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VOLUME 5 EDITION 26 THURSDAY, SEPTEMBER 6, 2018

WEEKLY NEWS

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Summer fun

Students from Dr. George Johnson Middle School in Gimli were getting in some pivots, tail whips and jumps on their stunt scooters last week and counting down their last remaining days of freedom until school started on Sept. 6.

EXPRESS PHOTO BY PATRICIA BARRETT

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

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Love for 'Gramsey' sends Arborg boy on mission to raise money for CancerCare

By Patricia Barrett

A young boy from Arborg raised over \$3,000 and donated it all to the CancerCare Manitoba Foundation in memory of his grandmother, who passed away from cancer in April.

Six-year-old Darren Sweetland delivered a total of \$3,220.03 to the foundation's headquarters in Winnipeg on Aug. 29, the date of his "Gramsey" (as he affectionately calls her) birthday.

Darren said he set out on his fundraising mission after being inspired by his grandmother. "Gramsey loved me and I wanted to do a fundraiser," he said. "And I loved her so much that when I was praying to Gramsey, she told me to do a fundraiser."

Darren received \$900 in birthday money — all of which he donated to the foundation — then brought in another \$1,600 from a fundraising walk he spearheaded in Arborg with a little help from his family. And he didn't stop there. He posted a video on Facebook about his mission and brought in about \$400.

His mom Kelly said she had asked him what he was going to do with his birthday money, and he said he wanted give it to everyone with cancer — kids, adults and older people.

"And I asked him, 'Do you want to

do something more than donate your birthday money?'"

That sparked a number of ideas. Darren, who's an avid golfer, thought a golf fundraiser would be a neat idea then settled on a Fun Walk after he remembered going on a poker walk for cancer in Ashern with his family.

"It's a great cause. I think everyone's been affected in some way or another by cancer," said Kelly. "It's just so common nowadays to have it."

The walk included a raffle, fundraising luncheon, bake sale and tips on how to prevent cancer at a number of stations the family set up along the route. Local and area sponsors stepped up to help Darren raise the money. Arborg Home Hardware donated a \$50 gift card, a hairdresser from Stonewall donated a hair package worth \$125 and the Hecla Lakeview Resort donated a one-night stay and two massages.

In addition to the generous sponsors, Kelly said she was overwhelmed by the kindness of strangers who wanted to help with the event. One lady donated a truckload of baking.

"I didn't even know the lady and she brought so much baking. It was crazy how much she brought," said Kelly. "She even made cancer ribbon



EXPRESS PHOTO BY KELLY SWEETLAND

Six-year-old Darren Sweetland presented a cheque in the amount of \$3,220.03 to Donna of CancerCare Manitoba Foundation on Aug. 29.

cookies. She was so amazing. She just showed up with boxes of baking. She was so awesome."

The Sweetlands also booked the Arborg pool for Darren's birthday, inviting his local kindergarten classes to attend and asking for a donation in lieu of a birthday gift.

And money came from away, too. Kelly's family in Newfoundland chipped in with donations amounting to \$140, and the priest who married Kelly and her husband and baptized Darren sent \$100.

Darren said he and his Gramsey used to do a lot of fun stuff together, such as colouring and drawing pictures. "We did painting when I was four." And their artwork has appeared at the Lundar Fair (Darren's dad's family is from the area).

He also used to help Gramsey bake. He recalls one time he was helping her grate cheese, and Gramsey saying she was wondering where all the cheese had gone as he was eating it just as fast as he was grating it. A video of that baking session was shown

at Gramsey's funeral.

Darren's cooking prowess also earned him distinction at the Lundar Fair, where he won a prize for his fudge. "When I was in the Lundar Fair for my fudge, I actually got shipped [accidentally] in the adult section and I won third place," he said.

Kelly said she's very proud of her son for thinking of others.

"When you teach them young how to treat other people, and how to help other people, hopefully it will go a longer way than just this one little bit we're raising here now," she said.

Darren's exemplary kindness resulted in some unexpected kudos from a woman he met while golfing in Gimli. He struck up a conversation with the woman, telling her it was his birthday that day. She gave him \$5 and told him to spend it on whatever he wanted. That's when he told her about his Gramsey and what he was going to do with the money.

"When we got in after our round, the lady he talked to bought him private golfing lessons," said Kelly.

"I started crying because you don't expect that. She said she was proud of the family for teaching him so young to do this kind of stuff."

Donations to the CancerCare Manitoba Foundation help pa-

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Ashern sidewalk repair



EXPRESS PHOTO BY JEFF WARD

A new sidewalk was constructed last week in Ashern along Main Street by Eriksdale Redi-Mix Concrete that stretches from 2nd Avenue South to Ashern Early Years School. LUD members approved the project during their July 17 regular meeting and awarded the tender of \$26,622 to the Eriksdale company. Work began on Monday, Aug. 27 and was finished by the end of the week.

