveline Street. Spacious suites, with F/S, A/C, storage areas and large balconies; utilities are included, parking is extra. Tollak 2 is a 55 plus bldg., river view apts. with central air, F/S, DW & microwave; large storage area off the kitchen and a balcony; utilities and parking extra. Call the onsite office 204-482-2751 for AVAILABILITY.

**TENDERS**

For Sale by Public Tender - Tax Arrears Property: one downtown commercial and two residential properties in Naicam, SK. Tender documents at townof-naicam.ca/gov/tenders-bids or call 306-874-2280

**GARAGE SALES**

**MEGA YARD SALE - KOMARNO. SATURDAY, AUG 31 & SUNDAY, SEPT 1 from 10 a.m. - 6 p.m.**  
1st house south end in town. Furniture, antiques, garage stuff, outdoor misc, outdoor furniture, household, comforter sets, craft supplies, wooden playhouse, toys, 3 freezers, flooring, quality/professional baking supplies, sets of dishes, pictures, collectibles, old church pew, crocks, speakers, curtain rods... really too much to list. Many things brand new, never used. All quality items, no junk here. ALL MUST GO!

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**HELP WANTED**

Narrows Sunset Lodge in Oakview, MB. has immediate openings for a kitchen helper and bartender/server. Experience req'd. Please call Myrna or Irv at 204-768-2749 or 204-981-2831 or email office@narrowssunsetlodge.com

**MISCELLANEOUS**

Moving out sale in Winnipeg - beautiful dining room set & hutch; artwork; tables & much more. Call Howard at 1-204-355-7771.

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**UPCOMING EVENTS**

Grand Opening Party at Glow Fitness for Women, Gimli's newest gym! All welcome. Saturday, September 7, 10 a.m. - 1 p.m. at Glow Fitness Gimli, (40 centre street). Join us for Grand Opening prizes, a contest, and cupcakes!

Dunrea Flea Market - Rain or shine! Antiques, collectibles & more! Over 75 vendors. Admission \$3, 11 a.m. - 4 p.m., Sunday, September 1, 2019, Fairgrounds in Boissevain 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. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewood Elk Ranch Ltd., 204-467-8884 or e-mail stonewoodelkranch@mymts.net

Stress the Silent Killer - Try our Natural Plant Based Product! It works or it's free. More product information: http://Peterm.mysoulera.com Order online or phone customer order line, Monday - Friday 11 a.m. EST - 8 p.m. EST 407-553-7377. Questions, peterm@lakenet.ca Ph. 204-641-1504.

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**SUPPORT STAFF:**

**Permanent Position**  
**Bi-Weekly Hours- 50.05**  
**Hours of Work- Evenings/Days**  
**Benefits- Eligible after probationary period**

**This is a Part time indefinite position that could become permanent November 11th, 2019.**

Heima offers a variety of services for men and women living with an intellectual disability through all stages of their adult life. We are looking for positive, reliable and hardworking individuals to assist the people we support in all aspects of their lives.

We offer paid onsite orientation; Group Benefits and Pension after appropriate qualifying time; Trained in First Aid/CPR and NVCI is an asset, but we will train. Criminal Record and Adult Abuse checks are mandatory. All interested parties must have a valid driver's license and be 18 years of age. Only those considered for interview will be contacted.

**Resumes can be emailed, mailed or dropped off to:**

**Cherie-Lyne Petrowski**  
Executive Director  
P. O. Box 1949  
66B - 1st Ave.,  
Gimli MB ROC 1B0  
email: heimaexec@mymts.net  
Phone: (204) 642-9707

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We are currently looking for:

**SUPPORT STAFF: CASUAL**

**Hours of work consist of day, evenings and nights.**

Heima offers a variety of services for men and women living with an intellectual disability through all stages of their adult life. We are looking for positive, reliable and hardworking individuals to assist the people we support in all aspects of their lives.

We offer paid onsite orientation; Group Benefits and Pension after appropriate qualifying time; Trained in First Aid/CPR and NVCI is an asset, but we will train. Criminal Record and Adult Abuse checks are mandatory. All interested parties **must** have a valid driver's license and be 18 years of age. Only those considered for interview will be contacted.

