

10 DAY ^{x2} SALE!

"Twice as Nice"

**SALE
STARTS
SEPT.
3-28**

Smitty's
FURNITURE & APPLIANCES
321 Main St., Arborg
Phone 204-376-5242 or
Toll free 1-800-361-4156

THE EXPRESS

VOLUME 6 EDITION 36 THURSDAY, SEPTEMBER 5, 2019

WEEKLY NEWS

SERVING LUNDAR, ASHERN, ERIKSDALE, MOOSEHORN, FISHER BRANCH, RIVERTON, ARBORG, GIMLI, WINNIPEG BEACH, ARNES, MELEB, FRASERWOOD

**2019 Honda
TRX420FM**
420 c.c. Toe Shift
1 year warranty



\$6,499
plus PDI
HONDA

**2019 TRX500
Foreman**
500 c.c., E. Shift,
EPS, Red



\$8,999
plus PDI
HONDA

**2019 TRX500FA
Rubicon**
500 c.c., E.Shift/Auto
EPS, Grey Metallic



\$10,499
plus PDI
HONDA

**2019 Honda
TRX500FM**
500 c.c., Toe Shift
1 year warranty, Red



\$7,699
plus PDI
HONDA

**SHACHTAY
SALES & SERVICE**
Arborg, MB
204-376-5233



Feeling the beat

Giselle Mak of Fubuki Daiko performed in Winnipeg Beach on Aug. 21. She started training in 2001 and touring with the group professionally in 2004. Mak also teaches drumming in Fubuki Daiko's youth and adult classes.

EXPRESS PHOTO BY GABRIELLE PICHE

> everything you need to know in your locally owned and operated community newspaper

Derek Johnson

INTERLAKE-GIMLI



Authorized by the Official Agent for Derek Johnson

Steep Rock goats get voted off the island

By Katelyn Boulanger

Steep Rock's goats, Hopper and Gonzo, will be sold as pets after media attention surrounding their eviction from Steep Rock brought in many offers for possible new homes.

The goats were a tourist attraction on an uninhabited 1.2-hectare island off the shore of Steep Rock. However, the goats had to be relocated after Peter Hofbauer, owner of the goats, and Steep Rock Kayak and Canoe received official notice from a Manitoba Conservation representative to remove

the goats from the small island or face a \$500 fine.

"Even though we have a perfect spot to put the two little goats and they said that they aren't causing any harm, we can't put them back there so I'll probably be lining up someone to sell them to very soon," said Hofbauer.

Hofbauer has had goats on the island since 2012. Hopper and Gonzo came from a little hobby farm outside of Stonewall in 2016.

Continued on page 5



Chrissy Troy nuzzles with one of the goats.



EXPRESS PHOTOS SUBMITTED

Hopper and Gonzo were removed from their island just off the shores of Steep Rock after a resident complained to the province that the goats did not have the appropriate permits to be grazing on Crown land.



Baker Law CORPORATION

Do you have a current will?

Protect your family by having a current will, power of attorney and health care directive. Call us or stop in for more information and find out how we can help you.

Grant D. Baker
Barrister, Solicitor and Notary

Providing full time legal service to families and small businesses in Gimli and the Interlake.

GIMLI LOCATION

72 Centre Street, Gimli, MB
Our office is open 9-5 Mon to Fri
204-642-8681 or 1-866-487-5688

RIVERTON LOCATION

33 Main St. Riverton MB
Open Mon & Wed 9:30-4:30
204-378-5427

Elect

SARAH PINSENT
For Interlake-Gimli



HEALTHCARE FOR ALL OF US

204-651-1423
SARHPINSENT.CA

Fisher River University of Manitoba student overcoming challenges

By Maggie MacIntosh
- Winnipeg Free Press

During her first year of medical school, Brooke Cochrane received a diagnosis of her own: imposter syndrome.

Cochrane, a member of the Fisher River Cree Nation, said being an Indigenous medical student comes with its challenges. However, her Indigenous mentor and classmates made her feel comfortable carrying a stethoscope.

"I was very happy to know there were other people like me in the class," said Cochrane, who will be entering her third year at the University of Manitoba's Max Rady College of Medicine in the fall.

More than half of the class of 2021 is made up of women; about 10 per cent identify as Indigenous.

Each one of those students would have supplied information on ances-

try when they applied for medical school, among a series of questions, some deeply personal, about their family history, economic status and sociocultural determinants.

The U of M added the step to its application process in 2015, to ensure the faculty's student population better reflects patients in the province.

The measure was taken after the Winnipeg-based university studied its data and found a clear pattern of successful medical school candidates: they are often white, wealthy and from urban areas.

The survey adds to the faculty's traditional requirements to find the "best and brightest" in reviewing grade-point averages, Medical College Admission Test scores and interviews.

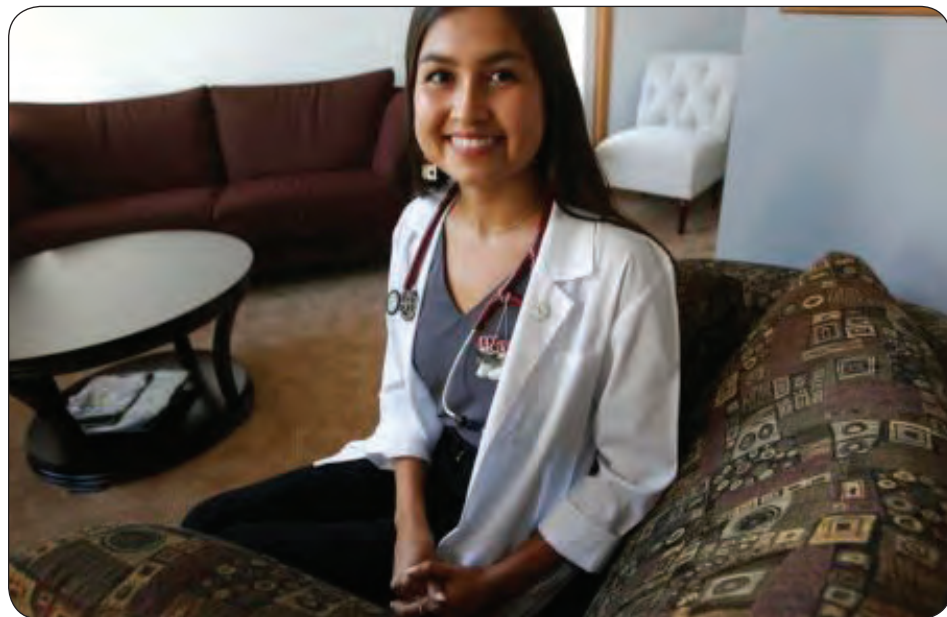
"Good clinicians, people who can really be effective in a clinical setting, also need non-academic attributes — things like professionalism, ethics,

communication skills, humanity, empathy," said Dr. Sara Goulet, a Métis family physician and newly-appointed associate dean of admissions in medicine.

These attributes,

Continued on page 11

NASHVILLE, BRANSON, PIGEON FORGE and the Great Smokey Mountains
OCTOBER 19-NOVEMBER 1
 Breathtaking Scenery, Live Music Performances, Iconic Attractions, Await You on this Unforgettable Guided Motorcoach Tour
 or **NOVEMBER 3-11** Celebrate the Holidays Early on Our 9 Day Christmas in Branson Tour
EMBASSY TOURS 757-9383 1-800-723-8051
 www.embassytours.ca E-mail: embassytours@mts.net Celebrating 27 Years



EXPRESS PHOTO BY JOHN WOOD, WINNIPEG FREE PRESS

Brooke Cochrane, a third-year medical student at the University of Manitoba (U of M) and a member of Fisher River Cree Nation, is photographed in her Whyte Ridge home in Winnipeg on July 30. U of M's medical school has joined other Canadian universities in pushing for diversity by overhauling how they select Canada's future doctors.

SUMMER CLEARANCE SALE
BISTRO SETS, BIKES, BBQ'S SEPTEMBER 3RD - 28TH
Red Dot 50% OFF Lowest Marked Price
Yellow Dot 25% OFF Lowest Marked Price
Green Dot 15% OFF Lowest Marked Price
YARD SALE ITEMS at up to 80% off
 Includes treated lumber, windows, flooring and shingles.
Arborg Home Hardware building centre
451 Main Street, Arborg
204-376-3090

BUY ONE GET ONE FREE

Purex Bathroom Tissue Package of 12 Triple Rolls (17.98) works out to 8.99 each LIMIT 4 FREE	Nature Valley Bars Or Betty Crocker Fruit Snacks, Treats or Mott's Fruit Snacks 120-230 g (\$3.48) works out to \$1.74 each each Limit 6 Free	Co-op Gold Shredded Cheese 340 g Limit 2 Free (\$6.98) works out to \$3.49 each	Advocados Hass Variety Imported (\$2.48) works out to \$1.24 each
Kraft Singles Slices Process Cheese Product 410-450g (5.98) Works out to 2.99 each LIMIT 2 FREE	<p>ARBORG FOOD STORE 204-376-5271</p>		Gala Apples Produce of Washington Extra Fancy 3 lb (1.36 kg) (\$5.98) works out to \$2.99 each

Interlake
 Sale Dates September 5-11, 2019
ERIKSDALE FOOD STORE 204-739-2116

Interlake municipalities declare 'ag disaster'

By Evan Matthews

Twelve municipalities up Highway 6 have declared this season an "agricultural disaster" as they look to the province for some relief.

A news release sent collectively by the RMs of Alonsa, Armstrong, Bifrost-Riverton, Coldwell, Ethelbert, Fisher, Grahamdale, Lakeshore, McCreary, Ste. Rose, West Interlake and Woodlands declare a "State of Agricultural Disaster due to a severe drought situation."

"The lack of volume and frequency of precipitation in 2019 has caused considerable damage to the agriculture industry within the Interlake and Parkland regions," the press release reads, which lists Devan McCoubrey from the RM of Grahamdale as the media contact.

"Due to the extremely dry conditions, grain, hay and straw producers have faced severely reduced crop yields, and pastures have also been adversely affected throughout the growing season. These factors have led to diminished feed resources," it reads.

The feed shortage is also being attributed to, and compounded by, a depleted inventory of carryover feed from 2018 due to last year's dry conditions and a "long, cold," winter.

Affected livestock producers are now faced with "extraordinary" expenses to purchase and transport feed for their livestock.

Those producers are further incurring unplanned expenses to drill additional wells to provide water to their animals because dugouts have dried up.

Some producers are facing the prospect of having to sell a large portion of their livestock because of the high cost of providing feed. There is increasing desperation among farmers in the Interlake and Parkland regions, with some farmers predicting a "mass exit" by the industry's producers at season's end.

The various RMs' rationale for declaring the "ag disaster," according to the press release, is to call on the provincial government to start conversation with the federal government to do an assessment of the situation under the AgriRecovery Framework.

The AgriRecovery Framework is part of a suite of federal-provincial-territorial (FPT) Business Risk Management (BRM) tools under the Canadian Agricultural Partnership, according to the federal government. AgriRecovery is intended to help agricultural producers recover from natural disasters.

The RMs are also asking that an AgriRecovery program be considered to provide immediate feed and freight assistance and compensation for drilling additional wells or hauling of water to livestock, according to the press release.

The RMs are now asking the Manitoba government to prioritize a meeting with local producers, along with other industry stakeholders, to discuss the shortcomings of existing BRM programs and possible areas for improvement.

A provincial election happens on Sept. 10.

"Farming is a critical component of our local economies," the press release reads.

"The impact of an agricultural disaster of this magnitude has the potential to negatively affect not only the small towns within our municipalities but the entire provincial economy," it reads.

Background on the ag disaster

On Thursday Aug. 22, the Lunder community hosted a meeting to discuss current seasonal conditions, cur-

rent relief and aid programs, and how the industry can move forward, sources at the meeting told the *Express*.

Originally, the meeting strictly invited CAOs and municipal council members, with the meetings secondary purpose being a discussion about how to use upcoming provincial and federal elections to the region's advantage, sources said.

"We wanted to establish, is this just a really dry summer or is this an actual drought? Can we define this year's conditions? Can this be labeled an agricultural disaster?" The source asked.

"Then we went over what works and what doesn't work with our currently available programs, and what about them could be changed or innovated," the source went on.

The idea for the collaborative meeting sparked when an unnamed RM sent a letter to the province about seed and freight assistance, according to a source, who said farmers are buying hay at "a ridiculous price" and then paying that price a second time to have it shipped.

When the unnamed RM sent a letter to the province asking about partial — or, ideally, full — reimbursement in situations similar to what this year has presented, the province's response re-directed the concerned RMs to existing relief and aid programs, the same programs many farmers continue to say, simply, don't work.

The *Express's* source named Agricultural Minister Ralph Eichler in the provincial response that directed farmers to existing programs.

A number of farmers have told the *Express* off the record that they believe there will be a large number of Manitoba Beef Farmers who attempt to exit the industry at year's end.

MBP at the meeting

The Manitoba Beef Producers (MBP) also had representatives at the meeting including president Tom Teichroeb.

Teichroeb downplayed MBP's role at the meeting, as he said his organization was invited to and attended the meeting "in support of producers."

"We were invited to participate to have a listen and to see what the perspective is from the RMs. We talked about where we'd like to see adjustments (to funding aid), lobbying efforts, etc.," said Teichroeb.

"It was very constructive relating to what the situation is and is not."

Background on this year's conditions

The agricultural and livestock production disaster, as it stands now, is best defined as an extreme shortage of feed for beef cattle due to the dry season. Hay, specifically, has increased in price as a result of the shortage, while at the same time the cost associated with livestock sales is currently very low, according to the MBP.


This has tied the hands of many farmers in that there is no money to be made on the sale of their herds for the time being, while at the same time it is costing farmers more than ever to feed their herd.

This 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 using a "kill facility" as a last resort.

Economically, it translates to a waste of livestock and capital funds, according to the MBPA.

Of anywhere in the province, the rural municipalities of Coldwell, Armstrong and Woodlands — the northwest Interlake — are some of the most affected areas, according to MBPA president Tom Teichroeb.

In the RM of Armstrong, for example, beef production



Interlake-Eastern
Regional Health Authority

2019 AGM

ANNUAL GENERAL MEETING

When: Monday, October 7, 2019
6:00 – 9:00 p.m.
(Doors open at 5:30 p.m.)

Where: École communautaire
Aurèle- Lemoine
81, chemin des Vétérans,
Saint-Laurent, Manitoba

- Reflection on the past year and what lies ahead with Shared Health
- Board of Directors review the past year
- Award presentations
- Question period

All are welcome!

For more information or accessibility requests, contact:
Toll free: 1-855-347-8500, E-mail: info@ierha.ca
Website: www.ierha.ca



Heima Er Best
Home Is Best!

ANNUAL GENERAL MEETING

at 66B First Ave. Gimli
Thursday September 26th, 2019
at 7:00 pm
Members of the public are
welcome.
Please confirm your attendance:
204 642 9707.

Young cattle producers participate in Round-Up event

By Jennifer McFee

Young cattle producers showcased their skills and knowledge at the Manitoba Youth Beef Round-Up last month.

From Aug. 2 to 4, 48 junior cattle producers from Manitoba and Saskatchewan participated in the event, which took place in Neepawa. A total of 22 new members attended the event for the first time.

One of the judges, Kolton McIntosh, grew up on a cattle farm near Eriksdale.

"I'm only 24 years old but I've been involved in Manitoba Youth Round-Up since I was probably 12 or 13," said McIntosh, who now lives at Oak River but returns to Eriksdale on the weekends to farm.

"I've been involved with it for a long time. This year, they asked me to come and judge. It's a great weekend for young beef producers to get together and mingle."

The participants compete in teams and as individuals with a focus on the skills needed to succeed in the livestock industry.

The Round-Up included portions on public speaking, interviews, individual judging, team judging, team fitting and a knowledge competition. Other highlights included a cook-off compe-

tion and a slip 'n' slide to cool off on the hot days.

On show day, the junior producers participated in showmanship class and confirmation class, wrapping up the event with a parade of champions and awards.

Kaitlyn Davey was the grand aggregate winner in the senior division, with Sadie Anwender receiving an honourable mention.

Levi Best won the Intermediate division, with Cody Carson earning an honourable mention.

Madisyn Robertson won the Junior division, with Fischer Cavers receiving an honourable mention.

Declynn Allum won the PeeWee division, with Aklen Abey earning an honourable mention.