> CANCERCARE, FROM PG. 2

tients and their families deal with a cancer diagnosis. Since 2000, more than \$111 million has been granted to patient care, and support and research, according the foundation's website.

Kelly said Darren's fundraising has helped the family as they mourn the loss of Gramsey, who was Kelly's husband's mother.

"It helps the whole grieving process knowing we can make a difference to someone else's life that's going through a troubling time."

Kelly said she's hoping to make the walk an annual event.

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11:00 am

(rain date September 22)

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Alliana Rempel launches new book, with proceeds to build Nicaraguan school

By Jeff Ward

Arborg's Alliana Rempel launched her new children's book *One* last week at McNally Robinson Booksellers in Winnipeg and read the story for a crowd of approximately 50 people.

The story is about Azmia, a young girl living in a war-torn country whose school is closed down by terrorists. Distraught at the realization that she will not be able to continue her education, Azmia is helped by her school supplies that come to life to save the day.

The story was inspired by the real-life story of Malala Yousafzai, Pakistani activist for the education of women and the youngest Nobel Prize laureate. Rempel, who is no stranger to taking up big causes, heard Yousafzai's story after reading her book *I Am Malala*, which her mother Carissa Rempel purchased during a presentation where Yousafzai's father spoke.

"She was eight at the time and I wasn't quite sure if the book was too mature for her or not," said Carissa Rempel.

"But I remembered what Malala's father said during the presentation when he was asked what he had done as a parent to encourage his daughter. He said he hadn't done anything; he just didn't clip her wings. So, I gave her the book to read," said Carissa.

That was three years ago and since then Alliana has been working dili-

gently to come up with her idea for a story, completing all the illustrations, finding a publisher and a beneficiary from book sales. Alliana said that she hopes to raise \$10,000 to help build a school in Nicaragua.

Alliana referred to herself as an average kid in a short speech before reading her book to the crowd. She said that even though she is a young kid from a small town, she knows she can make a big difference in the world.

"I wanted to do something to help immediately after reading the book [*I Am Malala*] and I was shocked to realize that many girls couldn't go to school just because they were girls," Alliana told the crowd.

"I WANTED TO DO SOMETHING TO HELP IMMEDIATELY AFTER READING THE BOOK [*I AM MALALA*]."

"And even the ones who would be allowed to go, maybe can't because they don't have access to a school or they're needed at home to help their families. I decided to start an organization called Battle the Bad with Beauty to raise funds and awareness using beauty to bring

good into the world."

The book is an echo of Alliana's message that no matter who you are, you have the power to change the world. She is the embodiment of that message with a philanthropic career that's now more than half her life-span long.

Following Alliana's reading of the book, dozens who were eager to support her cause, lined up to purchase a



EXPRESS PHOTOS BY JEFF WARD

Alliana Rempel reads her new book *One* to the crowd at McNally Robinson Booksellers last week.

softcover for \$12.50 or a hardcover for \$30. Many even donated money above the cost of the book to help Alliana reach her goal. She signed books and wrote messages in them to those who purchased one.

You don't often get to meet people who are changing the world. And while Alliana believes that everyone is capable of what she is doing, only

a few dedicated souls will tackle the world's problems with hope, compassion and determination. Alliana has already changed the world and she's not even close to being done.

Alliana's book *One* is available for purchase at McNally Robinson Booksellers or through her website at www.allianarempel.com or www.battlethebadwithbeauty.com.

Grahamdale municipality invests in AED equipment

By Jeff Ward

New life-saving technology is now available in the Grahamdale municipal office and the local emergency coordinator is hoping to see it utilized by the community for large events.

In 2013, the provincial government proclaimed the Defibrillator Public Access Act that made it mandatory for all high-traffic public places like gyms, community centres, skating rinks and more to have an AED.

Since then, the RM of Grahamdale has placed AEDs in those high-traffic areas and recently placed one in their RM office.

Nyla Klatt, the MEC for Grahamdale, said that there are now AEDs in the

Moosehorn Co-op, the skating and curling rink, the Moosehorn Community Hall and the St. Martin Community Hall. Noventis Credit Union also has one available with 24-7 access for emergencies.

"The great thing about them is that you don't need training to operate them," said Klatt.

"The device takes you through the steps of what to do and will repeat a step if it hasn't been done properly. The AED speaks out loud, telling you what to do, like 'place pads on bare chest.'"