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66B - 1st Ave.,  
Gimli MB ROC 1B0  
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Phone: (204) 642-9707

**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 17, 2019** 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  
204-642-1718

The Express Weekly News Classified booking deadline is Monday at 4 p.m. prior to Thursday's publication. Please Call 204-467-5836

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## GRADUATION



**Dr. Kalyn Gregory**

Congratulations on your recent graduation from the College of Optometry at Pacific University in Oregon. Through your perseverance and hard work you have made your dream a reality.

Kalyn is employed at Lotus Vision Care in Polo Park and Family Optical in Winnipeg. We are very proud of you.

-Love Anita, Paul, Campbell and Justin

## OBITUARY

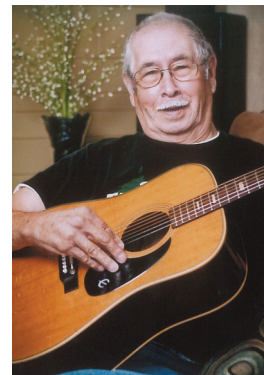
**Rene Joseph Leo Lepine**

March 10, 1930 – August 12, 2019

Peacefully at the Betel Home in Gimli, Rene passed away with family by his side.

Rene was predeceased by wife Dolores; parents Edward and Anna; brothers, Edward, Joe, Robert and Norman; sisters, Dinah, Doris, Lillian and Gertrude; granddaughter Crystal; son-in-law Brent Solmundson and the mother of his children, Marie Johnson.

Rene is survived by his children, Connie, Wade (Terri), Bonnie (Claude), Marsha, Marcella (Keith), Ross (Kathy); 13 grandchildren; 15 great-grandchildren and one great-great-granddaughter; four step-children, Shawn, Aaron, Lisa and Jaimie; seven step-grandchildren; brother Peter; numerous nieces, nephews and friends.



As per Dad's wishes, cremation has taken place and a Celebration of Life will take place on Saturday, September 7, 2019 at 1:00 p.m. in the Gimli Legion Hall, Branch 182. A private family interment took place prior to the service.

We would like to thank the staff at the Gimli Community Health Centre and the staff at the Betel Home, Gimli for their compassionate care and support.

In lieu of flowers, the family requests that a donation be made in Rene's name to the Alzheimer Society of Manitoba-Dementia Care and Brain Health.

Dad

For all that life has given us,  
And all that's left to do;  
We know no greater treasure,  
Than the life we had with you.

Condolences may be left on his tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Gimli in care of arrangements.



## OBITUARY

**Evelyn Strachan (Brygman)**

December 25, 1941 – August 26, 2019

It is with profound sadness that we announce the passing of our beloved wife, mother, grandma, sister and friend who fought a long courageous battle with cancer and various other health issues. She was predeceased by her parents, Einar and Gyda, Brygman sisters Myrna Siba and Jeanette Brygman, brother-in-law Bob Jones, Frank Siba and James Strachan.

Evelyn leaves to mourn, her beloved husband Gil; sons, Paul (wife Marzia and son Matthew and daughter Meghan), David and Corey (wife Kristin, son Tre, daughters Hailee and Lexi), her sister and partner in crime Shirley Brygman-Jones, along with numerous nieces, nephews and extended family and friends.

Some of her happiest times were hosting dinner parties surrounded by family and many special friends. Evelyn was a fabulous cook and entertainer. She will be greatly missed by all who knew her.

A come and go celebration of Evelyn's life will be held in her honour on Monday, September 2, 2019 at 2:00 p.m., at the Johnson Hall in Gimli, MB.

The family would like to thank all the medical professionals in Gimli Hospital, Cancer Care and St. Boniface that were involved in Ev's care during her illnesses.

In lieu of flowers, a donation in Evelyn's honour to Cancer Care or the Heart and Stroke Foundation would be appreciated by the family.