For McIntosh, it's clear to see the benefits of participating in the Manitoba Youth Beef Round-Up.

"In my eyes, kids can go to this and take away as much as they can. It's jam-packed with learning. It's a very good weekend, actually," said McIntosh, who was also involved in 4-H.

"I would recommend all young kids to go and learn stuff about the beef industry, it's definitely a weekend to go to."

There's more to the event than you might expect, he added.



EXPRESS PHOTO SUBMITTED

Young cattle farmers showcased their skills and knowledge at the Manitoba Youth Beef Round-up earlier this month.

"I find that at the youth shows, it's 100 per cent about the kids. The kids do everything from the barn chores to all the projects. It isn't just the animals. There's scrapbooking and there's art and there's marketing," he said.

"There's a whole bunch of things other than just showing cattle at Youth Beef Round-Up that a kid can take part in. You actually don't even have to go to the event with cattle. As long

as you have an interest in cattle, you can go — and if you want to compete in the showmanship class, they'll find you a calf to show."

The Manitoba Youth Beef Round-Up is organized by representatives from various breeds who have previously been involved in provincial and national shows. The goal is to promote and educate youth to continue to be involved in the livestock industry.

> GOATS, FROM PG. 3

"The original intent [of having the goats on the island] was just to trim the poison ivy and trim the stuff so that people could walk around," said Hofbauer.

This summer a resident complained that the goats were grazing on the island without a permit, which is required for goats to graze on Crown land.

These complaints triggered a representative of Manitoba Conservation to come out to the island and speak to Hofbauer, which resulted in the removal of the goats from the island by July 24.

Hofbauer does intend to apply for the proper permits but he could not do so in time to keep the goats on the island this summer.

"The paperwork that they require and the permits that they require me to get, it would be impossible for me to meet the deadline [this summer] because some of the permits that I would need to get wouldn't be reviewed until October," he said.

Despite the complaints, Hofbauer believes most people support the goats staying on the island.

"It encourages tourism to the area, and if someone else wants to start a business here, it will be easier because they will have [more] people here," he said.

In the years that the goats have been summer residents of the island, they have become an attraction on their own being featured alongside whales and polar bears in Travel Manitoba's tourism advertising.

"Actually, when I started my business there, there was virtually no tourism right in Steep Rock. The odd campers would be there, but no one had marketed the little village or area in it. There were no sitting benches. There

was nothing there for people. I opened up there and used the island as a bit of an attraction because you can kayak around it and canoe around it. The goats obviously were a big attraction," said Hofbauer.

Amanda Artimowich, the RM of Grahamdale's economic development officer, is hopeful that the goats may one day be able to return to the island.

"I think it's a big draw for the community. Obviously, it's a great tourist attraction and it was kind of shocking at first because I didn't know that anything was happening and then all of a sudden there it was," Artimowich said.

She believes that the goats attracting tourists to the area not only benefits Steep Rock but also the communities that visitors travel through to get to the area.

"From the gas stations and grocery store in Moosehorn and then moving north to the restaurants along the way, I think that it definitely benefits all of the economy here because it's not a very big place so once you're here there are only a few options," said Artimowich.

In addition to the municipal government, Hofbauer has

also received support from locals with an online petition wanting to save the Steep Rock goats surpassing its 1,000 signature goal and offers to buy and keep the goats until he receives the permits to be able to bring them back to the island.

You have options.

kl
KEN LOEHMER
FUNERAL SERVICES

55 Main St, Teulon Call 204-886-0404 or visit www.klfuneralservices.ca

THE
Flicks
CINEMA

319 First Street E., Stonewall, MB

SHOWTIMES:
Please check individual listings
Due to various picture lengths showtimes vary

204-467-8401
PROGRAM SUBJECT TO CHANGE WITHOUT NOTICE
Cash only

FRI-THURS SEPT 6-12
CLOSED TUESDAY
at 7:30 pm Each Night

THE
LION
KING

May Frighten Young Children **G**

FRI-THURS SEPT 13-19
CLOSED TUESDAY
at 7:30 pm Each Night

IT
CHAPTER 2

Adult Accompaniment Under 14; Violence;
Coarse Language; Frightening Scenes **14A**

THE EXPRESS
WEEKLY NEWS



PUBLISHER
Lana Meier



SALES
Brett Mitchell



SPORTS EDITOR
Brian Bowman



SALES
Stephanie Oland Duncan



REPORTER/PHOTOGRAPHER
Evan Matthews



ADMINISTRATION
Corrie Sargent



REPORTER/PHOTOGRAPHER
Patricia Barrett



ADMINISTRATION
Jo-Anne Procter



PRODUCTION
Debbie Strauss



DISTRIBUTION
Christy Brown



PRODUCTION
Nicole Kapusta



ADMINISTRATION
Allana Sawatzky



PRINT
Dan Anderson

OUR SISTER PUBLICATIONS



getheard

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

> Got news?

Call Evan Matthews at 204-990-9871
evan@expressweeklynews.ca



Manitoba's many maligned gems

By Evan Matthews

From Winnipeg, a short drive up Highway 6 and then cutting across PR 227, one will arrive at Highway 16. A little further to the northwest, and you'll find one of Manitoba's most popular summer spots.

Riding Mountain National Park. Clear Lake is probably the park's most notable attraction, seen in Instagram posts and tourism marketing materials quite frequently.

But Lake Audy, or Moon Lake, provide serenity and calm unbeknownst to most Manitoban's, and they're typically within three hours of most people's front door.

Really, these beautiful places make up our backyard.

For my the betterment of my career, I've lived in the British Columbia's southeast Kootenay Valley (Fernie), the northwest Robson Valley (Valemount) and Alberta's Yellowhead region (Jasper).

These places are home to some of

Canada's most popular tourist destinations — summer and winter — for reasons including, but not limited to, skiing and heli-skiing, snowshoeing, hiking, whitewater rafting, photography, hunting, snowmobiling, etc.

Many ex-Manitobans visit these regions, whether it is a temporary, semi-permanent or permanent visit.

Many of the Manitobans that I met, we would often spend time talking about how fortunate we were to be experiencing something so different away from home, so much more beautiful.

Which is a complete falsity.

While spending time in Jasper National Park and taking in all its wild-life and nature, its sheer beauty, I had an epiphany.

"I'm taking this in because I'm here, and I want to make the most of my time. I want to remember this," I thought. "But why didn't I ever see my home in this light?"

Because we are from this region,

sometimes we forget about how lucky we are.

We can become stuck in our routine, our life, and life can become a little bit grey.

After assembling the tent, putting some food on the camper stove, and enjoying the fire atop Lady Audy, one's perspective can be refreshed.

The wind rustling through the poplars and the jack pines.

Whitecaps off the lake crashing ashore.

Bald eagles flying over head.

A moose call from the distance. The heavy breathing of the black bear, who roams through the campground foraging for food.

We are fortunate here in Manitoba, even more so in the Interlake, which offers much of what's been described here.

We have a paradise all our own, if one is willing to use the right lens. It's worth a look.

letter to the editor

Letters to the Editor:
letters@expressweeklynews.ca

Winners and Losers

Municipalities across the province sent out letters to homeowners earlier this year letting them know of an upcoming change. Ours read in part, "Budget 2018 announced that effective for the 2019 tax year, the calculation of the Manitoba Education Property Tax Credit (EPTC) will be based on school taxes and the \$250 deductible will be eliminated. The Seniors' Education Property Tax Credit will also be calculated on the school tax portion."

The letter included a couple of examples showing how this could im-

pact homeowners. By now most of you should have received your 2019 property tax bill and I'd encourage you to do a comparison with last year's.

Pay particular attention to the amount listed as "Manitoba Education Property Tax Credit Advance." Your 2018 bill likely split that amount into two separate lines that together added up to \$700, the maximum rebate you're eligible for. This year, it's been capped at the amount in the pink "School Taxes" section. The difference between the two years is what this change is costing you.

As the two examples in the above-

mentioned letter suggest, many people will see their net taxes increase up to \$500 because of this change. When I wrote to our MLA, Blaine Pederson, he sent it on to the Finance Department and I received the following reply.

"The changes to the calculation of the EPTC are estimated to be revenue neutral. An estimated 93 per cent of homeowners will see no change in the amount payable, seven per cent are estimated to see an increase, and over four thousand homeowners will see a decrease (as

Continued on page 7

ADVERTISING OR PRINT CONTACT INFORMATION

Stephanie Duncan 204-461-4771
ads@stonewallteulontribune.ca

PHONE 204-467-5836

> EMAIL US

Letters to the Editor: letters@expressweeklynews.ca
Classifieds: classifieds@expressweeklynews.ca
News: news@expressweeklynews.ca
Print: igrphic@mymts.net

OUR EDITORIAL STAFF

Brian Bowman Sports Reporter
sports@expressweeklynews.ca

Evan Matthews - Reporter/photographer
204-990-9871 Email: evan@expressweeklynews.ca

Patricia Barrett - Reporter/photographer
Cell 204-407-6099 patricia@expressweeklynews.ca

ADDRESS

74 Patterson Drive, Stonewall Industrial Park
Box 39, Stonewall, MB R0C 2Z0

PAPER DELIVERY OR FLYER CONCERNS

Christy Brown, Distribution Mgr.: 204-467-5836

The Express Weekly News is published Thursdays and distributed through Canada Post to 11,396 homes. Republishing in whole or in part without permission is strictly prohibited. Printed in Canada by Prolific Printing.

This newspaper is supported 100% by advertising dollars. If you enjoy the paper and would like to see the newspaper grow and prosper visit any of the advertisers and businesses in our rural communities. - Keep your dollars working at home and shop local. Our commitment to you, the reader - we connect people through stories to build stronger communities.

Advertising Deadline: Monday 4:00 pm
prior to Thursday Publication
View the Express Weekly News online at
www.expressweeklynews.ca



get informed

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

We must manage the Internet of things with care

By Eamonn Brosnan

Back in the early 1990s, I came across a story about a Coke machine that you could query from anywhere on the Internet and it would tell you the temperature of the drinks, the last time it was stocked and how full it was.

The machine was in the computer science department of Carnegie Mellon University in Pittsburgh. Computer programmers live on caffeine, but who wants to walk all the way to the machines only to find that they're empty or the contents are warm?

These days, a multitude of devices created by programmers and hardware designers similarly benefit our lives. Everything from smartphones to social media to home computers to your fridge to your car, and from home security to your furnace.

This is the future — the Internet of things or IOT — in which the items in our lives communicate and share information with other everyday things.

Today's security systems will notify you via an app on your phone of the

status of your home — without paying for pricey monitoring companies. Video cameras can be rotated by the app to allow you to view your house from various angles while you're away.

You can lock and unlock doors remotely and similarly adjust the temperature in your home. You can turn lights on and off, check to see if you left your oven on make certain you locked your car.

And all of these conveniences — and more — will only become more prevalent as the technology becomes more affordable. The progression to the fifth generation of cellular technologies (5G) will allow even more data from more sources to be exchanged.

Cars will exchange information with traffic control centres, allowing authorities to respond to slowdowns and accidents more quickly. Those traffic control centres will direct cars (self-driving or otherwise) to take alternate routes when needed.

Medical devices already communicate wirelessly. Machines used to

treat sleep apnea can be accessed by professionals to monitor the user's sleep quality. Pacemakers and insulin pumps can track the history of events and have the information downloaded for review.

As we continue to improve and shrink devices, as well as communicate robustly with them, we'll be able to solve a multitude of health issues. The potential is immense.

But — and there is always a but — there are serious questions about malfunctions, privacy and security.

Should employers or insurance companies be allowed to review our driving history, as recorded in our cars? Should they be allowed to review the logs of our sleep apnea device to determine how often we fail to use it, or our pacemakers to determine our current health conditions?

Who will ensure such devices have been tested thoroughly? Who will ensure our privacy is protected? Who will ensure these devices are secure and can't be breached?

Ultimately, it's up to us to ensure that governments do enough to protect us. We need to demand our rights and safety are protected through laws, not just by the manufacturers.

Insulin pumps have been recalled because of weak security. Some pacemakers contain security flaws that could result in tragedy; they too have been recalled.

Ultimately, we're all responsible for the devices we use. But we can't be expected to know or understand how everything works. So we rely on others, from doctors to salespeople. They in turn rely on information from manufacturers and certifying agencies.

We need to ensure that this information is as accurate, and as thoroughly tested, as possible. I would hate for my car to crash as often as my computer.

Eamonn Brosnan is a research associate with the Frontier Centre for Public Policy.

> LETTER, FROM PG. 6

a result of the elimination of the \$250 deductible)."

Note the change from using percentages to "four thousand homeowners." That's known as spin, selectively presenting information that biases the reader. Those 4,000 homeowners might represent less than one per cent of the total but that wouldn't sound as good.

Regardless, the numbers don't add up. Ninety-three per cent won't see a change and seven per cent will see an increase. My math tells me that adds up to 100 per cent, so I'm perplexed as to who those 4,000 people are who will see a decrease in taxes.

In my many years of experience with the income tax system I've reviewed plenty of property tax bills. The negative effect of this change on those of us who live in modest homes in rural areas seemed disproportionately large.

I spent some time at the local municipal office and put together a spreadsheet of the properties in the village of Crystal City from publicly available information. Using the current

assessments and the 2019 mil rates, I estimated each homeowner's two categories of property taxes: general municipal and school division.

What I found confirmed my suspicions. The seven per cent of people who the province estimated would see an overall increase in their property taxes are those of us in smaller rural communities. My analysis did not come up with even one property that would see a tax decrease due to a larger EPTC. An unintended consequence perhaps, but one that could have been foreseen considering the analysts and accountants that the province must have at its disposal.

The assessed value of the 180 home properties in Crystal City averages about \$94,000. In 2019, I estimate that average home's property tax bill would include general municipal taxes of \$1,488 and school taxes of \$412. Under the old rules, the EPTC rebate would have been \$700 and this homeowner would be writing the municipality a cheque for 1,488 + 412 - 700 = \$1,200.

Now, though, that same homeowner will see a rebate of only \$412 and will be paying a total of \$1,488, which is

\$288 more than under the old system. Perversely, this will disproportionately impact residents in homes with lower assessed values, often seniors or those with less disposable income. A few hundred dollars may not seem like a lot to many, but it is certainly significant to those on fixed incomes.

My estimate is that this change will transfer \$52,000 this year out of our local economy based on the properties in Crystal City alone. Add in Pilot Mound and the rural properties in our municipality, and the total hit to our area could be close to \$200,000 — each year! Assuming Mr. Pallister wins this election, this policy will remove \$800,000 from our trading area during his next four-year term.

Other rural communities will be in the same boat. It's unfortunate that more of a fuss hasn't been raised about this issue but it's one that takes a bit of analysis and can't easily be explained in a sentence or two.

The finance minister's response to me attempted to paper over my concerns with his assurances that this isn't a tax grab. That may be true, but it certainly creates winners and losers and, as we've seen with neglected highways, closed bridges, and consolidation of paramedic and ambulance services, our rural residents are taking the brunt of this government's ham-fisted attempts at austerity.

- Bill Tiessen, Crystal City

Quarry FURNISHINGS "ROCK SOLID SAVINGS"

Lift Chair and Recliner Sale

Up to 30% Off MANY MORE IN-STORE SPECIALS

Delivery & Setup Available



Remote Controlled to Standing Position



Normal Sitting Position



Remote Controlled to Fully Inclined Position



Canadian Made

380 Main St., Stonewall (204) 467-7283

Email us at jwenterprises@mymts.net Hours Tues-Wed 11-6 • Thurs-Fri 11-7 • Sat 11-5 • Sun-Mon Closed

Health care, environment top the debate at Arborg election forum

By Patricia Barrett

Half the questions Interlake-Gimli riding candidates fielded from constituents during an election forum organized by the Central Interlake Chamber of Commerce in Arborg last week focused on health care and the environment.

About 60 people, primarily from Arborg and surrounding areas, attended the one-hour question and answer session with Progressive Conservative candidate Derek Johnson and NDP candidate Sarah Pinsent Aug. 28. Liberal candidate Mary Lou Bourgeois and Green Party candidate Dwight Harfield were no-shows and did not respond to inquiries asking whether they had been invited.

Of the 20 audience questions vetted by a panel, which included a Bifrost-Riverton councillor, six focused on health care: cuts and closures, physician retention in the Interlake, the construction of a new PCH for Arborg, nurse hiring, contract nursing, and physician fee-for-service versus contracts.