Klatt added that the machine will also give instructions on whether the person needs to be shocked or not

and if CPR should be administered. AEDs are designed specifically with untrained users in mind, so their instructions are simple, easy to understand and fool-proof. By-standers in these scenarios aren't likely to be trained physicians so the machine acts as a guide to make sure it is being used properly.

Klatt said that she hopes to see the device borrowed from the RM and used for events that might be hosted away from the centres that already have one, like large gatherings at home.

"Let's say you're having a big family reunion at your place, for instance. It would be good to come by and re-

quest to use it for that day, just to be safe," said Klatt.

The RM hasn't yet decided if people need a deposit or a rental fee to use the machine.

The reality is that machines like this are items you hope to never have to use and any expense is better than not having it around and needing it. Klatt said the machines at both the Moosehorn and Ashern Co-op stores have already saved lives.

"My whole thing is you're better safe than sorry. You hope you never have to use it, but it's peace of mind to know it's there and available."

Interlake artists making waves again at annual show

By Roger Newman

Lake Winnipeg is the favoured subject of paintings by Winnipeg Beach's Gayle Halliwell, whose studio was one of 49 stops on the annual fall Interlake Artists' Wave Tour.

"The water of Lake Winnipeg flows through my veins and comes out through the fingers of the paint brush in my hands," says Halliwell, an artist and art teacher who is a long-time Winnipeg Beach cottager resident and lives on the family boat in summer.

Art lovers who missed the fall tour will have less than a month to wait before the next opportunity to see the paintings of the prolific Wave artists. That will come Friday, Sept. 27 when "Light and Shadow," a new exhibition of work by the Wave artists, will open with a reception running from 7 to 8.30 p.m. at the New Iceland Heritage Museum.

The next night, the new show will also be a principal component of Gimli's yearly Nuit Blanche cultural



Gayle Halliwell is having a busy month exhibiting her paintings of Lake Winnipeg.

evening featuring art, music and drama at a variety of venues.

Halliwell's Silverdale Avenue studio, incidentally, was part of a busy Winnipeg Beach weekend. Just next door to



EXPRESS PHOTOS BY ROGER NEWMAN

Karen Dunbar and Lauren McLachlan celebrated the Labour Day weekend with their first-ever garage sale.

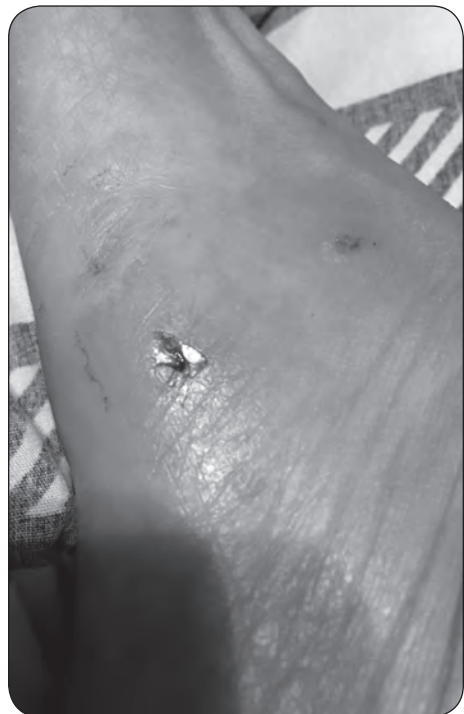
Halliwell, neighbours Karen Dunbar and Lauren McLachlan were equally busy running their first ever garage sale. Dunbar felt it was time to clean

the house while McLachlan and her husband are moving to a much larger hobby farm in Inwood.

Winnipeg Beach council orders temporary stay of execution for pit bull

By Patricia Barrett

After two official reports of a pit bull biting residents in Winnipeg Beach, town council passed a resolution last week to have the dog euthanized. But it put a temporary halt on the order a few days later, giving the owner the option of sending the dog to another community.



EXPRESS PHOTO SUBMITTED

A seasonal resident out for a bike ride last month said she was unwittingly pursued for a few blocks by a pit bull that escaped from a fenced yard then bit her on the foot.

Brittany Moore has until Sept. 8 to find her dog Axel a new home. If no one takes him, the town will have him put down.

"I'm grateful for the support I have received from people in my community and all across the province and country," Moore told the *Express* last Thursday after she was informed about the temporary reprieve.

Axel is currently being well cared for in the pound, she said, and she's been scrambling to find him a new home.

"I'm very tired and have nine days to find my dog a home under the requirements the town has laid out so he doesn't get euthanized," she said. "I just want to find him a good, safe home so he lives."

Moore had posted council's execution order on her Facebook page but deleted it along with a message she had written because council and the facility housing Axel "were receiving threats... people threatening to break him out of there and more."