Rest In Peace Elsket En



204-949-2200  
[neilbardalinc.com](http://neilbardalinc.com)



## RURAL MUNICIPALITY OF GIMLI INVITATION TO TENDER

CLOSE DATE:

Friday, September 13, 2019, at NOON

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

### Arnes Landfill Refuse Cell Construction and Other Components

Construction of a New Refuse Cell, including connecting underground piping to new evaporation pond at the Arnes Waste Disposal Site in the southwest quarter of Section 10, Township 21, Range 3 E.P.M. in the Rural Municipality of Gimli.

A site meeting will be held at 9:00 am on September 5, 2019. Attendance at the site meeting is mandatory for all contractors who intend to submit a tender bid.

Detailed Tender packages are available to interested bidders on the RM of Gimli website at [www.gimli.ca](http://www.gimli.ca) or at the Municipal Office between the hours of 9:00 am to 5:00 pm, Monday to Friday.

Sealed submissions clearly marked "Arnes Landfill Cell Tender, submitted by \_\_\_\_\_" will be received by the undersigned at the address below until noon, September 13, 2019. Late submissions will not be accepted.

Submit sealed bids to:

Rural Municipality of Gimli  
62 – 2nd Avenue, PO Box 1246  
Gimli, MB ROC 1B0  
Attn: Dick Menon

Questions or concerns in respect to the tender can be directed to:

Darcy Hjelmeland, Manager of Public Works or  
Stuart O'hara, Municipal Surveyor  
Phone: (204) 642-6688

*The RM of Gimli reserves the right to reject an 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. Contractors must comply with Municipal requirements for liability insurance, WCB coverage and business licencing to be eligible to be awarded the contract.*



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## RURAL MUNICIPALITY OF GIMLI NOTICE TO PROPERTY OWNERS in the Gimli town site, South Beach, & Loni Beach

TAKE NOTICE THAT starting September 10, 2019 all elm trees in these areas on both public and private property will be treated by basal spraying to assist in the prevention of the spread of Dutch Elm Disease.

Any residents not requiring treatment of their trees are to advise the Public Works Department before September 6, 2019 at 9:00 am at (204) 642-6688 or email [publicworks@rmgimli.com](mailto:publicworks@rmgimli.com)

Dated at Gimli this 21st day of August, 2019.

Joann Murphy, CMMA  
Chief Administrative Officer  
Rural Municipality of Gimli



## FUEL DELIVERY DRIVERS

required for deliveries in MB, SK & NW ON. Skills & qualifications include Class 1 with adequate abstract, min. 2-years' experience long-haul driving, good communication & documentation skills, & ability to perform basic vehicle repairs. We offer extensive paid training, competitive wage, monthly bonuses, medical, dental, & long-term disability benefits, RSP matching, paid stat holidays, & vacation pay. Our drivers have assigned trucks, & a mix of day trips & longer overnight trips, with many nights at home, frequent weekends off, & and mostly rural deliveries. We have many long-term drivers. Please email a resume & abstract to [orderdesk@penneroil.ca](mailto:orderdesk@penneroil.ca) or fax (204)989-4309.



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## SUDOKU

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

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!

### 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!

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

Sudoku Answer

L	N	V	H	E	L	I	T	E	N	S	G	O	O
N	V	H	E	L	I	T	E	N	S	G	O	O	
S	T	A	B	I	S	V	I	O	I	V	T	V	
S	L	O	B	E	I	S	V	O	E	R	O	F	
W	T	I	S										
I	N	V	E	L	I	T	E	N	S	G	O	O	
S	E	I	O	B	E	I	N	V					
H	O	V	E	R	N	O	O	T	V				
S	V	I	T	V									

Crossword Answer

# X CROSSWORD

**CLUES ACROSS**

- Job
- Retirement account
- Parent-teacher organizations
- Audibly
- Leavened bread in Indian cooking
- "To \_\_\_ his own"
- Violent disorder
- Not wet
- Worst (French)
- Move with springy steps
- Georgia rockers
- Moved quickly
- Blood proteins
- Return to
- Related to Iran
- The first
- Pearl Jam's debut
- Nocturnal, catlike mammal
- Hymn
- One who engages in arbitrage
- Less bright
- Indian lute
- Discovers
- Weatherman
- Jai \_\_\_, sport
- Spy organization
- Ancient Greek oracles
- Swindling
- Not young
- Log-shaped pastry
- Professional engineer association
- Arabic feminine name
- Sacred text
- \_\_\_ and ends
- What remains after taxes
- Type of watt