Four questions focused on the environment: the dire state of Lake Winnipeg, funding to prevent pollution going into the lake, green job creation and compostable materials.

Johnson called “cuts” to health-care “misinformation” drummed up by the NDP, while Pinsent said the province is undergoing a PC-induced health-care “crisis,” which she herself, along with nurses and other frontline staff she used to manage, experienced after their jobs were axed during hospital restructuring efforts last year.

After taking power in 2016, the Conservatives under Premier Brian Pallister embarked on a health-care system transformation, closing emergency rooms at the Concordia, Seven Oaks and Victoria hospitals, and closing Misericordia’s urgent care centre, in a bid to cut wait times and find efficiencies.

In the Interlake, the Teulon Hospital’s ER was shuttered a few years ago and hospital ERs in towns such as Gimli, Arborg, Eriksdale and Ashern are subject to temporary closures each month, every year, when physicians aren’t available, sending people on long journeys across the Interlake-Gimli riding in search of emergency care.

Johnson argued that the PC’s promise to find health-care efficiencies and to keep taxes low for doctors making over \$250,000 has already resulted in healthcare improvements.

The PCs have worked hard to “clean up the mess” left behind by the NDP in health care, he said, and wait times

in Winnipeg hospitals have been reduced by a “large portion.”

“A lot of that health-care cuts is misinformation. We are actually spending \$414 million more than any provincial government has in the past,” said Johnson. “We came from the longest emergency room wait times. Four out of five emergency rooms were the worst in Canada.”

He said there are “154 more doctors” now than when they took office in 2016, although he didn’t specify where they’re currently working. And there will be 200 more nurses and 80 paramedics hired.

Pinsent said if this election is about anything, it’s about the health-care crisis. In addition to nursing and healthcare aide job losses, the sleep apnea program has been shut down, and further cuts compromising patient care are coming if the PCs are re-elected.

“In 2016 Brian Pallister promised he would not make any cuts to frontline healthcare and we all know that was a massive lie. I have met with thousands of Interlake-Gimli constituents, who tell me on a daily basis what they’re facing in terms of threats to their health-care system,” said Pinsent.

“They don’t have doctors in the ERs, they don’t have doctors available in their clinics. They go to Arborg hospital — there’s no doctor. They’re told to go to Gimli — there’s no doctor.”

Both Pinsent and Johnson were on the same page regarding support for the construction of a new 80-bed personal care home in Arborg. But Pinsent said the province had made a “substantial cut” to PCH funding from \$400,000 per head to \$175,000 per head, and that will mean municipal contributions to the project have now jumped to about \$20 million.

On the environmental front, Pinsent said the ongoing environmental degradation of Lake Winnipeg from pollution and phosphorus overloading, which contributes to algal blooms and oxygen-deprived dead zones, and from wetland destruction, notably through “development on the west shore,” stops with the NDP. It has pledged \$500 million to address lake health.

“We want to use that \$500 million to fix and upgrade the North End sewage treatment centre in Winnipeg, which we all know [sends] sewage spilling out by the millions of litres into the Red River then into Lake Winnipeg and contributes to the pollution,” she said.

In 2017 the Conservatives gave the City of Winnipeg 27 years to fix its combined-sewer outfalls, which,



EXPRESS PHOTO BY PATRICIA BARRETT

Question vetting panel at an election forum organized by the Central Interlake Chamber of Commerce in Arborg last week.

when inundated, release raw sewage, including phosphorus, into the river.

The city had already had an extension (until Dec. 31, 2019) to reduce the amount of phosphorus in treated wastewater that gets pumped into the river, but recently asked the government to move that date forward to Dec. 31, 2021. The government said in August it’s reviewing the request.

Johnson said phosphorus coming from the city is “definitely preventable,” and to fix the North End plant requires a federal-provincial-municipal cost-sharing partnership.

“To my knowledge, the federal government ... is a partner. We are at the table, but you need the third-party partner, you need the municipality there,” said Johnson. “And the City of Winnipeg isn’t quite there yet. We have also given them \$34 million over and above their one-third share.”

The two candidates differed on the question of providing funding assistance to farmers experiencing hay and feed shortages for their cattle because of drought conditions. Several Interlake municipalities, including West Interlake, Bifrost-Riverton, Coldwell, Fisher, Woodlands and Grahamdale, have been hit hard. Over 10 RMs declared a state of agricultural disaster last week.

Pinsent said shortages were evident last year but the Conservatives “turned a blind eye” to it. The NDP will offer government assistance for the “transportation of feed to those farmers in need. We’re going to assist in paying those transportation costs and we’ll integrate that policy as soon as possible after forming government.”

Johnson said funding for transportation is not necessarily the solution as farmers have different needs.

“Transportation doesn’t fit for all farmers. Some farmers need other types of subsidies whether it’s equip-

ment or something ... some farmers might mix bulrushes with molasses or whatever to get through because they have enough to fill a cow. They just need to add some energy into it,” said Johnson. “So transportation isn’t necessarily the answer.”

Johnson said he can’t make any announcements as they’re in a 90-day election blackout period, but the agriculture minister has had discussions with the federal government, and an assistance program will “hopefully be a very flexible program that will work for all farmers, not just a handful of them for transportation.”

> AG DISASTER, FROM PG. 4

is a large part of the Fraserwood and Inwood economy, according to MBP.

According to the MBP, some local farmers expressed interest in having the review of programs like Agro Stability, Crop Insurance, and Livestock Price Insurance as part of politicians’ campaigns, as both a federal and provincial election are just around the corner.

Having said that, Teichroeb reiterated he believes in Manitoba’s potential as a beef production market, and in the potential of Business Risk Management (BRM) programs.

The aforementioned funding programs — Agro Stability, Crop Insurance and Livestock Price Insurance — are a combination of Federal and Provincial Government funding, as Manitoba’s Minister of Agriculture Ralph Eichler said the feds have control over the policies and legislation, while the province is left to administer the application and funding processes.

Meet your Interlake-Gimli candidates for the provincial election

The following candidates have been nominated under the Election Financing Act for the upcoming general election on Sept. 10 and will be representing the Interlake-Gimli electoral district.

We asked each of the candidates the same six questions to help our readers get to know them. The candidates are listed in alphabetical order.

Mary Lou Bourgeois (Affiliation: Liberal Party) and Dwight Harfield (Affiliation: GPM Party) did not respond to our questions by press time.



Derek Johnson - Affiliation - PC

As a resident of the Interlake-Gimli constituency my entire life, I was born and raised in Oak Point where my family has resided for four generations. I was a councillor in the RM of St. Laurent from 2010 to 2014 and experienced working with the NDP Provincial Government during the devastating flood of 2011. These interactions spurred my desire to create change. I ran provincially as the PC Candidate and have represented the Interlake as MLA since 2016. During this time, I have served as the Legislative Assistant to the Minister of Infrastructure, a member of the Treasury Board and Caucus Whip.

Q. Why are you running for provincial office?

We need to continue to move Manitoba Forward in a sustainable manner so our positive change will allow future generations to enjoy the benefits we enjoy as Manitobans today.

I am proud of the productive accomplishments that have been made and want to continue. The PC government strives to make life more affordable and more sustainable for all Interlake-Gimli residents.

Q. What issues have not received enough attention over the last three years and need to be addressed further in the Interlake -Gimli Riding?

The PC government is making a more affordable, more secure and more prosperous Manitoba with an economy that creates more jobs and less debt and a health care system that brings better care sooner.

The province now employs 154 more doctors and plans to continue to address doctor recruitment and retention.

When the PC team took office in 2016, Manitoba was the child poverty capital in Canada. Today the province has risen to fourth with a goal to improve the socioeconomic status for all Manitobans.

In 2016 wait time for hips, knees and cataracts was one of the longest in Canada. Now 3000 more procedures have been added to reduce wait times. Manitobans can get better care sooner.

The PC government is moving Manitoba forward.

Q. Lake Winnipeg is damaged. What is your approach to helping the lake?

The health and wellness of all of our lakes and wetlands is a concern for our government. To proceed, a Federal, Provincial and City of Winnipeg partnership must collaborate to address this important issue. In order for change to have a lasting effect, all stakeholders must be invested and engaged. The PC government is working hard toward this goal. Over and above this objective, the PC team has announced an additional \$50 million investment in wetland protection, in addition to the \$154 million already invested in the Conservation Trust and in the GROW trust fund announced earlier this spring. Both funds are worth over \$200 million and will provide stable and perpetual funding for the country's most comprehensive green stewardship programs. Wetlands are the kidneys of our waterways and the health of the wetlands around a lake equates to the

health of the lake itself.

Q. What innovative approaches will you bring to the MLA Interlake-Gimli job and to its constituents?

As a positive, results-driven leader, I take pride in being available to all my constituents. As a home grown Interlaker, I know the struggles, challenges and successes of the people in Interlake-Gimli. I am a strong community advocate who will work with and for all constituents to improve all aspects of life in Interlake-Gimli.



Sarah Pinsent - Affiliation - NDP

I am a lifelong Interlaker and a graduate of Stonewall Collegiate. I live with my partner, Chris, and our four children in Winnipeg Beach. I am a social worker by education and professional training. I am a longtime community volunteer, including my present roles as Chairperson of the Winnipeg Beach School Parent Advisory Council, Executive Member of the Gimli Barvinok Ukrainian Dance Club and Secretary of my condominium association. I am the President of the Interlake-Gimli NDP Constituency Association.

Q. Why are you running for provincial office?

As a social worker, my mandate is to improve the quality of life for the people around me. I have spent the past 10 years working on the front lines of healthcare and have spent many hours advocating for individuals and families in their greatest times

of need and to advance the interests of people who are under-served. As MLA, I will continue to fulfill this exact same mandate, but on a larger scale and make progressive change, for all of us.

Q. What issues have not received enough attention over the last three years and need to be addressed further in the Interlake-Gimli riding?

I have travelled extensively throughout this constituency for the past four months and have met thousands of constituents at the doorstep. I am overwhelmed with the amount of seniors I meet, who are struggling financially and those who are impoverished. Many of our seniors are isolated, are without reliable and affordable public transportation and face rising cost of living and no increase to their monthly income.

I am also very frustrated that our constituency has such terrible communication infrastructure. I, like all of us, pay very costly phone and internet bills and we have inconsistent and absent service. There are many pockets of the Interlake-Gimli constituency that don't have cell service and this is unacceptable.

Q. Lake Winnipeg is damaged. What is your approach to helping the lake?

Our commitment is to revitalize the health of Lake Winnipeg, by investing \$500 million over the next ten years. This money will be used in part, to upgrade the Winnipeg North End sewage treatment plant. It is also critical that the provincial government adhere to the legislations already in place, to protect the wetlands as these areas are critical to the filtration of the lake's nutrients. The province must work in conjunction and in cooperation with all stakeholders to protect the health of the lake.

Q. What innovative approaches will you bring to the MLA Interlake-Gimli job and to its constituents?

Leadership requires as much heart and compassion, as it does discipline and the ability to make difficult decisions. I have built my career on building connections with people and forming trusting relationships, and this is what the Interlake-Gimli constituents will continue to expect from my leadership as their MLA.

THE EXPRESS WEEKLY NEWS

What's *Your* story?

Do you have a suggestion for our news team? Is there someone you would like to see recognized in the newspaper for their accomplishments - athletic, academic or community service.

Call 467-5836 or email news@stonewallteulontribune.ca

getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG > NORRIS LAKE

> Fish tales?
Call Arnie Weidl at 204-641-2210
sanarn@mymts.net



Gram's golden lure more than a fish tale

Welcome, my friends.

For a brief moment, standing on the riverbank at Breezy Point, I thought I was in one of those movies somewhere in Asia where people use those small boats driven by "long tail," high-perched swivel motors with propellers that spin just below the waters' surface. Coming into land, a young chap with his legs spread for stability held the long thin tiller of just such a boat. He swivelled the drive assembly, running his flat bottom craft onto the boat launch pad. As he jumped out of the boat to get his truck and trailer, I walked over to him and asked, "Where did you get that unique boat?"

"I made it," this spry, wide-smiling fellow replied. He turned and bent over the side of his boat, arranging gear in preparation of loading it while continuing to talk to me.

Apparently two of his friends in Winnipeg, who were also avid fishermen and duck hunters, became upset with the constant damage to the low ends of their outboard motors from hitting rocks and sunken trees. They did some research and found plans for these shallow draft "long tail" boats.

Our new friend, Riley Korol, was so impressed he got to work and built one of those rigs for himself.

You know, that kind of boat might just catch on around here.

Not long ago a lady by the name of Katelin Pollock contacted me with a fishing story that I must admit unsettled me. Initially she sent me a picture of herself holding a musky as long as she was tall, which she had caught at Big Narrows in the Lake of the Woods. As her story goes, she and her signifi-

cant other, Jeff, were out in a small rented boat when she grabbed a lure from her tackle box and without really looking at it fastened to her line and cast out. They sat rocking with the waves jostling the boat enjoying the warm August gentle wind in their faces.

Kate's thoughts turned to her grandmother who had just passed away as she reeled in her lure. Her "Gram" had always been so supportive of her, and although she didn't fish like Kate did, she took great delight in buying her fishing gear.

One particular special gift was a golden lure. Suddenly Kate came to her senses in the boat seeing the long grey flat nose of a musky break just above the water after her lure. It can't be, she thought.

Muskies are a rare catch!

Slowly she began reeling in her lure and unbelievably the musky was following it breaking above water sporadically. She sat rigid in the boat reeling her lure closer. Then she saw the monster. It had to be half the length of the boat. Kate being a hardy angling girl was not easily frightened. She grinned as she began playing her lure just under the water in a figure eight with this huge fish slowly swimming after it like a playful cat. Then it reverted to kind and struck the lure, the fish's side thumping against the boat. Seemingly enraged the fish sped off doing a tail dance on top of the water with Kate leaning backward from the fighting fish, her feet locked under the boat bench seat. She played it, letting it whip up sparkling waves. It jackknifed sideways showing its silky



EXPRESS PHOTO BY ARNIE WEIDL

Riley Korol of Winnipeg with a nice walleye he caught in his unique shallow draft boat.

grey-white sides as it dove for the bottom and stopped. There was silence in the boat as Kate, still in control, very gently reeled in actually drawing the boat directly over the musky. She hauled up on her line and the fish tore away again. She let it have all the line it wanted and when it stopped she reeled in again ever so slowly. Without warning, the musky rose from the depths right beside the boat. Kate and Jeff didn't give it a chance to run again. They gaffed and landed it for pictures then released it.

Tired, the duo made for the boat dock where Jeff got out to tie it up.

Kate sat alone in the boat taking the lure off her line and was startled to see it was the special golden lure with "Grandma" inscribed on the front leader of the lure that her Gram had given her.

All the memories of loving closeness with that fine old lady, now gone, overwhelmed her. She cradled the golden lure in her hands brushing some dirt from it as she wept for her grandmother. Shaking and sobbing, she placed the golden lure in a special spot in her tackle box. It would never to be used again. Till next week, my friends. Bye for now.

Phone callers misrepresenting as Interlake-Eastern RHA staff

Submitted by IERHA

Interlake-Eastern Regional Health Authority has learned that residents in the region are receiving phone calls from people who are misrepresenting themselves as members of Interlake-Eastern RHA's wellness team.

In reports to RHA staff, members of the public say callers ask for details about their health conditions and the medications they are taking. The call-

ers then offer to provide medications for a fee.

Interlake-Eastern RHA does not undertake phone surveys of the public to ask information about health conditions and/or medications being taken.

Members of the public are advised that personal health information should only be discussed with trusted family members and known care providers. Divulging personal health in-

formation over the phone to unknown callers is not advised at any time. This includes providing information about health conditions, providing Manitoba Health card information and offering any details about medications being taken.

If you should receive any calls from individuals identifying they are from or working with Interlake-Eastern Regional Health Authority, or from any

other organization/company, and if that call leads to requests to divulge personal health information, please hang up immediately.

You can advise the RCMP of this fraudulent activity by calling the Canadian Anti-Fraud Centre at 1-888-495-8501 or visiting www.anti-fraudcentre-centreantifraude.ca and clicking on the tab "Report an incident."

> OVERCOMING CHALLENGES, FROM PG. 3

according to Goulet, often come from lived experiences.

The goal at the time of its initial implementation was to improve its diverse pool of students by five per cent. According to the latest data on the incoming 2018 class (who will graduate in 2022), a total of 43 per cent of students consider themselves members of a visible minority.