In the post, Moore called Axel a family member that sleeps beside her daughter every night. She also acknowledged it was her fault his collars weren't strong enough to hold him.

"I wish the town would punish

the owner, (Me) not the dog and my daughter," she wrote. "He's a friendly loving dog who has an intimidating appearance due to stigmas."

A seasonal resident whom Axel bit and sent to hospital with suppurating wounds on her foot spoke with the *Express* about the attack but does not want to be named.

The woman, who testified at council's special hearing, said the dog took her by surprise when she was cycling Aug. 15. She passed Moore's residence and heard a chain snap when Axel lunged at her but figured she was safe because he was behind a fence. She biked a few more blocks without realizing the dog had escaped and was tracking her.

"The scariest part is he pursued me for two or three blocks. I thought he wouldn't chase me because he's behind a fence. And I kept riding and riding and riding and I was almost at Ford's store (on Highway 9) in the back lane when he caught up to me.

He chased me," she said. "That's what scares me because it's not like he broke his chain, got out and thought, 'She's far down there and oh well.' No, he came for me."

Out of the blue, the pit bull appeared at her side, barking, snarling and trying to bite her. And during the attack, he ripped off her shoe.

"He kept biting and I kept screaming. I lifted my foot — and if I didn't lift my foot, I think he would have

Continued on page 7

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letter to the editor

Letters to the Editor: letters@expressweeklynews.ca

How will the carbon tax affect you?

Manitobans have questions about the carbon tax that is coming in a few months. You want to know how it will impact you, your family and our economy. And, of course, you want to know why it is coming in the first place. Your concerns are sincere and deserve a response, so let's start by understanding how we got here.

Justin Trudeau's Liberal government in Ottawa has decided that there must be a nationwide carbon tax. They have repeatedly threatened to force such a tax on provinces that do not implement their own. As Saskatchewan and Ontario are now doing, our government considered taking legal action to fight the tax. We obtained a legal opinion regarding the legality of the federal government's approach. The conclusion was that Ottawa has the power to impose a carbon tax on provinces that do not introduce their own.

In other words, Manitoba gets the Trudeau tax if we don't have our own plan. If we say no, we get Trudeau. It's either made-in-Ottawa or Made-in-Manitoba. Under the Trudeau plan, however, the tax would be collected by the federal government — more

than \$1 billion over four years, at rising rates set by Ottawa — with no guarantee Manitobans would get any of that money back.

Doing nothing is not an option. Our government is not prepared to send a billion dollars to Ottawa and hope it comes back someday. We have a duty to defend the interests of Manitobans, and that is what we are doing.

After more than a year of consultations with Manitobans like you, environmental experts, farmers, business owners and other stakeholders, we have designed a Made-in-Manitoba Climate and Green Plan. It recognizes that we all share a responsibility — an obligation — to better protect our environment; to make changes that will benefit not only ourselves, but also our children and future generations. It will protect our environment better than the federal plan, and it will also better protect our economy.

While the Trudeau tax will increase to \$50 per tonne over five years, and possibly much higher after that, our plan will have a rate of \$25 per tonne. That rate will not change. It's flat like the prairie horizon, and will be among Canada's lowest. Compared

to Ottawa's tax, our flat, fixed rate will save Manitoba families and businesses over \$260 million over the first five years. It will provide certainty and stability to consumers, business, industry and agriculture.

Most importantly, all money collected under our made-in-Manitoba plan will be returned to Manitobans in the form of tax reductions, with lower income tax, lower sales tax and a lower small business tax. As indicated earlier, we have no control over whether a tax is brought in. However, what we can control is that, by having our own plan, we can ensure the money collected will be returned to you.

In short, the carbon tax is being forced upon Manitobans by the Trudeau government, which has the constitutional power to do so. In response, our government is standing up for you and your family, with a Made-in-Manitoba plan that is better for your wallet, and better protects our economy and our environment.

- Honourable Rochelle Squires
Minister of
Sustainable Development

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Quick reflexes save the fish and rod

Hi friends. How 's it going?

Soon our kids will be heading back to school, which sadly means many will have to hang up their fishing rods till winter and take up school books.

How appropriate it was, then, that two fellow anglers I met last week wished to share their boyhood memories of carefree summer fishing. Last Tuesday, quite by chance, I met Wes Peters from Steinbach, an average, well-toned guy with a light brown short beard which did not hide his ready smile. I marvelled at his preoccupation with the outdoors and his love for fishing that started when he was a young lad. He told me that as soon as school was out in the spring in his then-hometown of Landmark, he and his buddy Lance Barkman would load up their bikes everyday with rods, tackle boxes, a tiny cook stove and frying pans, then pedal to the diversion channel four miles north of town. There they spent their summer living off the fish they caught and playing along the channel's banks.