**CLUES DOWN**

- Pack full of clay
- Relating to wings
- Type of bean
- Former MLB commish Bowie
- Short-tailed lemur
- Cheese dish
- To any further extent
- Enzyme
- Taiwan capital
- Extensive landed property
- Remove
- Remove the head
- High IQ group
- Israeli city \_\_\_ Aviv
- Sportscaster
- Hastily set up
- Midway between northeast and east
- Beloved basketball player
- Jeremy
- Consumed
- One point east of due south
- Television network
- Allow
- Wife
- Grayish-brown mammal
- Written language for blind people
- Insecticide
- Della \_\_\_, singer
- Cleaned
- Eye membranes
- Past tense of fly
- Anwar \_\_\_, Egyptian statesman
- Currency exchange charge
- Dark stain
- Easily manageable
- One who does not tell the truth
- Soluble ribonucleic acid

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**PLUS**  
FOR ONE DAY,  
**EVERYONE**  
WILL GET THEIR PURCHASE  
**FREE!**

**PREVIOUS WINNERS** All these customers received their purchase **FREE!** (parital list)

George R. Weibe, Arborg.....\$1,227.00	Jake Barkman, Riverton.....\$619.00	Jeroline Smith, Peguis.....\$1227.00
Janice Sinclair, Peguis.....\$209.00	Mike & Thelma Blahy, Arborg.....\$557.00	Sandra Jonasson, Arborg.....\$549.00
Geraldine & Jamie Stephenson, Riverton.....\$1,711.00	Elaine Bolter / Geoff Crew, Sandy Hook.....\$999.00	Melissa & Jeff Abuda, Arborg.....\$3,339
Dean & Sharmaine Murdock, Dallas.....\$319.00	Karen Dzaid, Arborg.....\$499.00	John Paul Avison, Arborg.....\$679
Theodore Zagowski, Riverton.....\$419.00	Natalia & Roger Eyoifson, Riverton.....\$1638.00	Carol & Dan Beauchemin, Inwood.....\$1,329
Morris Willis, Riverton.....\$416.13	Randy & Glenda Forster, Hodgson.....\$1898.00	Jim Dingwall, Camp Morton.....\$1,038
Glen Syme, Arborg.....\$59.00	Perry & Genni Hibbert, Arborg.....\$479.00	Eugene Feschuk, Gimli.....\$698
Rob & Kelly Selkirk, Peguis.....\$2,399.00	Kris & Begga Johannesson, Riverton.....\$909.00	Jason Hudson, Riverton.....\$1,278
Pete & Mary Platt, Arborg.....\$599.00	Rick & Sheila Johnston, Arborg.....\$349.00	Darlene Jonsson, Gimli.....\$359
Donald Osterlag, Gimli.....\$1,448.00	Bertha Jonasson, Arnes.....\$769.00	Ruth Kennedy, Arborg.....\$549
Peguis Free Spirits Child Care, Peguis.....\$189.00	Donna Jonasson, Arnes.....\$399.00	Benita Muzky, Arborg.....\$388
Brent Melsted, Arborg.....\$599.00	Jeannette Kist, Gimli.....\$121.87	Archie Thompson, Arborg.....\$549
A.W. Mabon, Gimli.....\$1,027.00	John & Lisa Klym, Arborg.....\$774.00	Amanda Unger, Riverton.....\$799
Brian Jonasson, Arnes.....\$454.00	Kevin & Tina Kornelson, Arborg.....\$689.00	Evelyn Wallach, Poplarfield.....\$899
Phyllis Dueck, Riverton.....\$767.00	Kent & Helena Kostshyn, Lundar.....\$639.80	Judy Wells, GrandePointe.....\$119
John & Nellie Burak, Arborg.....\$599.00	Thomas Kowalchuk, Fraserwood.....\$489.00	Lynn Bear, Peguis.....\$239.00
Andrew Barg, Winnipeg.....\$1,749.00	Layne & Holly Kulbacki, Arborg.....\$599.00	Hazel Brunen, Eriksdale.....\$729.00
Crystal Sigurdson, Riverton.....\$549.00	Edward Penner, Arborg.....\$619.00	David Chudy, Fisher Branch.....\$1,499.00
Robert & Ellen Martin, Arborg.....\$1,330.00	Keith Poleschuk, Arborg.....\$2082.00	Susie and Brian Eyoifson, Riverton.....\$528.00