The second highest percentage of diverse applicants is students raised in a family with an annual household income below the median for Canada, at 37 per cent.

Indigenous students, students with disabilities and those admitted to Canada as refugees were at the bottom at eight, 4.5 and one per cent, respectively.

When Goulet started studying medicine at the U of M in 2000, she was one of only three students with Indigenous ancestry.

"I think my goal is to accurately reflect the population in Manitoba," Goulet said. "The medical profession is set up to serve a population and in order to serve that population best, I think we need to accurately reflect the diversity within the population."

"It's hard for patients who can't identify with someone in the system, who is like them or understand their needs, to access them."

Cochrane said her deep connection to Fisher River will help her approach health from a holistic standpoint.

The 24-year-old said she knows firsthand how many Indigenous patients across the province pay a high price and travel long, unfamiliar distances to access health care to be met with racism in the doctor's office.

A cycle of mistrust also negatively impacts care, if Indigenous people seek out care at all, she added.

Cochrane seeks to encourage her classmates to take a holistic approach when caring for Indigenous patients by acknowledging all the factors that can affect a person's presentation in the hospital.

The Women's Health Clinic in Winnipeg also champions an intersectional approach to care.

Physicians don't always have firsthand experience of the barriers that disproportionately affect Indigenous, newcomer, black, Indigenous and queer communities, as well as people with disabilities, executive director Nadine Sookermany said.

"Some folks experience a level of judgment. There's that sense of, 'Well, you don't understand' and patients may not actually disclose, for example, that they can't afford the medication," she said.

So while she applauds the U of M's new survey, Sookermany also prescribes a lens of understanding.

Sookermany also said she hopes privileged students understand the move isn't about taking away opportunities but rather giving others part of the pie.

"This is about transforming the system," she said. "Those terms of fairness and justice need to be redefined." maggie.macintosh@freepress.mb.ca



Provincial election day is Tuesday, September 10.

Find out where to vote at electionsmb.ca. You must show ID to vote, either one piece of government-issued photo ID, like a driver's licence, or two other pieces of ID. Voting places are open from 8:00 am to 8:00 pm.

CANDIDATE	AFFILIATION	OFFICIAL AGENT
INTERLAKE-GIMLI		
BOURGEOIS, Mary Lou - 1522-555 ST. MARY AVE., WINNIPEG	Lib.	Cecilia Connelly
HARFIELD, Dwight - 5172 HIGHWAY #9, ST. ANDREWS	GPM	Dirk Hoepfner
JOHNSON, Derek - 1 SOUTHSORE DR., ST. LAURENT	PC	Abe Reimer
PINSENT, Sarah - 21 MIDDLE DRIVE, WINNIPEG BEACH	NDP	Stephen Troubridge
SELKIRK		
HILL, Tony - 399 CHALET BEACH RD., RM OF ST. ANDREWS	GPM	Terra Johnston
LAGIMODIERE, Alan - 916 FERRY RD., EAST SELKIRK	PC	Aaron Kowalson
OBACH, Mitch - 204 OLIVER AVE., SELKIRK	NDP	Greg Dewar
OLCEN, Philip - 672 WALKER AVE., WINNIPEG	Lib.	Christopher Dalgarno
THE PAS-KAMEESAK		
BRANDT, Ken - 247 BELL AVE., THE PAS	Lib.	Siddeek Ali
EVANS, Ron - 355 200 CHARLIE ETT'S DRIVE, NORWAY HOUSE	PC	Walter Daudrich
LATHLIN, Amanda - 729 CONSTANT AVE., THE PAS	NDP	Shannon Goulet
MCLEAN, Ralph - 950 CONSTANT AVE., THE PAS	GPM	Jade Shepherd

Registered Parties in Manitoba

- CPC-M** – Communist Party of Canada – Manitoba
- GPM** – Green Party of Manitoba
- Ind.** – Independent
- Lib.** – Manitoba Liberal Party
- MF** – Manitoba First
- MBFWD** – Manitoba Forward
- NDP** – New Democratic Party of Manitoba
- PC** – The Progressive Conservative Party of Manitoba

To see all candidates, visit: electionsmb.ca.

Questions?
Call: 204-945-3225
Toll-free: 1-866-628-6837



electionsmb.ca



Everything you need to promote your business

Interlake Graphics
For all your printing and publishing needs

Call Today!
467-5836

FLYERS	SOCIAL	ESTIMATE
BROCHURES	TICKETS	SHEETS
BUSINESS	DOOR	POSTERS
CARDS	HANGERS	MEMO PADS
STICKERS	LETTERHEAD	POST CARDS
WINDOW	ENVELOPES	
DECALS	INVOICES	

Send your
JUICE BOX
on its next mission.

BEHOLD! THE RIGHTFUL INHABITANTS OF THE BLUE BIN, EVADERS OF THE LANDFILL AND THE HOPE OF TOMORROW! THEY ARE THE RIGHT STUFF: ALUMINUM CAN, JUICE BOX, CARTON, GLASS BOTTLE AND PLASTIC BOTTLE!

RECYCLE THE RIGHT STUFF

RECYCLE EVERYWHERE .CA

Flight of a lifetime for Lockport senior

By Jennifer McFee

The sky's the limit for a Lockport resident who soared above her goal to fly in a helicopter by her 80th birthday.

Mary Hoffman set her sights high and achieved her dream more than one year ahead of schedule, since she'll be celebrating her 79th birthday on Sept. 17.

She enjoyed a bird's-eye view during her first-ever helicopter ride at the Oak Hammock Flying Club's 16th annual fly-in barbecue and lunch on Saturday, Aug. 24.

"It was one of my wishes all my life to fly in a helicopter and it was wonderful. I just loved it. There's freedom up in the sky. You're like a bird," she enthused.

"My husband was in the Air Force and my brother and my uncle flew, so I came from a flying family all the way along. I've flown in military aircraft and fixed wings and a hot air balloon but never a helicopter — and that was the one thing I wanted to do."

With her eyes on the horizon, Hoffman is already planning for her next helicopter ride.

"I love flying but helicopters are a totally different experience. You're like a dragonfly. I watch the dragonflies and they hover. It's quite amaz-



EXPRESS PHOTO BY LANA MEIER
Seventy-nine-year-old Mary Hoffman's helicopter flight was a trip of a lifetime.

ing," she said.

"I know this area, but I've never seen it like that. It was beautiful — the sky and the horizon and the river."

For Hoffman, it's not the first time she's enjoyed an out-of-this-world birthday experience. When she and her twin brother Marshall were approaching their 60th birthday, she convinced him to take a hot air bal-

Continued on page 13

GIMLI ART CLUB *presents...*

fine art  *fine wine*

by Reserved Bid Auction

Saturday
September 14, 2019

3 Centre Street
5:00 pm – 9:00 pm
Preview 11:00 am – 4:00 pm



Celebrating 50 Years of Fine Art

 **QUARRY**
PHYSIOTHERAPY
AN *inMotion* CLINIC

Gimli 204-642-5353
Arborg 204-376-2406
inmotionnetwork.ca

Have you considered a Back to School check-up?



- . Physiotherapy . Chiropractic
- . Nursing Foot Care . Orthotics
- . Massage Therapy . Acupuncture
- . Personal Training . Laser Therapy
- . Occupational Therapy . Athletic Therapy

Direct Billing to most insurances. No referral necessary.

> FLIGHT OF A LIFETIME, FROM PG. 12



EXPRESS PHOTOS BY LANA MEIER

Prairie Helicopter pilot Jacob Kaltornyk helped Hoffman into her seat at the 16th annual Oak Hammock Flying Club's 16th annual fly-in barbecue on Aug. 24.



Prairie Helicopters Inc. of Gimli is Manitoba's leading charter helicopter service and Manitoba's only turbine helicopter flight school.

loon ride with her. But once he got to the field, he opted out of the adventure.

"He said, 'I think I'll pass on this one, kid.' He called me kid because I was 15 minutes younger than him," she said, adding that her twin died of cancer in 2011. "So he didn't go with me, but I had a wonderful time anyways."

Her balloon excursion bolstered her confidence to embark on the helicopter flight.

"I knew that it wouldn't be any different than a hot air balloon, only noisier," she said.

"I want to promote flying because it's a good life. My husband flew for more than 40 years all over the world. We had a very busy life, and we still do."

Regardless of age or stage of life, Hoffman encourages others to take a chance and try new things.

"You have to try just once. You can't say no to something you don't know," she said.

"That's my philosophy in life: Don't say no until you know what you're saying no to."

Green Acres Art Centre Inc. *It's all here for you!*

Art

- Painting for Adults w/ Graham Clarke
- Drawing for Teens & Adults w/ Sandra Wiebe

Dance

- Ballet Lyrical w/ Ms. Alycia Campbell
- Hip Hop Jazz Boys Funk w/ Miss Elena Modrzejewski
- Musical Dance - Details provided at registration
- NEW Tap Dance - Open to everyone, Beginner's welcome
- Adult Fitness Dance w/ Ms. Alycia Campbell
- Highland Dance w/ Miss Lesley Bond
- NEW Little Stars Highland

Music

- PIANO w/ Miss Ashley Teichrib
- GUITAR w/ Hunter Teichrib
- DRUMS w/ Evan Friesen

Theatre

w/ MB Theatre for Young People – Angela Chalmers
Program includes a Play Production

Adult Yoga w/ Heather McDermid

FREE Family Yoga w/ Heather McDermid
Session starts in October

NEW & FREE Music & Movement w/ Megan Trach
Session starts in January

Fitness w/ Patsy Duncan

First Class - Thursday September 5
Monday & Thursday 9:30am @ GAAC
Tuesday 6:30pm @ Teulon Elementary School Gym Payment accepted at class

Join us in Stonewall at Registration Night
Tuesday, September 10th 6pm-8pm
at Sunova Curling Rink

Contact Info:
Email Office: gaac@mymts.net Phone: 204 886 3192
Facebook: <https://www.facebook.com/gaac.teulon>

Also...

MASS REGISTRATION in TEULON
Thursday September 12 from 4:30 to 7:30pm
at the Green Acres Art Centre
Located in the entrance of the park
Other groups available that evening

Teulon Skating Club
Email: teulonskatingclub@hotmail.com

Teulon Veselka Ukrainian Dancers
Call - 204 886 2983 • Email: tudc14@gmail.com

Launching Little Learners Ages 0 to 6
Email: launchinglittlelearners@yahoo.com

Watch for details with important dates

We're MOVING

Fall 2019

RED RIVER DENTAL
ORAL HEALTH CENTER

to Easton Place

Across from Rec Centre by Selkirk Veterinary Services

Remembering loved ones at the Gimli Community Cemetery

By Patricia Barrett

Dozens of family and friends lit a candle in remembrance of their loved ones during the Gimli Community Cemetery Association's candlelight ceremony on Sunday, Sept. 1.

Cemetery board members supplied candles and glass globes and accepted donations.

"It's just a night for people to come out and place a candle in memory of their loved one," said cemetery board chair Dilla Narfason, "and meditate if they wish."

As the sun began to set and the geese flew overhead, Connie Magnusson Schimnowski placed a candle at the grave of her mother and father and took a few minutes to quietly reflect on their lives.

The cemetery, located on PR 222 across from the Diageo distillery, is owned by the municipality of Gimli and has over 1,800 graves and five columbaria.

Cemetery supervisor Peter Magnusson said the association pays for the upkeep of the cemetery, the purchase of the columbaria and also receives some funding from the RM.

"We have a fellow who does lawn maintenance and other work. Some



The cemetery has five columbaria.

other work might get contracted out and that's paid for by us," said Magnusson.

A list of interments and inurnments is updated each December and posted on the RM's website.

Magnusson said the association is thinking about increasing the number of columbaria as well as expanding the size of the cemetery, which is bordered by fields owned by private



EXPRESS PHOTOS BY PATRICIA BARRETT

Community Cemetery Association board members Dilla Narfason, Peter Magnusson and Debbie Thordarson, with volunteer Ruth Arnason



People placed candles at the graves of their loved ones.

individuals.

"Expanding the actual area of the cemetery would hinge on what direction we could go in," said Magnusson. "But other people own the land surrounding the cemetery so it would

depend on them and what their intentions are for the land."

For more information about the cemetery and service costs, visit the RM's website.

Fence Post Sale



Fence Posts

3' - 4' - 6'

\$3⁶⁹ each

(115 per Bundle)
While Supplies Last

Delivery available at
\$2.00 loaded mile

Worth the trip



Moosehorn Co-Op Ltd
204-768-2770 ext. 1

Check us out for all your Ammunition needs

JOIN OUR
**BOWLING
LEAGUES!**

LOOKING FOR INDIVIDUALS OR
TEAMS TO JOIN OUR LEAGUES
YOUTH • SENIOR • MIXED SENIORS
LADIES SENIORS • MIXED

HOURS:

Sunday 12 - 6pm Thursday 12 - 10pm
Monday 6 - 10pm Friday 4 - 10pm
Tuesday 12 - 4pm Saturday 12 - 10pm
Wednesday Closed

LEAGUES FOR
HOWEVER YOU ROLL

QUARRY

BOWLING LANES

369 1st Street East, Stonewall, 204-467-8218 • quarrylanes@outlook.com

Japanese drum beats heard through Winnipeg Beach



EXPRESS PHOTOS BY GABRIELLE PICHE

Volunteer Don Enns, who organized Entegra Coach Owners Association's rally in Winnipeg Beach, addresses the crowd before Fubuki Daiko's performance. Enns played a role in booking Fubuki Daiko to perform at the Winnipeg Beach bandstand on Aug. 21. Right photo: Hiroshi Koshiyama (centre) beats a drum during Fubuki Daiko's performance. Koshiyama moved to Winnipeg and formed Fubuki Daiko over 20 years ago. He originates from San Francisco.

By Gabrielle Piche

Traditional Japanese drumming group Fubuki Daiko performed at Winnipeg Beach's bandstand on Aug.

21.

Entegra Coach Owners Association (ECO) volunteers booked the music performance so that visitors staying in

town for ECOA's rally could attend.

Many of the rallygoers watched the performance, including visitors from Texas and California.

Winnipeg Beach residents and their pets also attended the show. The concert was free to all.

Can workouts stop you from aging?

Good news! Exercise CAN slow the process of aging in the body.

"Strength training is extremely important as we age, because it can drastically reduce the risk for developing sarcopenia, which is a result of the loss of muscle mass and strength that often occurs," explains Tiffany Addison, a coach at Glow Fitness for Women who explored the topic of healthy aging at the St. Francis University for Human Kinetics.

From the time you are born to around the time you turn 30, your muscles grow larger and stronger. But at some point in your 30s, things can go in the other direction - you start to lose muscle mass and function. The cause is age-related sarcopenia - (WebMD.com)

Luckily, you can decrease these effects by strength training the entire body.

OTHER WAYS THAT EXERCISE CAN SLOW THE EFFECTS OF AGING:

- Don't get sick! Regular exercise prevents you from developing and dying from heart disease, high blood pressure, many cancers and diabetes.
- Boosts bone strength, mobility, and strength and independence, prevents osteoporosis.
- Improves balance and reflexes.
- Not just physical: anxiety, depression and mood can also be onset with age, and can also be prevented or reduced with regular exercise.

NO PAIN, NO GAIN - A MYTH?

It's a myth! It is possible get all the benefits of exercise without feeling pain afterwards.

Tiffany points out is that with the use of hydraulics in the machines at Glow Fitness for Women, they minimize the "eccentric" phase of the exercise.

Although eccentric contractions allow for a greater muscle gains, they are the main cause of delayed onset muscle soreness (DOMS).

"Personally, when I experience DOMS, even though it can be painful and cause discomfort for a day or two I have never experienced it restricting any daily activities. However, when talking to some of the members the fact that they rarely if ever experienced muscle soreness was one of major reasons why they enjoy the hydraulics," explains Tiffany. Tiffany notes that this lack of soreness from the workout is motivating for some members of Glow who have soreness from arthritis or previous injuries.

BEST REASON TO WORK OUT = ENHANCED QUALITY OF LIFE.

What benefit does Tiffany hear from the members at her gym? "Ability to participate more fully in life. Feeling their best. More time with children or grandchildren. The stamina and strength to pick those kids up, to get on the ground and play, to walk to the park. These are benefits I hear about, not just the aesthetic benefits like weight loss," says Tiffany.

"I think that if we were to emphasize how physical activity can increase quality of life and present some of the evidence for improved health, we could see more adults becoming more physically active. It's never too late to start."