Wes remembered one time he and Lance were just standing beside the water talking and Lance's baited hook happened to be hovering a few feet above the water when a two-foot jack jumped out of the water, catching itself on his hook and grabbing the bait. That jack became brunch.

About midweek I came across another very interesting chap fishing on the Red River by Selkirk who had a boyhood fishing story. I found him relaxing in a folding chair beside his truck, rod in hand. His pure white hair, sideburns, moustache and goatee accentuated his bright-eyed pleasant face. As we talked about fishing when we were kids, an alerted look came over his face as the end of his rod snapped down.

"Just a nibble," he said in an easing voice. "There's something down there taking one minnow of mine after another all morning," he joked as he reeled in,

rebailed and cast back out into the Red's slow-moving muddy water.

"Who taught you to fish?" I asked our new friend, Andy Chodachek.

"My older brother," Andy responded. "When I was about eight, there were 12 kids in our family and brother John would take some of us in the spring to a bridge over a drainage ditch a few miles from our home in Ile des Chenes where there were saugers and suckers. We used the same snare wire we used in the winter to catch rabbits to catch fish in the spring. We would find sticks for rods and fasten a few feet of wire on it making a noose at the wire's end. We would lower the noose into the clear ditch water ahead of a fish then slowly pass it over its head back to the end of its gills and then we would pull up quick snaring the fish.

Just as Andy finished his story, his rod tip bent down again. This time we could tell he had something. I waited silently as he reeled in slowly as the fish ran just under the water every which way.

"If it's an eater, I have to raise it gently. I don't have a net," he said cautiously. Then his catch, a bullhead, broke water. Andy chuckled as he flicked his rod and the fish slipped the hook. "Go on back in the water. I want a pickerel," Andy shouted good-naturedly at the disappearing fish.

It was another perfect windy, sunny, fall day as I drove up to Hecla Village last Saturday. The brightly painted houses set back along the town's winding road looked out across Lake Winnipeg's waters to the mysterious Black Island. Magical Hecla has always lifted my spirits. Maybe it's because of the Icelandic blood coursing through my veins. There were a handful of anglers on the high, wide concrete pier ducking intermittently from the overspray of the violent waves slamming the pier as I walked past them.



EXPRESS PHOTO BY ARNIE WEIDL

Daughter Stella, left and her dad Charlie Mangiliat with their catch off the Hecla pier.

"Has anybody caught anything? I called out. They all pointed to a tall chap and a girl at the end of the pier. I made my way down to them and asked, 'I hear you've been lucky today. Would you hold up your catch and I'll take a picture for the newspaper?' The guy pulled a large bass and a couple of pickerel out of a pail. He called his daughter over to help.

"I'm Charlie Mangiliat and Stella, here, almost lost that bass," he joked. "Oh pop," she anguished. "Yeah," he continued, "she was playing around on her phone and got a bite." In a flash, the fish took her rod for a ride clinking and clunking against the big pipe guard rail on the pier with Stella running after it. She was quick, though. She dove for her rod, grabbed it and landed her fish.

See you next week. Bye now.

> PIT BULL, FROM PG. 5

grabbed on to my calf and that would have been worse — so I lifted my foot and he caught my ankle and a little further towards my toes and he chomped. It happened so fast."

The woman said she managed to get to Ford's store and was helped by the staff, whom she calls "amazing." A family member took her to hospital where her wounds were treated and she was given a tetanus shot.

Winnipeg Beach Mayor Tony Pimentel said council did not take the decision to euthanize Axel lightly despite criticism on social media.

"We decided to euthanize the dog for a couple of reasons. The homeowner wasn't very responsible in taking care of her dog, and it didn't seem she would be responsible enough to look after the dog," he said. "It has nothing to do with the breed. It has to do with the two attacks and the numerous times the dog has been out and about in town, and the times

the dog catcher's been called upon to retrieve the dog."

Pimentel said Axel bit a young girl in April while she was riding her bike and that the RCMP were involved. The dog had been quarantined for 10 days and Moore was asked to adhere to a number of conditions.

Council also reviewed emails sent to the town office by other Beach residents who said they'd been chased by Axel and who supported council's decision to either move the dog out of the community or have him euthanized, said Pimentel. Axel had also bitten a third victim, but that incident had not been officially reported.

Pimentel said council was inundated with late-night calls from dog lovers — some from as far away as Steinbach — after their decision to put the dog down was posted on social media.

"We took an oath to protect the citizens of Winnipeg Beach and that's what we're doing," said the mayor. "And all of us are or have been dog owners.

When people say we took our decision lightly, it's a very inaccurate description of our decision. It was a very painful decision."