Ronald Ostyziuk, Poplarfield.....\$479.00	Curtis Spence, Hodgson.....\$479.00	Nelson Hudson, Koostatak.....\$629.00
Margaret S. Wilson, Peguis.....\$1,699.00	Tanya & Lytle Thorlissun, Lundar.....\$329.00	Larry and Valerie Kornelson, Arborg.....\$799.00
Stacey Leedingham, Riverton.....\$1,279.00	Nancy Woychysyn, Arborg.....\$768.00	Jason Loewen, Arborg.....\$859.00
Wayne Barkman, Arnes.....\$799.00	Mathew & Gemma Avison, Arborg.....\$219.00	Rita Milne, Gimli.....\$1,327.43
Kathy Taylor, Winnipeg Beach.....\$599.00	Raymond Bazinet, Eriksdale.....\$389.00	Minerva Ladies Aid, Gimli.....\$659.00
Doreen Steg, Camp Morton.....\$299.00	Lynn Bear, Peguis.....\$1,044.00	Sheila Murdoch, Koostatak.....\$1,018.00
Lloyd Sigurdson, Arborg.....\$829.00	Kan & Linda Cherepak, Arborg.....\$49.01	Ruth Otto, Ashern.....\$1,829.00
Glen & Norma Platt, Arborg.....\$829.00	Debbie Deveau, Eriksdale.....\$249.00	Gwen Adams, Matlock.....\$1499.00
Jeannette Nickols, Riverton.....\$1,699.00	Dorothy Dubchak, Gimli.....\$899.00	Buddy Chudy, Fisher Branch.....\$1298.00
Agnes Furgula, Riverton.....\$939.00	Sid & Beatrice Dueck, Arborg.....\$569.00	Dave and Mary Crate, Koostatak.....\$529.00
Scott McDougall, Ashern.....\$369.00	Don Firman, Arborg.....\$529.00	Frank Dziedzic, Stonewall.....\$859.00
Doug Moroski, Meleb.....\$399.00	Leslee Gistason, Riverton.....\$699.00	Heather Fedorchuk, Gimli.....\$1119.00
John Harper, Hodgson.....\$799.00	Heather Hamberg, Toulon.....\$399.00	Ilean Haldane, Winnipeg Beach.....\$1979.00
Robert & DeLores Jacobson, Arborg.....\$279.00	Matthew Hamberg, Winnipeg.....\$749.00	Catalina Janzen, Arborg.....\$709.00
Brad Bazianik, Riverton.....\$698.00	Star Johannesson, Arborg.....\$549.00	Joan Krulicki, Arborg.....\$1126.99
Allan Porter, Peguis.....\$1,698.00	Allan & Janie Johnson, Riverton.....\$1,039.00	John Logan, Toulon.....\$439.00
Peter & Verne Bodnar, Arborg.....\$1,028.00	Brenda Kayer, Toulon.....\$499.00	Todd and Lisa Mazur, Fisher Branch.....\$72.40
Zenith Poole, Arborg.....\$1,849.00	Wayne & Kathy Kristinnson, Arborg.....\$399.00	Jason and Sarah Naylor, Arborg.....\$1328.99
Kevin & Lisa Klym, Arborg.....\$179.00	Jeff Melsted, Gimli.....\$120.00	Peter and Lisa Sawatzky, Arborg.....\$249.00
John Hudson, Hodgson.....\$979.00	Beverly & Bryan Platt, Arborg.....\$2,148.00	Donna and Jim Skinner, Arborg.....\$50.94
Leonard & Joyce Jackson, Gimli.....\$2,427.00	Ruce Reimer, Arborg.....\$1,308.00	Allan Spence, Hodgson.....\$1199.00
Amanda Rundle, Riverton.....\$258.00	Ray Reimer, Arborg.....\$399.00	John and Mary Troy, Arborg.....\$868.99
Kay Bergman, Arborg.....\$2,229.00	Donna Votour, Arborg.....\$619.00	Boyd Abas, Hodgson.....\$338.99
William & Ethel Brown, Gimli.....\$5,000.00	Richard & Judith Werner, Arnes.....\$49.00	Sharon J. Bear, Peguis.....\$39.99
Mike Budniak, Meleb.....\$1,504.10	Don Barkman, Arborg.....\$279.00	Sophie Bristow, Gimli.....\$49.00
Leona Cochrane, Koostatak.....\$499.00	Noreen Barkman, Arborg.....\$679.00	Susan & Greg Brown, Lundar.....\$1,713.00
Ivan & Christine Fridfinnson, Arborg.....\$737.10	Mark Bayliss, Arborg.....\$19.95	Elaine Bruce, Ashern.....\$449.00
Jocelyn & Tony Hayka, Arnes.....\$949.00	Melvin & Carol Bilinski, Fisher Branch.....\$999.00	Linda Foster, Matlock.....\$408.00