Glow Fitness for Women is a women's gym in Selkirk and in Gimli with coaches on site six days a week. More information about their programs and memberships is available on their website, www.glowfitnessforwomen.ca, or by calling Glow at 204.420.2480.



Strength training is vital for maintaining muscle tone.

Join us! **Grand Opening – Open House**

September 7, 2019 10 a.m. – 1 p.m.

Glow Fitness for Women – 40 Centre Street in GIMLI
Grand Opening Sale prices, Prizes, Cupcakes, Free Tours, and more.

Bring this ad for a FREE GIFT

GLOW
FITNESS
FOR WOMEN



Cub Cadet®

0% FINANCING AVAILABLE**

Cub Cadet RZTs
50", 23 HP Kawasaki
50" Triple blade deck
Clear out \$3,599
Only 3 left



RT65H Tiller
187 c.c., 18" Tilling
Dual Dir. **\$1299.00**
or 12 months 0%



ST 100 Trimmer Mower
159 c.c.,
22" cutting
\$499.00 or
12 months
- 0%



CC 100 Push Mower
159 c.c.
side/mulch
\$379.00



CC3400 Pressure Washer
208 c.c., 3400 PSI
2.5 GPM **\$739.00**
or 12 months - 0%



CC3600 Pressure Washer
200 c.c., 3600 PSI
2.5 GPM, **\$999.00**
or 12 months - 0%



SC 100 Push Mower
159 c.c. 21"
side/mulch/bag
\$439.00 or
12 months
-0%



LS25CC Log Splitter
208 c.c., 25 ton
25" **\$1949.00**
or 12 months
-0%



3-YEAR LIMITED WARRANTY

INDUSTRY'S STRONGEST WARRANTY

MX550 Cub Cadet
27.5 HP/546 c.c.
Liquid cooled
OHV EFI 4x4
Was \$15,599
Now \$13,599



2019 XT1 LT-42 Riding Mower
18" HP
Hydro, 42"
\$2499.00
or 0% -
24 months

SHACHTAY SALES & SERVICE LTD.
www.shachtay.com

204-376-5233
Arborg, Manitoba
Family Owned
Servicing the Interlake for 53 Years!

15th Annual Benefit golf fundraiser a swinging success



Janice Arnason, front, was among the participants.



Westshore president Tim Arnason



EXPRESS PHOTOS COURTESY OF TIM ARNASON

Participants tee off.

By Patricia Barrett

The Westshore Community Foundation's 15th Annual Benefit Golf Tournament, held in conjunction with the Gimli Lakeview Resort, was a swinging success.

Golfers teed off Aug. 26 at the Links On The Lake golf course in Pelican Beach to help raise money for West-

shore's endowment fund. The event included breakfast, a golf cart and an 18-hole game, dinner and prizes.

Westshore provides grants to not-for-profit organizations and projects in its catchment area, which extends to Matlock in the south, Riverton in the north and Fraserwood in the west. It has provided grants in excess of \$600,000 for the environment, health-

care, education, sports and recreation, culture and heritage and community services.

The foundation, which celebrated its 20th anniversary this year, has also provided over \$200,000 in scholarships to local students wishing to pursue post-secondary studies.

The tournament's sponsors includ-

ed Gimli Home Hardware, Sobey's, Tergesen's Store, Minerva Tree Farms, CIBC, Pharmasave, Lighthouse Accounting and Sun Life Financial. Noventis Credit Union sponsored the golf carts, K.C. Enterprises sponsored the putting contest and Giesbrecht and Sons sponsored the hole-in-one.

Manitoba Open Farm Day – hosted by Manitoba Association of Agricultural Societies

Submitted

Plan to bring your family, your friends, your neighbours and attend the 10th Manitoba Open Farm Day event on Sunday, Sept. 15, 2019. There are 56 diverse host sites across the province to visit and learn from.

What is Open Farm Day? Open Farm Day is a unique opportunity for urban and rural Manitobans to improve their knowledge, understanding and increase their appreciation of our

very vibrant agriculture industry. The many opportunities include choosing to participate in a value added industry — a brewery, tour one of six dairy farms, attend one of the four agricultural societies planned events, bison ranches, mixed farms, grain/oilseed farms, agriculture museums and oh so much more across the province. Other activities can include a stroll through one of two greenhouses, experience agri-tourism, a tour of the Bruce Campbell Discovery Centre to learn where our food comes from and how it gets from the farm to your plate, to see and engage with producers and the local Conservation Districts on their unique partnerships in addressing environmental and water issues, learn how producers partner with other organizations to help protect and preserve wildlife, and increase the awareness of the impact of forage and grasslands upon our environment.

Come and visit one or a number of farms — to see a sneak preview of different sites — check out the Manitoba Open Farm Day Facebook page or Travel Manitoba Facebook page and then go to www.openfarmday.ca and click on Host Sites to plan your day. Information is available per regions and includes directions to sites, the hours open and the various events and activities taking place at each Host Site on Sunday, Sept. 15.

If you wish not to drive, you can take advantage of a tour by contacting Heartland Travel Tours and visit four Open Farm Day Host Sites in and around Portage la Prairie. You may call Heartland Tours at 204-989-9630 to book your spot on the bus.

You may also consider staying overnight in the area to



EXPRESS PHOTO BY NATASHA TERSIGNI

Natalie Hornby pets a calf at Mission Trails Farms during Open Farm Day last year. The Porteous family will be offering tours of their farm this year on Sept. 15. Visit openfarmday.ca to see a full listing of participating farms.

experience a full day in rural Manitoba. For locations, fees and bookings, visit www.bedandbreakfast.mb.ca. To take in a Manitoba fall supper, check out the Manitoba Fall Suppers Facebook page to see what communities are hosting a fall supper.

Open Farm Day is hosted by Manitoba Association of Agriculture Societies (MAAS).

> ACTIVITIES, FROM PG. 17

tion.

- They boost self-esteem.

Drawbacks

The benefits of extracurricular activities are contingent on them remaining fun. They shouldn't feel like an obligation or become a source of tension.

Make sure your children's schedules aren't overloaded. Too many activities can negatively impact a child's academic performance and even their ability to sleep.

Extracurricular activities should be enjoyable and allow children to develop new skills in a healthy environment. Pressuring them to perform will negate any benefits and may cause unwarranted stress.



Everything you need to promote your business

FLYERS
BROCHURES
BUSINESS CARDS

STICKERS
WINDOW DECALS
SOCIAL TICKETS

DOOR HANGERS
LETTERHEAD
ENVELOPES

INVOICES
ESTIMATE SHEETS
POSTERS

Hardly the cat's whiskers for poor Jimmy; diabetic cats a growing problem

By Patricia Barrett

Six-and-a-half-year-old Jimmy the cat loves to watch birds flit about on his half-acre property in Matlock, take long strolls around the neighbourhood, lie in the shade of a trembling aspen and help his mom host visitors in their sunny kitchen.

But this spring he developed diabetes and is on a medically prescribed diabetic diet. He also needs insulin every day.

"He hates it but he tolerates it," said Jimmy's owner, Doreen Pendgracs, referring to the once-weekly blood glucose test and the twice-daily insulin injections.

It's not as though Jimmy was overeating or binging on treats, she said. It's just that he was eating dry cat food, which can be high in fat-packing carbohydrates. A "big-boned cat" heading into middle age, Jimmy lost his svelte physique despite his rather active country lifestyle.

"This is a growing epidemic. I was told there are so many cats with diabetes," said Pendgracs. "Never again can Jimmy eat dry food. Ever. And I was giving him a special dry food with a weight-reduction formula, and he still ended up this way."

Pendgracs was tipped off to Jimmy's condition after he started drinking lots of water and either not peeing at all or peeing in "big clumps."

Feline diabetes mellitus has been increasing in prevalence since the mid-1980s, according to the December 2013 issue of *West Coast Veterinarian*, a B.C. publication. It cited reports on pet obesity and pet health from 2012 which found 58 per cent of cats are overweight or obese and that 40 per cent of diabetic cats are overweight. It says dry food can contribute to weight gain.

"Obesity is strongly linked to a risk of developing diabetes mellitus in many species, including cats," it says. "Canned diets are typically lower in carbohydrate concentration and higher in water content than dry diets."

But here's the rub: dry food is cheaper than canned food. Depending on their disposable income, pet owners have to weigh their options as food and veterinary care doesn't come cheaply.

The sound of Pendgracs' cracking open a package of blood glucose strips had Jimmy slinking off to his favourite out-of-reach place under the bed. It took some coaxing to get him out, whereupon he made a beeline for his other hiding place under an overstuffed living room chair.

Pendgracs enticed him out by saying "Go outside?" and then carried him to

his bed laid out on a table in her breezy sun porch — his "happy place" where he can spy on raspy-throated blue jays and tittering sparrows.

She asked the *Express* to hold him gently around the neck and forepaws while she got out a fearsome-looking needle.

"I'm going to stab him and scoop the blood onto a blood strip. There's a reader on the end of the strip that we put in the glucometer," said Pendgracs as she massaged Jimmy's ear to get the blood pumping. "This needle is plucked into his ear because there are veins in the ear where we can easily squeeze the blood out. It's a horrible, horrible thing that both he and I have to go through."

Jimmy let out a high-pitched argh when Pendgracs nicked his ear and made sudden darts forward in a bid to escape before segueing into a grouchy low murmur, which in cat-speak means "you better let me go."

His glucose reading was 17.3.

"That's too high. His blood is supposed to be between eight and nine," said Pendgracs. "In May he started at 23 and we've been down at times to 14.6."

Over the course of three months, his blood sugar levels have been falling. Daily charting is part of the management plan. Pendgracs records Jimmy's glucose level every time she tests him and also records what time she feeds him and gives him his insulin shots, which are administered under the scruff of the neck.

Pet owners will positively howl about the cost of managing their cat's diabetes, which includes special diabetic food — canned food that can be obtained only from a veterinarian — blood strips, glucometer, needles and insulin, she said. The initial diagnosis by a vet cost her over \$400 and a diabetes consultation to teach her how to manage Jimmy's condition cost \$91. In all, Pendgracs said she's spent over \$1,000 so far.

"It was \$116 for insulin and another \$100 for the glucometer and 100 blood strips," said Pendgracs. "I'm a low-income person as it is. Imagine if you were super-strapped for income and you had to put out close to \$5 a day for special cat food."

What Pendgracs said she found dis-



Diabetic cat food varies in cost depending on what vet you deal with.



Drawing insulin into the needle.



EXPRESS PHOTOS BY PATRICIA BARRETT
Pendgracs is about to take a blood sample from Jimmy's ear to see where his blood sugar level is.

concerting was discovering the cost of services and medications vary between veterinary clinics. One Interlake vet charged her \$2.70 per tin for the diabetic food while another charged \$2.08. For Jimmy's initial diagnosis, a vet charged \$13.75 for one blood glucose test strip. At Shoppers Drug Mart, a box of 100 strips works out to roughly 60 cents per strip.

In Manitoba, vets are allowed to set their own rates, although a bylaw requires them to disclose fees (i.e., provide estimates) in advance of the provision of services, said Dr. Jonas Watson, president of the Manitoba Veterinary Medical Association and veterinarian at the Tuxedo Animal Hospital in Winnipeg.

"Veterinary hospitals base fee structures on a variety of variables," said Dr. Watson, "including provincial data collected and disseminated by the Canadian Veterinary Medical Association, regional market trends and the amount of overhead, staffing, pharmaceutical and other costs for which a given business is responsible."

A 2013 fact sheet on the Canadian Veterinary Medical Association's website says veterinarians can charge what they deem are "appropriate" and "reasonable" fees for treatment and

services, and they should be able to justify their costs. The association issues suggested fee guidelines for each province, but they're not available to the public.

Dr. Watson said pet owners are advised to find a vet team by whom they feel assured that pet health and wellness is the number one priority.

"If you can forge a relationship with a vet whose judgment and counsel you trust unconditionally, you are unlikely to feel that the costs of services rendered were ever anything but reasonable," said Dr. Watson.

While Pendgracs doesn't know how long it will take to stabilize Jimmy's glucose levels — she's been given estimates ranging from two months to a maximum of two years — the good news is cats have the ability to reverse their diabetic condition, unlike dogs and humans.

"Cats are the only animals we're aware of so far that can cure themselves of diabetes," said Pendgracs. "Their body will start to produce insulin with a corrective diet and weight loss."

Another plus is Jimmy hasn't high-tailed it from home despite those nasty blood-draws and daily injections.

Arborg to join the cure for cancer: Terry Fox Run to be held Sept. 15

Staff

Arborg will be joining hundreds of communities across Canada and around the world to honour Terry Fox's dream of finding a cure for cancer.

Donna Gislason is chairing the 2019 Terry Fox Run, which raises money for cancer research. It is set for Sunday, Sept. 15 at the Arborg Fire Hall. Registration takes place at noon with the run beginning at 1 p.m.

Guest speakers will be Jerry and Sharon Maryniuk and they will share their personal story following the run. Anyone wanting to participate in the head shaving can contact Gislason at 204-376-2276 (pledges welcome). There will be a bbq lunch sponsored by Noventis. The public is welcome to stop by to participate, donate, have lunch or purchase silent auction tickets.

All the silent auction prizes are donated by individuals and local businesses.

The Interlake Co-op - Arborg store, will be donating a portion of all purchases made on Sept. 13.

Terry Fox t-shirts will be for sale at the Coop on Sept. 13 as well as at the

event.

Participants can run, walk, rollerblade, bicycle or use a wheelchair at their own pace along a five-kilometre route.

The money raised goes towards cancer research projects at recognized institutions approved by the Terry Fox Foundation.

Winnipeg-born Terry Fox set out on a cross-Canada fundraising run he called the Marathon of Hope after he lost a leg to bone cancer in 1977. Determined to raise \$1 million for cancer research, Fox started his run in St. John's in 1980. The cancer spread to his lungs and he was forced to stop near Thunder Bay after running 5,373 kilometres. He died in 1981 at the age of 22.

Fox's determination inspired communities across Canada to run for cancer research. The first run was held in September 1981 with 760 communities taking part. The event is now held around the world.

"Every year Canadian ex-pats work together with the local population in 33 countries to organize Terry Fox Runs, with the support of Canadian Forces, embassies and high commis-



EXPRESS PHOTO SUBMITTED

The 39th annual Terry Fox Run will take place in Arborg on Sunday, Sept. 15. Registration is noon at the Arborg Fire Hall.

sions," states the Terry Fox Foundation website. "These events not only raise funds for cancer research, but they also provide something intangible: an inspirational example of a man whose effort and legacy transcends language, culture and politics."

Over \$750 million has been raised to

date, according to the Foundation.

For more information about the event, contact Donna Gislason at (204-376-2276).

Those unable to attend can make a donation through the Terry Fox Foundation website at www.terryfox.org.

Manitoba proclaims Sept. 9 as International FASD Awareness Day

Submitted by IERHA

The Province of Manitoba has officially proclaimed Sept. 9 as FASD Awareness Day. People across Manitoba are being encouraged to stop and think about FASD - Fetal Alcohol Spectrum Disorder.

FASD is a medical diagnostic term used to describe the range of effects that can occur in an individual who was exposed to alcohol prenatally. FASD is often referred to as an "invisible disability" because most people affected have no noticeable physical

features. FASD can impair a person's learning, physical, cognitive, behavior and development. The effects of FASD are life-long. Health Canada estimates that nine in every 1,000 children born in Canada have FASD.

On Sept. 9, it is acknowledged that FASD exists across many cultures and countries around the world and that many people in communities across the Interlake-Eastern region struggle with its effects as well.

Interlake-Eastern RHA (IERHA) has two FASD diagnostic coordinators

who specialize in the referral and assessment process and provide education and support to families going through the process. For more information on the referral process, please contact Sherisse at 204-785-7547 or spicklykdear@ierha.ca or Devon at 204-268-7705 or dungurain@ierha.ca.

The Manitoba Key Worker program is unique to Canada and only available in the IERHA. A key worker provides intensive support and education to caregivers whose children are exposed to alcohol prenatally or who

have an FASD diagnosis. For more information about this program, please call Shannon Foster at 204-785-7548 or email sfoster@ierha.ca.

The Interlake FASD Coalition includes people from across the Interlake who are committed to learning more about FASD and sharing community resources, strategies and supports. If you would like to know more or become a member of the coalition, please contact Sherisse at 204-785-7547 or email spicklykdear@ierha.ca.