If Moore is able to place Axel in another municipality, she must notify — according to council's conditions — the authorities of that municipality.

Selkirk and Winnipeg have banned pit bulls because of attacks on humans and other dogs. Elie, Starbuck, Niverville, Steinbach, Saint Jean Baptiste, Swan River and The Pas are among about 40 other communities that have also banned the breed, according to the website Banpitbulls.org. Ontario is the only Canadian jurisdiction to have instituted a province-wide ban.

Moore said she hasn't yet found Axel a new home, but she did find a dog school that specializes in behavioural training. The school's owner is going to "work with Axel for free with his new owner [when] I find one, which is amazing."

Annual Proutopia event draws eco-friendly crowd

By Roger Newman

Winnipeg Beach artist Heidi Hunter says she lives to dye.

That's why the talented maker of hand-dyed clothing and quilts opens her Runs with Scissors arts studio and grounds twice a year for the environment-friendly Proutopia arts festival

The sixth edition of the spring and fall festival took place last Saturday and Sunday on Hunter's sprawling property on Prout Road off Highway 229 two miles west of Winnipeg Beach. Artists and exhibitors of environmentally friendly products drew good crowds to their tents on the grounds while musicians played in the background.

The music was appropriate because Hunter enjoyed a career as an actor, singer, mime and dancer before she was an artist. She was a member of the group "Canadian Content," which toured extensively and is still remembered for performances at Winnipeg's West End Cultural Centre.

That background in show business was evident at her festival.

"I'm trying to create a little feeling that you have to be present at our event," said Hunter of Proutopia.



Shawn Nykoluk, owner of Sweater Sway in Anola, was exhibiting her eco-friendly apparel for men, women and children.



EXPRESS PHOTOS BY ROGER NEWMAN

Heidi Hunter, the creator of the Proutopia Festival, is serenaded by guitarist Cole Moreau and Dylan Baert.



Jan Keryluk, consultant for Tiber River Naturals, was telling festival-goers about the merits of Tiber's environmentally friendly soaps and cleaning products.



Artist Mauri Brown, right, displayed her paintings of outdoor scenes with the help of Lisa Carter.

Win your campsite for a year at Steep Rock's Itty Bitty Bash

By Jeff Ward

Seasonal campers have the chance to win their campsite for a year this weekend at Steep Rock Beach Park's end of season party.

The Itty Bitty Bash takes place this Saturday, Sept. 8 at 6 p.m. inside the campground. Tickets for the dinner, catered by Chicken Chef are \$15 each, which includes a free entry into the campground. Tickets can be purchased at the campground office before the event or at the gate the night

of. The Steep Rock Campers Committee is organizing the annual event which also serves as a fundraiser to help improve things around the park.

Committee chair Donna Fissel said that this year the money raised will go towards the purchase of new curtains for the pavilion, which were installed last weekend and any money left over will go towards replacing items at the main playground in the park.

"[The Campers Committee] raised over \$5,000 this year from our other

events," said Fissel.

"This year, we purchased and installed the new playground. With all of the volunteers in the campground, it feels more like a community now and there are a lot more seasonal campers this year."

The celebration is the summer send-off for the campground and with it brings the opportunity for seasonal campers to win their site for next season. A \$20 ticket gets them into a draw that could mean a free stay next sum-

mer.

The event will also have a silent auction with dozens of prizes and a 50/50 draw to raise money. Fissel said that while the event is a fundraiser, it's more about seeing everyone together one last time before pulling up the stakes and getting ready for winter.

"It's always been more for the end of season windup. Just getting together and saying goodbye at the end of the season."

Gimli residents rally behind cross-Canada charity canoeists



Glenn Green and Carol VandenEngel are seeing Canade by canoe as they raise funds for a charity that distributes food in Kingston, Ont.

By Roger Newman

Canoeists Glenn Green and Carol VandenEngel recently received help from several Gimli residents in their quest to raise funds for the Loving Spoonful fresh food program in their hometown of Kingston, Ont.

The recently retired husband and wife team stopped in Gimli last week on the second leg of a three year 8,515-kilometre canoe trip across Canada to help the Loving Spoonful charitable organization, which collects fresh, healthy food from farmers, gardeners and other donors. It then distributes the food free of charge at stands across the Eastern Ontario city.

"Almost 15 per cent of Kingston's population lives in poverty," said VandenEngel and explained the reasons for the extended canoe trip. "This is not the worst in Canada, but it simply means that many people cannot afford good food."

The couple started their odyssey last summer when they canoed from Ottawa to Sydney, N.S. This year they are paddling from Vancouver to Kenora, Ont. Then they will take a break from the end of September until next spring when they will complete their "Canoe for Change" project by returning to Kenora and stroking their way back to Ottawa and their Kingston home.