John Hudyma, Fraserwood.....\$599.00	Paul & Wanda Brandson, Lundar.....\$916.00	Dan & Nyla Klatt, Grahamdale.....\$649.00
Alex Kimchuk, Fisher Branch.....\$575.00	Paul & Linda Buus, East Selkirk.....\$338.00	Rosemarie Kawalenko, Arnes.....\$1,929.00
Kevin & Lisa Klym, Arborg.....\$1,484.00	Richard & Doris Dueck, Arborg.....\$59.90	Lenore Mahase, Winnipeg.....\$369.00
Claudia Krawchuk, Fraserwood.....\$499.00	Henry T. Friesen, Arborg.....\$1727.95	Melissa Markusson, Gimli.....\$399.00
David & Judy McDougall, Ashern.....\$399.00	Jocelyn & Tony Hayka, Arnes.....\$749.00	Stacy Markusson, Gimli.....\$2,637.00
Tammie McQuoid, Arborg.....\$1,049.00	Carl Johnson, Riverton.....\$499.00	Darrin Mitcheel, Riverton.....\$1,703.95
John Miller, Broad Valley.....\$69.95	Darryl & Jeanette Lazarok, Poplarfield.....\$599.00	Bert & Vera Osborne, Arborg.....\$279.00
Ronald Platt, Arborg.....\$499.00	Jason Loewen, Arborg.....\$59.90	Ashely Prince, Peguis.....\$20.00
Frank Reimer, Arborg.....\$658.00	Janet Porth, Gimli.....\$1759.00	Glen Tamoto, Sandy Hook.....\$1,179.00
Dave & Eileen Shott, Arborg.....\$98.00	Candace Sigurdson, Riverton.....\$499.00	Rick Weins, Arborg.....\$649.00
Fern & Phillip Sinclair, Peguis.....\$279.00	Tracy Sigvaldason, Arborg.....\$299.00	Cornelius Weins, Arborg.....\$59.00
Phillip Thorlenson, Arborg.....\$599.00	Deila Sinclair, Koostatak.....\$1599.00	Roger and Christine Abuda, Arborg.....\$849.00
Stanley Wallach, Poplarfield.....\$399.00	Isabel JToy, Lundar.....\$469.00	Will and Shelly Ashley, Arborg.....\$193.98
Phillip Bauernhuber, Arborg.....\$1,900.00	Cynthia Webster, Gimli.....\$449.00	Darryl and Doris Bear, Peguis.....\$2,647.00
Simonetta DeSante, Riverton.....\$529.00	George & Maria Wiebe.....\$51.00	Dwight Dilts, Stonewall.....\$1,828.00
Danielle & John Weedon, Riverton.....\$1,799.00	Debbie & Adrian Zelenitsky, Gimli.....\$858.00	Lil Firman, Gimli.....\$2,068.00
Bev Webb, Fisher Branch.....\$129.00	Doreen Steg, Camp Morton.....\$1,474.50	Ruth Kennedy, Arborg.....\$64.99
Alan McKay, Arborg.....\$349.00	Darlene Jonsson, Gimli.....\$529.00	Chris and Jennifer Kristjansson, Gimli.....\$919.00
Barb & Menno Friesen, Riverton.....\$559.00	Delbert & Luwana Brandt, Riverton.....\$1,799.00	Bjarni and Elaine Martinnson, Riverton.....\$399.00
Pat Dudrak, Arborg.....\$499.00	Brenda & Ed Anderson, Princess Harbor.....\$529.00	Bruce and Candace McKinnon, Eriksdale.....\$1,669.00
Mary Dunlop, Gimli.....\$109.00	Linda Williams, Peguis.....\$339.00	Stephen and Liz Murdock, Koostatak.....\$70.00
Jean Harrison, Arborg.....\$1,988.00	Ida Jean Buck, Hodgson.....\$2,227.00	Lorne and Susan Smith, Gimli.....\$1,173.95
Roxanne Roche, Arborg.....\$1,868.00	Glen & Phyllis Stevenson, Peguis.....\$877.00	Wayte Stevenson, Peguis.....\$117.95
Ernie & Lucille Stabner, Eriksdale.....\$1,349.00	Glen & Betty Johnson, Arborg.....\$1,299.00	Walter and Charlene Stevenson, Peguis.....\$154.98
Nancy Woychysyn, Arborg.....\$499.00	Patricia McCallum, Gimli.....\$569.00	Renate Van Der Molen, Eriksdale.....\$1,632.10
Donna & Ray Andert, Gimli.....\$899.00	Joyce Bielik, Riverton.....\$29.95	Delores Wallbridge, Peguis.....\$2,186.00
Will Ashley, Arborg.....\$479.00	Marvin Olson, Arborg.....\$29.95	Al and Gloria Wiebe, Poplarfield.....\$152.94
		Irene Zazulinski, Fraserwood.....\$279.00