Toastmasters in the Arts club to host Fall Rally in Gimli

By Patricia Barrett

The Toastmasters in the Arts Club (TMIA) is preparing to host a Fall Rally in Gimli in a week's time for Toastmasters clubs from across the region and anyone who's interested in learning about public speaking.

TMIA club founder Doreen Pendgracs, who lives in Matlock, said the one-day event will bring toastmasters from Manitoba, northwestern Ontario and northern Minnesota to Gimli and feature a number of keynote speakers, local culinary delights and prizes.

"The purpose of the Fall Rally is to bring toastmasters clubs from around the District 64 region together, to share the leadership's vision for the

upcoming year, and to offer the host club the opportunity to make their region shine," said Pendgracs, who has earned the designation of Distinguished Toastmaster.

Toastmasters International clubs help people perfect their speaking, leadership and presentation skills. Pendgracs founded TMIA in 2013 after rounding up 20 people and earning charter status.

The TMIA club is geared towards artists and other creative people, attracting members from across the region, including as far away as Fisher Branch.

TMIA meets at the Gimli Multipurpose Building on North Colonization

Road each Wednesday morning from September to May and then at the Pokenah Beach Arts Centre from June to August.

The rally's theme is Pathways Through the Inland Ocean, which will focus on Lake Winnipeg. In addition to guest speakers — including a welcome from a municipal representative — the rally will feature an improv exercise designed to help people think on their feet, an educational program and a door prize and auction. It will wind down with an optional tour of the New Iceland Heritage Museum.

"We will have a presentation made by two of our TMIA members," said Pendgracs. "Bruce Smith, who used to

chair the Lake Winnipeg Foundation, and David Lobban, who had a government career in water-testing and is still very concerned with the health of Lake Winnipeg, will be speaking. Their collaborative presentation will highlight the history of the lake, as well as current concerns and optimism for the future."

The Fall Rally takes place Saturday, Sept. 14 in Johnson Hall at the Gimli Waterfront Centre. Registration starts at 8:30 a.m. Cost is \$35 per person. Non-toastmasters are welcome to attend.

For more information, visit www.district64.ca/events/fall-rally or call Doreen at 204-389-4177.

get inspired

> MEAL IDEAS



Honey Leches French Toast

bowl, lightly toss raspberries, blueberries and strawberries to evenly combine. Keep chilled.

To make Hot Honey: In small mixing bowl, whisk blueberry honey and cayenne pepper to evenly combine. Keep warm so hot honey is pourable.

Heat electric griddle to 375 F.

Arrange pound cake slices, side by side, flat, in casserole dish or pan with sides. Pour Honey Leches over and around pound cake slices; soak 1 minute.

Lightly coat griddle with nonstick cooking spray. Remove pound cake slices from Honey Leches, allowing liquid to drain off, then place each slice on hot griddle.

On griddle, cook pound cake slices approximately 2 minutes on each side until golden crispy and hot throughout.

To serve, place two overlapping pound cake slices on plate (four plates total). Top each with approximately 1/4 cup mixed berries then drizzle each with approximately 2 tablespoons hot honey.

Photo courtesy of Getty Images (French toast)

Recipe courtesy of chef Rob Corliss on behalf of the National Honey Board
Servings: 4

Honey Leches:

2 tablespoons blueberry honey

1/4 cup evaporated milk

1/4 cup light coconut milk

3 large eggs

1 teaspoon pure vanilla extract

1/2 teaspoon ground cinnamon

Berry Garnish:

1/2 cup fresh raspberries

1/2 cup fresh blueberries

1/2 cup fresh strawberries, sliced

Hot Honey:

1/2 cup blueberry honey

1/2 teaspoon cayenne pepper

Pound Cake:

8 small slices premade pound cake

nonstick cooking spray

To make Honey Leches: In mixing bowl, whisk blueberry honey, evaporated milk, coconut milk, eggs, vanilla extract and cinnamon to evenly combine. Keep chilled.

To make Berry Garnish: In mixing



Brooklyn Bacon Bonanza Burger

Place cheese in freezer about 1 hour ahead of time.

Heat grill to medium-high heat. In small bowl, mix hot sauce and mayonnaise; set aside.

In large bowl, season beef, pork, onion, bacon, tomato paste and breadcrumbs with salt and pepper. Using hands, mix until well combined.

Using hands, form meat mixture into four balls. With thumb, make indentation in centers of balls and place one chunk cheese in center of each. Begin shaping burgers around cheese until patties form.

Spray grill grates with nonstick spray. Grill burgers, turning frequently, until cooked through and cheese begins to ooze out, about 8-10 minutes.

In nonstick skillet, fry eggs, if desired; set aside. Serve burgers on hamburger buns with chipotle-mayo, tomato slices and fried eggs.

Recipe courtesy of chef George Duran on behalf of Jarlsberg
Servings: 4

4 thick chunks Jarlsberg cheese

1 tablespoon hot sauce

1/4 cup mayonnaise

1 pound ground beef

1/2 pound ground pork

1 onion, finely chopped (about 1 cup)

1 cup chopped cooked bacon

3 tablespoons sundried tomato paste

3 tablespoons breadcrumbs

kosher salt

freshly ground black pepper

nonstick cooking spray

4 eggs for frying (optional)

4 hamburger buns

8 thin slices tomato



Parenting for Self-Sufficiency

pare meals and learn to change the oil in their car. By the age of fifteen or sixteen they should begin some part time work. They should be taught how to save-even to invest. They also could be responsible for purchasing some of their own products.

What is it that makes the difference between being a "survivor" or a "victim" when life challenges us? I reflected upon this recently and came to the conclusion that it was having a sense of self-sufficiency in life. Self-sufficiency means the ability to supply one's own needs.

The development of this quality begins in early childhood, and comes naturally to humans. Think of the two-year old who adamantly insists, "I do it myself!" It starts with feeding oneself, dressing oneself, and progresses to learning to read to oneself.

Children should be encouraged to practice self-sufficiency at every stage-that means we do not do things for them that they are capable of doing themselves. They can learn to help with meal preparation, doing laundry and cleaning. They can help with grocery shopping, and washing the car.

As they get older they can pre-

Children who are raised to be self-sufficient develop confidence and positive self-esteem. They grow up to be productive adults who take responsibility for their lives, their needs and their finances. They will not collapse under stress looking around for someone to bail them out. Parenting for self-sufficiency creates strong individuals and a strong society.

Gwen Randall-Young is an author and award-winning Registered Psychologist practicing in Sherwood Park, Canada. For information on her books, MP3 recordings and resources go to www.gwen.ca Follow her on Facebook for daily inspiration.



Happy Lunchbox

Watermelon Kebabs:

18 cubes (1 inch each) seedless watermelon

6 cubes smoked turkey breast

6 cubes cheddar cheese

6 coffee stirrers or beverage straws

In small plate with dividers, assemble watermelon sticks with yogurt in one section and berries in separate section.

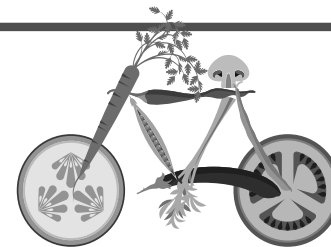
To make Watermelon Kebabs: Skewer watermelon, turkey and cheese cubes on stirrers or straws. Assemble in third section of plate.

Recipe courtesy of the National Watermelon Promotion Board

Watermelon, cut into sticks
yogurt, for dipping berries

Do you have a Health or Wellness Business?

Call Stephanie at 204-467-5836 to advertise



ISAGENIX
Weightloss • Energy & Performance • Healthy Aging

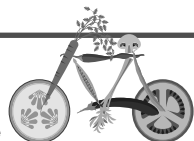
Allana Sawatzky
allana333@hotmail.com

Janice Gulay
jkaraim@mymts.net (c) 1-204-648-3836

Rose Sawatzky
isa.rose1957@gmail.com (c) 1-204-479-8227

www.isaproduct.com

Do you have a Health or Wellness Business? Call Stephanie at 204-467-5836 to advertise



Learn how to create a safe haven.

We help you radically reduce chemicals in your home

Norwex

Ask me how

Stephanie 204-896-3980

Independent Sales Consultant
cleanwithwater15@gmail.com

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Morweena's hockey miracle takes talent to Carolina

By Ty Dilello

On June 30, the Florida Panthers swapped goaltenders with the Carolina Hurricanes sending Morweena's James Reimer in exchange for Scott Darling.

This upcoming 2019-20 campaign will mark Reimer's 10th season in the National Hockey League, which is pretty crazy considering he was quite the late bloomer, to say the least.

Reimer's road to the NHL is nothing short of a miracle as most kids start playing organized hockey at around five years old. This was not the case for Reimer as he didn't start playing organized hockey until he was 12 years old. He was then discovered by his current agent Ray Petkau when he was 13 years old playing in a 14-and-over church tournament in Steinbach. Reimer played so well in the tournament that Ray thought he was maybe 17 or 18 and not a 13-year-old kid with braces. Ray was quite surprised that Reimer had only been playing hockey for a year and knew that he had a real talent on his hands.

Two years later, Reimer was in goal for the Interlake Lightning AAA team playing out of Teulon and that's when Reimer was first scouted.

"I got scouted playing one game," Reimer said. "We lost 6-0, but they must have had 700 shots. The scouts had no idea who I was. They'd never heard of me before, but one guy saw me play that game and drafted me, just based on the one game."

Reimer went on to play three seasons with the WHL's Red Deer Rebels and came onto the Toronto Maple Leafs radar prior to the 2006 NHL Entry Draft. They selected him with the 99th overall pick in the fourth round. During the time of the draft, Reimer was attending his high school gradu-

ation at Morweena Christian High School, but he was keeping tabs on it online and was very excited that the Leafs picked him. The Leafs were his favorite team growing up and fellow Manitoban netminder Ed Belfour who played for the Leafs was his idol. Reimer's agent Ray Petkau attended the draft and brought Reimer his Leafs jersey and cap the very next day and a graduation/draft party was held on the Reimer farm.

Reimer is perhaps best known in the hockey world for his first couple of seasons with the Toronto Maple Leafs where he came in and stabilized the goaltending position and was adored by Leafs nation, who nicknamed him "Optimus Reim."

Reimer, who has dealt with some injury issues in his career, has played 338 NHL games with Toronto, San Jose and Florida, with an overall record of 144-120-39, career 2.81 goals-against average and .913 save percentage. Throughout his career, Reimer has posted a save percentage of better than .920 four times in the NHL and has also represented Team Canada at the IIHF World Championships in 2011 and 2014.

He is coming off a season with the Florida Panthers that saw him post a 13-12-5 record with a 3.09 goals-against average and .900 save percentage. Coming to the Hurricanes now, he currently has two years left on a contract that pays him \$3.4 million a season.

Reimer is joining a very talented young team that lost in the conference finals this past spring and is poised to make another deep playoff run. Carolina currently has a bit of a logjam between the pipes, however, with three other goalies in addition to Reimer under contract for the upcoming



EXPRESS PHOTO BY ADAM HUNGER AP

Morweena's James Reimer was traded from the Florida Panthers to the Carolina Hurricanes in late June.

2019-20 season in Petr Mrazek, Alex Nedeljkovic and Anton Forsberg.

Although the Hurricanes seem quite content with the acquisition of the Morweena Miracle, Carolina general manager Don Waddell is pretty coy when it comes to confirming his goaltenders for the upcoming season and instead would like to see them battle it out at training camp.

"You've got Mrazek, who played well for us last year. I think the next job is for one of three guys, whoever wants that job. We're in a spot that we need

to win hockey games and we've got to put the best guys out there each night to win hockey games," said Carolina general manager Don Waddell to NHL.com.

"All four goalies will be in a competition in some ways, but Petr will be here. We all know last year we ended up using three goalies and you need goaltending, so I feel very comfortable where we're at with the four guys we have at this point."

Thunder Bay Fighting Walleye to host 2020 Keystone Cup

Staff

The Thunder Bay Fighting Walleye have been named host of the 2020 Keystone Cup, the Central Canada Junior "B" Championship.

The tournament is expected to feature teams from Hockey Northwestern Ontario, Manitoba and Saskatchewan.

Keystone Cup 2020 will take place from April 23 to 26 at the Thunder Bay

Tournament Centre.

Fighting Walleye president Derek Geddes said his club is excited to host the tournament.

"It is a great honour that the LJHL has entrusted us with hosting the Keystone Cup," said Geddes on the Keystone Junior Hockey league website. "We were fortunate enough to participate the last two years and we will use this experience to put on a

first-class event.

"We are working with the Prairie and Capital Region leagues as well as the Keystone to ensure Thunder Bay is treated to some incredible hockey."

For the past two years, the Keystone Cup has been contested as a "border battle" between teams from HNO and the KJHL. While not finalized, the 2020 version is hoping to include representatives from the Prairie Junior Hockey

League (Saskatchewan) as well as the Capital Region Junior Hockey League (Manitoba).

However, a source within the CRJHL said they had just received an offer to participate in the 2020 Keystone Cup last week. He said their league will have to meet and discuss the invite.

Ticket package information for the 2020 Keystone Cup will be announced in the coming weeks.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Thunder to host Moosomin Generals in season opener Saturday

By Brian Bowman

The Interlake Thunder are eager to get back on the football field for game action to defend their Rural Manitoba Football League championship.

Interlake will begin its regular season this Saturday at 2 p.m. when it hosts the Moosomin Generals in Stonewall.

Teams will be gunning to knock off the defending-league champions.

"You want to see everyone at their best and I think we got a little fortunate last year that we could kind of sneak in and beat some teams that didn't have a lot of background on us," said Thunder head coach Mitch Obach Monday afternoon. "Not that we had anything on them either, but it was probably a little bit of an advantage. We weren't seen as the team to

beat throughout the regular season because there were a few teams all battling for first.

"But this year, yeah, we'll have that target and we will have to be prepared to see everyone at their best."

The Thunder expect all of the teams in the league to be competitive this season although some squads are in rebuild-mode.

"I expect we'll see good football week in and week out," Obach predicted. "We played Swan Valley in the finals last year and I know a lot of their key guys were in Grade 10 and 11 so we expect them to be really strong and they are actually our last game of the regular season. We'll see how the season progresses and that could be a big (game) down the stretch."

Interlake started its training camp

back on Aug. 6, giving them a full month to prepare for the season opener.

"We decided to start a little early and only go twice a week," Obach said. "We decided to go a little lighter and a little longer in camp this year."

The Thunder really liked the number of players that came out to camp. Interlake has seen numbers "in the mid-30s" range come out to camp and the age of players has been a very good mix as well.

"The turnout is as good as any of the previous years," Obach said. "It's perhaps a little easier on the guys (this training camp) because players may have some part-time work or if they have family stuff going on, it's easier for them to plan around it. I think it's worked out pretty well for us."

Besides good numbers, the Thunder has also seen a plethora of talent come out to camp.

"This is an athletic group," Obach stressed. "It's going to be a different look on offence this year. Last year, we leaned on a fullback that could pound the ball and we had a veteran (offensive) line. We're a little younger on the O-Line but they have looked very sharp so far and all of those complementary pieces to our fullback (Colton) Nediotafo, most of those guys are back and are a year older.

"They have all picked up what we needed to and I think we'll have a more balanced attack."

After the Moosimin game, Interlake will hit the road to battle the Park West Outlaws on Sept. 13 at 5 p.m. in Shoal Lake.

Midget 'AAA' Female Lightning looking for more wins this season

By Brian Bowman

The Interlake Lightning Midget "AAA" female hockey team is hoping a new season will bring new results.

After struggling to a 3-40 record last season, the Lightning are expecting the improvements they made over the course of last season will continue this year.

This season, Interlake will have a nice mix of 10 rookies and 10 veterans on its roster.

"Last year, we were starting from square one but we had a bunch of team-building activities over the summer," said Lightning head coach Dean Rebeck last week. "The girls would go out camping or do whatever. The drills that we're running, the 10 vets know what we're doing because they know the drills and the system already.

"We're not starting off on a teaching mode. We're starting off with here's our systems and let's run through

them."

Interlake started training camp in Stonewall last week and held practices Monday through Thursday. The Lightning were hoping to get an exhibition game with Westman this month before they head to Portage la Prairie for a tournament that will guarantee them four games.

Interlake held its tryouts back in June.