Green and VandenEngel's Gimli visit started last Tuesday. They arrived at Silver Harbour after such adventures as carrying their canoe through a lengthy and tiring portage in the Rocky Mountains before battling high winds and waves as they travelled south on Lake Winnipeg.

But things instantly improved when Silver Harbour Marina owner Geoff Penner told them they could berth anywhere they wanted overnight.

Then a support group began to form when passerby Celeste Plett invited the canoeists to dine with herself and husband Roger at their nearby home.

The Pletts, owners of the Gimli bowling alley, also arranged for Green and VandenEngel to stay with their daughter and son-in-law, Darya and Elmer Zacharias, during a planned Gimli stop-over the following night.

The Gimli stop was important because the canoeists had scheduled it as a provisioning point and had earlier shipped their own food to Karen Bowman, the financial manager at Evergreen Basic needs. They picked up the food and were also entertained at dinner by Karen and husband Lee Bowman before resuming their rigorous journey.

"I was six-foot-two and 195 pounds when we started and now I'm short and skinny," joked Glenn Green, who is a retired insurance claims adjuster while VandenEngel worked in a landscaping office.

The couple appreciated the way Gimli and its citizens rallied around a cause extremely important to the Kingston community. They said Loving Spoonful not only distributes food, it also teaches cooking, gardening and living on a healthy diet. It is named after a well-known U.S. popular music group, one of whose members came from Kingston.

With Gimli business completed, Green and VandenEngel started paddling to the south end of Lake Winnipeg where they will make a U-turn up the east side to the Winnipeg River. There will be a Pinawa stop on the river before they end this summer's trip at Kenora.

"We've enjoyed meeting all the people along the way, although we've missed our family," Green said, add-



EXPRESS PHOTOS BY ROGER NEWMAN

Green, left, and Engel, right visited with Evergreen Basic Needs financial manager Karen Bowman while they picked up sent-ahead food during their Gimli stop-over.

ing the couple have four children and three grandchildren. "We're seeing Canada by canoe and appreciate all the support we've had. We already

have a feeling of accomplishment because we'll be three-quarters finished this fall."



Manitoba Electoral Divisions
BOUNDARIES COMMISSION

PUBLIC HEARINGS ON PROPOSED ELECTORAL BOUNDARIES

Every 10 years, Manitoba's provincial electoral boundaries are reviewed. This ensures effective representation for all Manitobans.

The Electoral Divisions Boundaries Commission invites public participation in the review process.

A public hearing will be held in your area:

Lakeview Hotel, 10 Centre St., Gimli Thurs. Sept. 20, 2018, 10:00 am

Register to attend or present your submission:

Online: boundariescommission.mb.ca

Phone: 204-945-5755

Toll-free: 1-866-628-6837

If you require any disability accommodations to attend or present, please provide your requirements when you register.

Visit boundariescommission.mb.ca to see a complete list of hearing locations and dates as well as the proposed electoral boundaries and names.

Submissions can also be sent to the Commission:

Email: info@boundariescommission.mb.ca

Fax: 204-945-6011

Mail: 120-200 Vaughan Street, Winnipeg, MB R3C 1T5

The Manitoba Electoral Divisions Boundaries Commission is non-partisan and independent in its actions. Membership of the Commission and the process for review are set out in *The Electoral Divisions Act*.

Lake Line Railroad fixes crossings in Winnipeg Beach and RM of Gimli

By Patricia Barrett

Lake Line Railroad fixed a number of rocky vehicle crossings in the Town of Winnipeg Beach and the RM of Gimli after it approached the municipalities about cost-sharing repairs a few months ago.

Crossings at Ash, Oak and Spruce in the Town of Winnipeg Beach were recently repaired and have made a lot of folks happy, according to Winnipeg Beach Mayor Tony Pimentel.

"The crossings are just fabulous," he said last week. "We supplied two loads of gravel for two of the crossings."

At the Rona crossing in Gimli, where vehicles allegedly used to get stuck on the rails, a woman got out of a vehicle to check out the repairs. The crossing at the corner of Highway 9 and Centre Street West, leading to and from Sobeys, also got new ties and asphalt.

"The railway company awarded Cando to repair crossings in the area," said the RM's public works and utilities manager Darcy Hjelmeland. "We supplied the asphalt for the Centre Street West and Rona crossings. They also repaired the crossing at Gimli Ford. Husavik will be [repaired] next Tuesday (Sept. 4), and Beachside Road and Alder Avenue."

Lake Line was established in 2012. It purchased 50 kilometres of track between Gimli and Selkirk to serve agricultural producers along the line and



Lake Line's locomotive was parked near Gimli High School while crossings were repaired.

the Diageo distillery.