**A NOTE TO OUR CUSTOMERS**  
Due to the nature of this sale, we felt a brief explanation is essential.  
At closing, 6 p.m. Sat. Sept 28th we will tally the 20 days of paid sales and divide by 20 to get the average daily sale. The day which is closest to this daily average, without going over it, will be the day which ALL purchasers will receive their purchase amount back, taxes excluded.  
In the case of credit card (Smitty's, Visa, Mastercard) purchases, we will issue a credit immediately.  
As we are tremendously overstocked right now, every item in stock will be included in this sale. No exceptions - clearance, damaged, discontinued, even new arrivals; furniture and appliances.  
We must reduce our inventory and to ensure we do, we will even give it away for one day!

Don Smith  
Smitty's

**6 PC DINING SET**  
Table  
4 Chairs & Bench  
Only **\$699**  
Reg \$799

**ALL PURCHASES QUALIFY!**  
• Furniture  
• Appliances  
• Clearance Items

**Paliser Fabric Recliners**  
2 colours  
**\$599**  
Reg \$819

**STOCK ONLY**  
**FIREPLACES**  
Walnut Finish,  
TV unit with choice of glass ember or log Firebox  
Clearance **\$799**  
Your Choice

**PLUS**  
**DON'T PAY FOR 3 MONTHS**  
**0% INTEREST ON EVERYTHING O.A.C.!**  
**FURNITURE, APPLIANCES**

**SALE RULES**

- All sales must be paid in full to qualify for this sale.
- Visa, Mastercard or Smitty's Credit Cards accepted.
- Sale Starts 9a.m. Tues., Sept. 3 and ends Sat., Sept. 28, 6p.m.
- All purchasers on free day will be notified and receive their full refund by Wednesday, Oct. 2, 6p.m.
- All sales tallies and free day will be verified by our accounting firm.
- Commercial sales excluded in tallies and free day.
- All taxes excluded in tallies and refunds.
- No returns or substitutions for these 20 sale days.

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**Frigidaire Chest Freezers**  
9 cu. ft.  
**\$399**  
**STOCK ONLY**

**BEDS, BEDS, BEDS,**  
**17 Models on Display**  
From **\$199-**  
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