"The early start is because everybody else is doing it," Rebeck explained. "Winnipeg and Eastman have their tryouts early and we're almost a farm system for them because whoever doesn't make their teams, the two teams in Winnipeg and Eastman, if they want they can get a release and come to our camp and they either make our team or they don't."

The Lightning, obviously, would like to improve on their win-loss record from last season. They would also like

to score more than the paltry 43 goals tallied a year ago.

"The learning curve for the rookies will be a lot faster because we have those vets and the system is already in place," Rebeck said, adding he felt his club was the most improved team over the course of last season.

"We're definitely faster with more goal-scoring compared to last season. We have some offensive talent that have come in as first-year Midgets and they all can skate and have puck sense. They're offensively talented so that's a jump."

In other news, Lightning defenceman Denali Sigurdson committed to Division 1 ACHA Minot State for this upcoming season. The Riverton product scored four goals and had 12 points last year. She was third on the team in both goals scored and points.

"She was our quarterback on the power play and she obviously had

one of the best shots in the league," Rebeck said. "From Christmas on, she was playing at the university level and whenever you can get a player like that on your team, that's (great). "She was our steadiest defenceman and we could put her with anybody and she's going to help that person."

The Lightning would love to see more players move on in their hockey careers and play at either the university or collegiate level.

"We already have a whole whack of teams interested in our other players," Rebeck noted. "Based on the talent and some of the things that we're looking to change in the organization with development, there's going to be a whole lot of girls from the Interlake region that will get scholarship offers ... and that's a good thing."

Ice Dawgs to hit the ice for exhibition game in Gimli on Sept. 21

Staff

The Arborg Ice Dawgs will soon be hitting the ice for their second season competing in the Capital Region Junior Hockey League.

Arborg will hold its registration at 12:30 p.m. on Sept. 14 and the cost will

be \$40 for new players and \$20 for returning ones.

The team will then practice from 2 p.m. to 3:30 p.m. that day.

Other practice dates will include Sept. 15 (2 p.m.), Sept. 18 (7 p.m.), Sept. 20 (7 p.m.), Oct. 1 (7:15 p.m.) and

Oct. 5 (7:30 p.m.).

All preseason practices will be held at the Gimli Rec Centre.

The Ice Dawgs' exhibition schedule consists of Sept. 21 at 5 p.m. versus the North Winnipeg Satellites in Gimli, Sept. 24 at 8 p.m. against North Winni-

peg at the Billy Mosienko Arena, Sept. 27 (8 p.m.) versus the Lunder Falcons in Lunder and then Sept. 28 (7 p.m.) against the defending-league champion Selkirk Fishermen in Lunder.

Steelers open preseason with loss to Steinbach

By Brian Bowman

The Selkirk Steelers and Steinbach Pistons had a lot of new faces in their lineups for Monday afternoon's Manitoba Junior Hockey League preseason opener.

The Steelers started their 2019-20 exhibition schedule with a 3-1 loss to the Pistons in Steinbach.

Selkirk's Evan White opened the game's scoring with a power-play

goal at 17:39 of the opening period. The goal was assisted by Austin Lourenco and Sam Lagari.

But Steinbach came right back with a Nolan Bettens' power-play marker with just six seconds remaining in the first period.

The Pistons then went ahead 2-1 as Ty Paisley scored at the five-minute mark of the middle frame.

Avery Kirkup closed out the game's

scoring at 4:14 of the third.

Ciaran Mcvickar and Cole Plowman shared the goaltending duties for Selkirk

The Steelers will visit the Winnipeg Blues on Thursday at the RINK Training Centre and Steinbach Friday before hosting the Pistons on Saturday at the Rec Complex.

All three games have 7:30 p.m. start times.

Selkirk will continue its exhibition schedule Sept. 12 when it hosts Winnipeg and then the two teams will clash two days later at the RINK Training Centre.

The Steelers will wrap up their preseason Sept. 15 when they host the Blues.

Selkirk's regular-season opener is Sept. 20 when it hosts the Virten Oil Capitals.

Falcons to begin training camp this weekend

By Brian Bowman

The Lundar Falcons will begin their training camp this weekend.

The Falcons will be on the ice Saturday and Sunday from 6:30 p.m. to 8 p.m. in Lundar.

Summer is now over and it's hockey season.

"It comes on you in a hurry," said Falcons' general manager Neil Thage Tuesday afternoon. "It's exciting. We had a good year last year, so we're hoping to comintue (that success)."

Thage expects 15 players to come back from last year's team. That's a good number of veteran players returning for a junior hockey team.

"Next year, we'll have a lot of 20 year olds so we should be pretty good," Thage predicted.

Lundar is one of five teams in the Capital Region Junior Hockey League. The league, in its second season, also includes the Selkirk Fishermen, Arborg Ice Dawgs, North Winnipeg Satellites, and the St. Malo Warriors.

Selkirk is the defending-league champion after defeating North Winnipeg in six games in their best-of-seven final.

Lundar, meanwhile, pushed Selkirk to seven games in their best-of-seven semifinal series. The Fishermen won Game 7 by a 3-2 score in double overtime.

That playoff experience will definitely help the Falcons this season.

"Especially, the younger guys that started last year," Thage said. "It gives

them some kind of confidence."

There is a lot of parity - and talent - in the CRJHL. Any team can beat another on any given night.

"We have had such an easier time attracting players because there's not that massive amount of travel up north all of the time," Thage said. "It's so much better with that."

Thage said the Falcons are always looking for players. Anyone interested in trying out for Lundar can contact Thage at 204-768-0006.

U18 'AAA' Interlake Lightning will begin training camp with new head coach

By Brian Bowman

For the third time in the past three seasons, the Interlake Lightning will have a new head coach for their U18 "AAA" boys' hockey team.

Scott Wong will replace Trent Genyk, who took over from Jamie Corbett mid-season after he took a position with the MJHL's OCN Blizzard.

The hiring of Wong was made back in May.

"(Scott) is a proven coach," said Lightning general manager Darren Bond last week. "He has coached in our U18 league for a few years now. He brings a staff with him that is also accomplished that is mainly his brothers and he's bringing the trainer along, too."

"We're looking forward to what he can bring to our program, not only for on-ice development but also personal growth, and with dryland and off-ice

development."

Wong guided the Eastman Selects to a 27-16-0-5 record last season. He's familiar with the style of play in the league and knows many of the players.

"He not only knows all of the players out there, he also understands the league," Bond said. "The U18 league is a very good league. It's a league built on speed, pressure and turnovers, and quick transitions. Knowing that and knowing how to get the team up to speed for that type of hockey in a quick period of time is huge."

"And that's what will lead to success, not only for our players, but also for the team as well."

The Lightning will welcome a handful of returning players back for another season. But there were a lot of new faces when the Interlake opened its training camp to about 40 players

this past Tuesday in Lundar.

"That's a number that is higher than what we have experienced in the past," Bond noted. "We're pretty excited about that."

From that group of players, the Lightning will be forming two teams (the U18 and U17) provincial squads.

The Lightning training camp will be rotated amongst Lundar, Stonewall, Gimli and Teulon this fall.

"This is the first time that we have done it for the U18 team but we have done it for some of our other teams," Bond said. "I think that the benefits from this are exposure to show other communities the level of play of these individuals. Also, it's a great opportunity for some of these players, whether it be through practice or intrasquad games, to be able to play in their own rink. "It's something we're really excited to do to show the people of the

Interlake the talent that they have in their own backyard."

Meanwhile, the Interlake Bantam "AAA" team will see Chad Balmer return as head coach. Their tryouts, which includes 50 players, will started on Tuesday in Stonewall.

Once again, Interlake will have a Bantam team playing in the Eastman "AA" League.

"It's a great introduction to higher-calibre hockey," Bond said. "It's a feeder system for the Bantam 'AAA' program and also for the (U18) 'AAA' program."

On the girls' side, Dean Rebeck will return for his second year as head coach for the Interlake Lightning team that competes in the Manitoba Midget Female Hockey League.

At the Bantam level, Charlene Bodnarchuk will once again serve as the head coach.

U18 Lightning to compete at Southwest preseason tournament

Staff

The Interlake Lightning U18 hockey team will begin its exhibition schedule in just over a week.

Interlake will take part in the Southwest Cougars' preseason

tournament. The Lightning will play Southwest on Sept. 13 (8:15 p.m.) and then will battle the Yellowhead Chiefs the next day at 10:30 a.m.

That evening at 6 p.m., Interlake will match up with the Central

Plains Capitals.

Interlake will begin its Manitoba "AAA" U18 Hockey League regular season Sept. 28 on the road versus the Parkland Rangers and then will play Southwest in Souris the follow-

ing afternoon.

The Lightning's home opener will be Oct. 5 against the Kenora Thistles in Teulon.

Classifieds



Book Your Classified Ad Today - Call 467-5836 or Email classifieds@expressweeklynews.ca

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.

SCRAP METAL

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

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.

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.

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 Hnusa on PR 222. Offers can be mailed to Box 634, Riverton, MB. R0C 2R0.

STEEL BUILDINGS

Steel Building Clearance ... "Super Savings Sale - falling prices!" 20X23 \$6,080. 25X27 \$6,640. 28X27 \$7,462. 32X35 \$10,336. 35X35 \$12,576. One end wall included. Pioneer Steel 1-855-212-7036 www.pioneersteel.ca

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

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

MISCELLANEOUS

Caught you looking at the classifieds! Reach over 400,000 Manitoba readers weekly. Fall is coming - do you need Class 1 drivers or staff for your business? Are you having a Sale, a Fall Supper or do you have a Craft Show to promote? Get results. Book now! People rely on these classifieds to find what they need in your area and across the province. Catch them looking at your material in our 48 Weekly Community Newspapers. Call 204-467-5836.

DATE CORRECTION

- Friday, Sept. 6 & Saturday, Sept 7, 2019 visit Manitou for the Honey Garlic & Maple Syrup Festival. For info call 204-242-2703

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 prices on memberships +prizes, a contest, and cupcakes!

HEALTH

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.

HEALTH

Get up to \$50,000 from the Government of Canada. Do you or someone you know have any of these conditions? ADHD, Anxiety, Arthritis, Asthma, Cancer, COPD, Depression, Diabetes, Difficulty Walking, Fibromyalgia, Irritable Bowels, Overweight, Trouble Dressing...and Hundreds more. All ages & medical conditions qualify. Call Manitoba Benefits 1-800-211-3550 or send a text message with your name and mailing address to 204-808-0035 for your FREE benefits package.

EXPRESS
WEEKLY NEWS
204-467-5836

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 stonewoodelkbranch@mymts.net

Everything you need to promote your business

For all your printing and publishing needs
Call Today!
467-5836



TOWN OF ARBORG PUBLIC NOTICE

The Town of Arborg invites representation from local Community Groups & Organizations to attend an information meeting regarding organizing a 2020 Commemoration/Celebration of Manitoba's 150th Anniversary on **Wednesday, September 25th at 7 p.m.** at the Town of Arborg Office, **337 River Road.** To confirm your interest in attending, or for more information, please call 204-376-2647 or email townofarborg@mymts.net



Rural Municipality of
FISHER

PUBLIC NOTICE BOARD OF REVISION

Public Notice is hereby given that the 2020 Assessment Roll for the Rural Municipality of Fisher has been delivered to the Municipal Office at 30 Tache Street, Fisher Branch, Manitoba and is open for public inspection during regular business hours (8:30 a.m. - 4:30 p.m.) Applications for revision may be made in accordance with sections 42 and 43 of *The Municipal Assessment Act*:

APPLICATION FOR REVISION

42(1) A person in whose name property has been assessed, a mortgagee in possession of property under section 114(1) of *The Real Property Act*, an occupier of premises who is required under the terms of a lease to pay the taxes on the property, the authorized agent of the person, mortgagee or occupier, or the assessor may make application for the revision of an assessment roll with respect to:

- Liability to taxation;
- Amount of an assessed value;
- Classification of property; or
- A refusal by an assessor to amend the assessment roll under sub-section 13(2).

APPLICATION REQUIREMENTS

43(1) An application for revision must:

- Be made in writing;
- Set out the roll number and legal description of the assessable property for which a revision is sought;
- State the grounds on which the application is based; and
- Be filed by
 - delivering it or causing it to be delivered to the office of the Rural Municipality of Fisher, 30 Tache Street, Fisher Branch, Manitoba or
 - delivering it upon the secretary, at least 15 days before the scheduled sitting date of the board as indicated below.

The Board of Revision will sit on **Wednesday, October 9, 2019 at 10:00 a.m.** in the Council Chamber of the Rural Municipality of Fisher, 30 Tache Street, Fisher Branch, Manitoba to hear applications to revise the 2020 Assessment roll and to revise 2019 assessment changes relating to Sections 300(6) and 326 of *The Municipal Act*.

The final date on which applications must be received by the Secretary of the Board is **Monday, September 23, 2019.**

Dated this 28th day of August, 2019

Kelly Marykuca - Secretary
Board of Revision
Rural Municipality of Fisher
Box 280 Fisher Branch, MB R0C 0Z0
Phone: (204) 372-6393 Ext. 4 Fax: 372-8470



Chief Administrative Officer

Employer: RM of West Interlake

Location: Ashern, MB

Application Deadline: TBD

Job Description:

The Council of the Rural Municipality of West Interlake is seeking an outstanding individual for the position of Chief Administrative Officer.

The Rural Municipality of West Interlake is located in the Interlake region of Manitoba. West Interlake was incorporated in 2015 following the amalgamation of the former RM of Siglunes and RM of Eriksdale.

Key responsibilities of the position include:

- Takes a key role in promoting and building the Municipality.
- Leads the development of a long-range plan for the operation and continued success of the Municipality.
- Plans, directs and coordinates the day-to-day activities required to implement the plan and achieve the goals and objectives approved by Council.
- Recommends new initiatives, programs, policies, and plans for Council to consider.
- Develops and implements a process for preparation of annual capital and operating budgets
- Provides responsible financial planning and management of a budget of over \$2.8 million.
- Develops positive relationships and maintains open communication with all stakeholders and constituencies of interest to the municipality.
- The management and supervision of the employees of the municipality.

Ideally, you will possess technical skills and experience in municipal administration, financial management and human resource management. Strong communication, analytical and leadership skills are just some of the requirements of the position. Candidates who have post-secondary education in a relevant discipline bring an educational advantage to the position.

The RM of West Interlake has a population of 2,162 with municipal offices in Ashern and Eriksdale.

The right candidate can expect a comprehensive salary and benefits package.

We thank all those who apply and advise that only those selected for further consideration will be contacted. The posting will remain open until a suitable candidate is located.

Direct Applications To: RM of West Interlake
P.O. Box 370, Ashern, MB, R0C 0E0
or email tocao@rmofwestinterlake.com



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

take a break

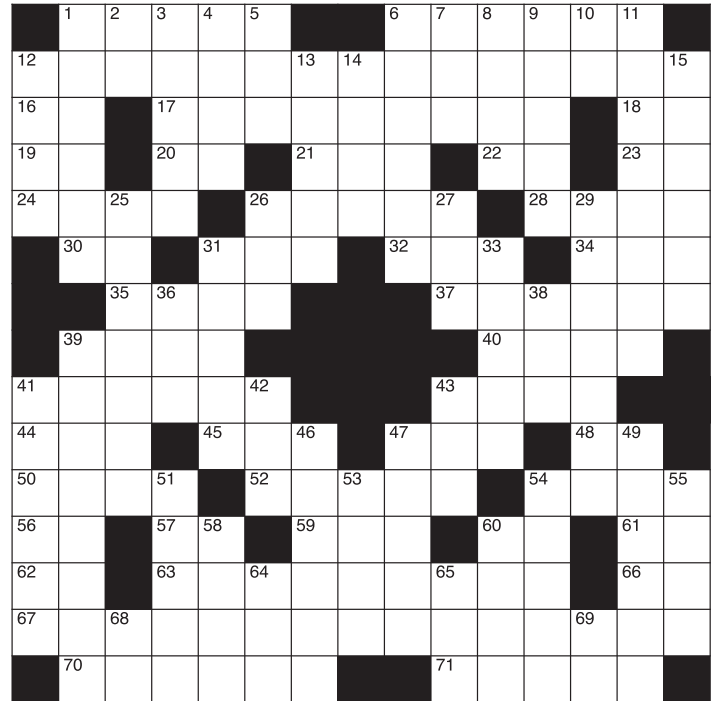
> GAME

X CROSSWORD

CLUES ACROSS

- 1. Adventure stories
- 6. Amphetamines
- 12. Extend the limits
- 16. Article
- 17. Socially disoriented
- 18. Gold
- 19. Part of the mind
- 20. "Rubber Band Man" rapper
- 21. Take by force
- 22. Football position
- 23. American cola
- 24. Risk management plans (abbr.)
- 26. Narrow channel on the moon
- 28. Semitic alphabet letter
- 30. Dorm employee

- 31. Dessert dish
 - 32. A street where nightmares happen
 - 34. For each
 - 35. Fat from a pig
 - 37. Easily altered
 - 39. Salvador ____, Spanish artist
 - 40. The last CEO of Sears
 - 41. One who lades
 - 43. Russian pop duo
 - 44. Fictional free city of Essos
 - 45. Cool!
 - 47. Strong liquor
 - 48. Rural delivery
 - 50. Brews
 - 52. Compound found in hops
 - 54. Where golfers begin holes
 - 56. Third note of a major scale
 - 57. City of Angels
 - 59. Snag
 - 60. Exclamation of surprise
 - 61. Controversial retired wide receiver
 - 62. For example
 - 63. Free to use
 - 66. Carson's sidekick
 - 67. Pirate saying
 - 70. Convulses
 - 71. Semitic gods
- CLUES DOWN**
- 1. Split apart
 - 2. Equally
 - 3. Mountain passes
 - 4. Another name for Thor
 - 5. Chinese chess piece
 - 6. Helpless
 - 7. US army designation (abbr.)
 - 8. Micturated
 - 9. One to respect
 - 10. Small Greek island
 - 11. In a thinly dispersed way
 - 12. Put two together
 - 13. Of the supernatural
 - 14. Type of structure in organic chemistry
 - 15. Card game
 - 25. Feeling of discomfort
 - 26. Get free of
 - 27. Unit of measurement
 - 29. A person who enjoys good food and drink
 - 31. Violin maker
 - 33. Noted psychotherapist
 - 36. Complete
 - 38. Ballplayers' tool
 - 39. Afternoon illumination
 - 41. Points a finger at
 - 42. Moved quickly
 - 43. ' __ death do us part
 - 46. Blue jeans
 - 47. French Jesuit theologian
 - 49. Dissuades
 - 51. Eastern European peoples
 - 53. Abnormal rattling sound
 - 54. Air-breathing land snail genus
 - 55. Turfs
 - 58. Fawcetts
 - 60. __ mater: one's school
 - 64. They __
 - 65. Baby's eating accessory
 - 68. Priestess of Hera
 - 69. Type of railroad



Crossword Answer

pampered chef
INDEPENDENT CONSULTANT
• Cooking Shows • Meal Prep Solutions
• Fundraisers • Individual Orders
204-485-4272 call or text
stoneware444@gmail.com
www.pamperedchef.biz/michellebalharry

GREEN CONNEX ELECTRIC
Bringing Power to the People
RESIDENTIAL • COMMERCIAL • INDUSTRIAL
Curtis Becker Cell: 204.641.1915
becker.c89@hotmail.com Office: 204.278.3307

GIMLI VETERINARY SERVICES
70 Centre Street Gimli, MB R0C 1B0
204-642-8398 lmtvet@mts.net



Biz Cards
Call 204-467-5836



WM EXTERIORS
"Serving the Interlake"
• Roofing
• Soffit
• Fascia
• Eavestrough
• Eavestrough Cleaning
Certified Roofer
(204) 641-5279
wrmexteriors@gmail.com
William R. Muenchow

INTERLAKE INSULATORS
BALMORAL, MANITOBA
• Spray Foam
• Blow In
FREE ESTIMATES
Brent Meyers
204-461-4669
interlake_insulators@hotmail.com
SPRAY FOAM SPECIALISTS

NEW VALLEY ROOFING & RENOVATIONS
Serving The Interlake
Henry Reimer 204-642-2551
henry.reimer@newvalleyroofing.com
newvalleyroofing.com
BP & IKO Certified Roofer

CONVENIENCE
• Grocery • Drinks • Snacks
• Coffee to Go • Ice • Firewood
• Fireworks • ATM • Greeting Cards
• Newspapers • Books • Pet Food
• Toys & more
SNACKS 20088 First Ave,
FIRST AVENUE Sandy Hook
OPEN YEAR ROUND 10AM - 6PM
7 DAYS A WEEK

PharmaChoice
You have QUESTIONS, We have ANSWERS!
• Prescriptions • Liquor Store
• Home Health Care Aids
• Snacks and more!
Advice for Life
LUNDAR PHARMACY 204-762-5431
18 Main St., Lundar

Glass Specialists **Construction**
• Sealed Units
• Flat Glass
• Mirrors
• Laminated
• Tempered
• Plexi/Lexan
• Windows & Doors
• Siding
• Custom Cladding
• Decks
• Construction/Renovations
Interlake Glass 365 Main St. Arborg, Mb
204.376.5177
intglass@mymts.net

WE DO IT ALL!
• Window Coverings by HunterDouglas
• Floor Coverings • Countertops
• Cabinetry by Kitchen Craft
& More!
Mon-Fri 9am-5pm, Sat 9am-1pm
Hwy #9 & Colville Dr., Gimli
(204) 642-8585
www.thehomestoregimli.com

CITADEL EXTERIORS
(204) 668-7663
www.citadelexteriors.ca
• PAVING
• ROOFING
• STUCCO
• EAVES
• SOFFIT
• FASCIA

WARREN LAHAIE PARTS & SERVICE
WARREN@GIMLIFORD.COM
16-7TH AVE., GIMLI, MB
204-642-5137
GIMLI Ford EST. 1977

ALICE ROOFING LTD
Complete Roofing Services
• Residential • Agricultural
Licensed and Insured
204-757-9092
www.aliceroofing.ca

Classifieds



Book Your Classified Ad Today - Call 467-5836 or Email classifieds@expressweeklynews.ca

ANNOUNCEMENTS

"Hurry, Worry, Bury" has been the epitaph suggested for many people in this century. The increasing number of patients taking drugs; the rising incidents of stress disease; the frequency of attempted suicide; reflect sadly on our modern society and demand an answer. I have no doubt that a proper regard for the Lord's Day would help improve these problems. Speaking as a physician there are good reasons physically, mentally and spiritually why we should set aside the first day of the week as a special day unto the Lord. Professor V. Wright

EMPLOYMENT OPPORTUNITY
for Road Construction Project in the Arborg Area. We are Hiring!
**Equipment Operators,
Class 1A & 3A Truck Drivers,
Flag Persons & Laborers**
For more Information Contact Office at 204-378-2879 or 204-981-1799
Email your resume to triline@lakenet.ca

Everything you need to promote your business

For all your printing and publishing needs
Call Today! 467-5836

FLYERS	SOCIAL	ESTIMATE
BROCHURES	TICKETS	SHEETS
BUSINESS	DOOR	POSTERS
CARDS	HANGERS	MEMO PADS
STICKERS	LETTERHEAD	POST CARDS
WINDOW	ENVELOPES	
DECALS	INVOICES	

Hip or Knee Replacement?
Trouble Walking or Dressing?
The disability tax credit allows for up to \$50,000 in Tax Refunds and Benefits
COPD, Arthritis, and many other disabling conditions that cause restrictions in Walking or Dressing may qualify.
For Expert Help: 204-453-5372

POST FRAME BUILDINGS
that stand the test of time.
Barns
Shops
Riding Arenas
Machine Sheds
and more
craig.c@integritybuilt.com
1-204-596-8620
www.integritybuilt.com

Power Builder Advertising WORKS!

- GET SEEN by over 400,000 Manitoba Homes!
- Use your LOGO!
- Create instant top of mind awareness
- Showcase your info, business, product, job, announcements or event
- We format it, to make it look great!
- Starting at \$339.00 (includes 45 lines of space)
- The ads blanket the province and run in MCNA's 48 Manitoba community newspapers
- Very cost effective means of getting your message out to the widest possible audience

Contact this newspaper NOW or MCNA at 204.947.1691 or email classified@mcna.com
www.mcna.com

CLASS 1 TRUCK DRIVER
To run Canada - must have BC experience

- Paid pick, drops, layovers and stat pay
- Multi drop runs
- Cell usage
- Benefi t package
- Dedicated truck
- Sign on bonus
- Quarterly and annual bonus
- Reset at home
- Weekend home time
- Paid training
- Referral program

Derek (204) 793-7465
CENTENNIAL TRANSPORT & LEASING LTD.

McSherry Auction Service Ltd
CONSIGNMENT AUCTION
Sat Sept 7th, 2019 10 AM

Stonewall, MB #12 Patterson Drive
Int 584 * Tractors * Trailers* 3 PH Equip * Yard & Recreation * Livestock Equip * Vehicles * Tools * Large Auction - Go to Web!
Stuart McSherry Stonewall, MB (204) 467-1858 or (204) 886-7027
www.mcsherryauction.com

Need Cash?

- We Loan
- Easy application
- Approval with collateral
- Title Loans
- No Credit Check
- We service ALL of Manitoba

Call Dan Devloo (204) 526-7093
CAI Financial
Unit K - 2151 Portage Ave.
Winnipeg MB
www.caifinancial.ca

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, & mostly rural deliveries. We have many long-term drivers. Please email a resume & abstract to orderdesk@penneroil.ca or fax (204)989-4309.

McSherry Auction
12 Patterson Dr.
Stonewall, MB

Estate & Moving
Wed Sept 11th 4 PM

Estate & Moving
Wed Sept 18th 4 PM

Yard * Recreation * Tools * Antiques * Furniture * Misc * Household *

Consignments Welcome!
(204) 467-1858 or (204) 886-7027
www.mcsherryauction.com

Manitoba made!
Top quality kitchen cabinets

- Custom, Stock & Surplus
- Free 3D design
- Prompt service
- Professional installation available

Serving Manitoba province-wide for 25 years!
office@fehrcabinets.com
1-800-758-6924

OBITUARY



Rowland Kristjanson

It is with heavy hearts we announce the passing of our beloved husband and father Rowland Kristjanson at the Arborg and District Health Centre on August 31, 2019.

He is survived by his wife of 56 years Kristin (nee Sigvaldason); three children, Darlene (Norman), Wes (Sheila) and Ross; his grandchildren, Brittany, Aaron (Averie), Jordan and Owen. Sisters-in-law, Josephine Kristjanson, Ellen Martin, Sigurbjorg Finnson, Anna (Tryggvi) Finnson, Linda (Ken) Foster, Sylvia Gislason; and brother-in-law, David (Lee) Sigvaldason.

He was predeceased by is parents Thorsteinn and Sigrður Kristjanson; in-laws, Kristjan and Phyllis Sigvaldason; brothers, Magnus, Kristjan and Ingvar; sisters, Lara and Gudbjorg; half sisters, Beatrice, Ingvaldur, Gudfina and Irene; brothers-in-law, Eric Rogers, Raymond Sigvaldason, Halldor Finnson, Clifford

Gislason and Robert Martin.

Rowland was born March 20, 1935 on the family farm in Vidir. He farmed there most of his life with his brothers. They also ran a gravel and redi-mix concrete business. For many years he, Magnus and Kris cut pulpwood in the winter and hauled it to Riverton for transport.

Rowland married Kristin Sigvaldason on June 29, 1963. They raised three children on the family farm. His life was devoted to his family. He was a soft spoken, quiet man and only family and close friends really got to know him and enjoy his sense of humour.

In his later years with his health failing his greatest joy was spending time with his children and grandchildren and watching the Jets and the Blue Jays. Even though he struggled with health issues he never complained or wanted sympathy.

The family would like to thank Dr. Donnelly and the staff at the Arborg and District Health Centre for their care and compassion.

A private gathering of family and friends will be held September 7th at the Vidir Cemetery. In lieu of flowers donations can be made to the Arborg and District Ladies Health Auxiliary, Box 301, Arborg, MB, R0C 1B0

Precious Lord take my hand
Lead me on, help me stand
I am tired, I am weak, I am worn
Through the storm, through the night
Lead me on to the light
Take my hand precious Lord
Lead me home
Goda nott Afi

MacKenzie Funeral Home
Arborg
1-800-467-0024
info@mackenziefh.com

MACKENZIE FUNERAL HOME ARBORG
(204) 467-0024 • info@mackenziefh.com



The Express Weekly News Classified booking deadline is Monday at 4 p.m. prior to Thursday's publication.

Please Call 204-467-5836

BOOK YOUR ANNOUNCEMENT TODAY

- BIRTHDAYS
- MARRIAGES
- ANNIVERSARIES
- NOTICES
- OBITUARIES
- IN MEMORIAMS
- ENGAGEMENTS
- BIRTHS
- THANK YOUS
- GRADUATIONS

Call 467-5836

10 DAY ^{x2} SALE!

"Twice as Nice"

SALE ON NOW

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.....	\$119.00	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	Thomas Kowalchuk, Fraserwood.....	\$489.00	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, FisherBranch.....	\$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 Thorliffson, Lundar.....	\$329.00	Larry and Valerie Kornelsen, Arborg.....	\$799.00
Stacey Leidingham, Riverton.....	\$1,279.00	Nancy Woychysyn, Arborg.....	\$768.00	Jason Loewen, Arborg.....	\$850.00
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.....	\$650.00
Doreen Steg, Camp Morton.....	\$299.00	Lynn Bear, Peguis.....	\$1,044.00	Sheila Murdoch, Koostatak.....	\$1,018.00
Lloyd Sigurdson, Arborg.....	\$829.00	Ken & 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.....	\$349.00	Ilean Haldane, Winnipeg Beach.....	\$1979.00
Robert & DeLores Jacobson, Arborg.....	\$279.00	Matthew Hamberg, Winnipeg.....	\$799.00	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	Brace Reimer, Arborg.....	\$1,308.00	Allan Spence, Hodgson.....	\$1199.00
Amanda Rundle, Riverton.....	\$258.00	Race 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	Jim & Wanda Brandson, Lundar.....	\$916.00	Dan & Nyla Klatt, Grahamdale.....	\$649.00
Alex Kimchuk, FisherBranch.....	\$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 Markussion, Gimli.....	\$399.00
David & Judy McDougall, Ashern.....	\$399.00	Jocelyn & Tony Hayka, Arnes.....	\$749.00	Stacy Markussion, 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 Porter, 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 Thorliffson, 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 & 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
Zenith Poole, Arborg.....	\$848.00	Delbert & Luwana Brandt, Riverton.....	\$1,799.00	Bjarni and Elaine Martinnson, Riverton.....	\$399.00
Barb & Menno Friesen, Riverton.....	\$559.00	Brenda & Ed Anderson, Princess Harbor.....	\$529.00	Bruce and Candace McKinnon, Eriksdale.....	\$1,669.00
Pat Dudrak, Arborg.....	\$499.00	Linda Williams, Peguis.....	\$339.00	Stephen and Liz Murdock, Koostatak.....	\$70.00
Mary Dunlop, Gimli.....	\$109.00	Eugene Feschuk, Gimli.....	\$2,227.00	Lorne and Susan Smith, Gimli.....	\$1,173.95
Jean Harrison, Arborg.....	\$1,988.00	Ida Jean Buck, Hodgson.....	\$26.75	Faye Stevenson, Peguis.....	\$1,179.95
Roxanne Roche, Arborg.....	\$1,868.00	Glen & Phyllis Stevenson, Peguis.....	\$877.00	Walter and Charlene Stevenson, Peguis.....	\$154.98
Ernie & Lucille Stabner, Eriksdale.....	\$1,349.00	Don & Betty Johnson, Arborg.....	\$1,299.00	Renate Van Der Molen, Eriksdale.....	\$1,632.10
Nancy Woychysyn, Arborg.....	\$499.00	Patricia McCallum, Gimli.....	\$569.00	Delores Wallbridge, Peguis.....	\$2,186.00
Donna & Ray Andert, Gimli.....	\$899.00	Joyce Bielik, Riverton.....	\$29.95	Al and Gloria Wiebe, Poplarfield.....	\$152.94
Will Ashley, Arborg.....	\$479.00	Marvin Olson, Arborg.....	\$29.95	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

Palliser 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

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

BEDS, BEDS, BEDS,
17 Models on Display
From **\$199-**
\$2299

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.

GRAND TOTOAL TO DATE \$258,337.63



"The largest selection of Furniture & Appliances between the lakes"
321 MAIN ST. ARBORG
204-376-5242 TOLL FREE 1-800-361-4156
E-mail: smittysfurniture@mts.net
www.smittysfurniture.net