EXPRESS PHOTOS BY PATRICIA BARRETT

Lake Line fixed the crossing at Highway 9 and Centre Street West.



The crossing at Gimli's Rona store had vehicles practically sailing over the tracks. A driver checked out the repairs.

Peguis teen reinventing classic cartoons with Ojibwe, Cree

By Justin Luschinski

What do you call a video game in Ojibwe? What about a credit card?

According to Westin Sutherland, a video game would be called a "lightning-powered game" in Ojibwe.

The 18-year-old Ojibway man from Peguis First Nation has been dubbing old children's cartoons such as "Sailor Moon" into Ojibwe and Cree. Sutherland works with language teachers to work on translating the show, bringing his language to a new generation of Indigenous children.

Sutherland said there isn't a lot of opportunities for Ojibwe children to interact with their language.

"For Ojibwe and Cree people, there's not really any programming or anything available in our language. Maybe a few educational things, but no dramas with full fledged conversations," Sutherland said. "Children love cartoons, and they don't get a chance to experience their language if you watch something like 'Spongebob Squarepants.'"



WESTIN SUTHERLAND

Sutherland said the process for dubbing a show takes a lot of work. Usually he watches an episode, tries to get the gist of what they're saying, simplifying the sentence down to its base intentions, then starts working on a script with an Elder. After the script is

written, Sutherland starts having his friends and Elders work on the voice acting.

For some Indigenous teens, it's a chance to enjoy something they love in a new way.

Shannon Turner is an 18-year-old Selkirk resident, and she's a big fan of "Sailor Moon." She's a big fan of the characters, the outfits, and she's creating a costume of one of the sailor scouts to wear at AiKon 2019. Although she's a big fan of Japanese pop culture, she's tried to learn Ojibwe, as a way to keep in touch with her culture.

Turner said when she discovered Sutherland's dubbing work, she was excited.

"I think it's really cool. For a while I felt like I knew more English and Japanese than I did Ojibwe," Turner said. "It's great that I get to enjoy (Sailor Moon) all over again, but I get to hear it in my own language."

Sutherland said there's a lot of concepts in English that don't translate

into Ojibwe.

"English is one of the hardest languages to learn, because there's so much slang," Sutherland said. "There's no nouns in Ojibwe, everything is described literally. Cartoons are silly and unique, you have to come up with new phrases."

"I remember coming up for words for finance, credit cards, stuff that you wouldn't find in a dictionary."

Sutherland said that in Ojibwe, each word acts on the next. There is no direct translation for, say, a video game, in the language.

According to the 2016 census, there are more than 70 Indigenous languages being spoken in Canada and more than 250,000 people across the country are fluent enough in an Indigenous language to carry on a conversation.

Those interested in checking out some of Sutherland's dubbing work, search "Ojibwe/Saulteaux Cartoon Dubbings by Westin Sutherland" on Facebook.

Lundar chicken farm opens its doors to visitors for Open Farm Day

By Jeff Ward

A high-tech broiler chicken farm just south of Lundar will open its doors in a few weeks to allow visitors a chance to see the operation in action.

Pleasant Oak Farm and Ranch Ltd. run by Stuart and Theresa Nikkel houses 20,000 chickens in their facility located just south of Lundar on Highway 229.

Open Farm Day 2018 is Sept. 16 and Stuart Nikkel said he is looking forward to seeing people come by and experience what his farm is like. This year there are 43 farms participating in the annual event organized by the Manitoba Association of Agricultural Societies with four of those locations are in the Interlake.

The gates open at 10:30 a.m. and there will be a lunch made with Manitoba-grown chicken. Nikkel said visitors can expect to see young chickens and will get a tour of the facility. The viewing will be done behind glass as the site is under biosecurity measures to ensure the animals remain healthy.

Last year, he and his family toured some of the other farms for Open Farm Day and was asked by Manitoba Chicken Producers, where he also serves as vice-chair, if he would host.

"I asked my daughter, she's nine next week, and she said yeah because we went to a couple spots last year and thought it was fun," said Nikkel.

"The broiler chickens are generally a fryer bird from 1.75 kilograms to maybe 2.2. It's the most popular choice for processors, retailers, restaurants, that seems to be the size of birds they want the most."

Every seven weeks, birds will be transported to processors and new chicks that are between 18 and 20 hours old are brought in. Nikkel said that the chickens are primarily of the Ross breed and that sometimes he'll get Cobb chickens from the hatchery.

It takes some time to clean the facility before the new chicks are brought in and Nikkel's farm could see close to 100,000 chickens a year. The process of how they're raised, how the building is climate controlled and what the day-to-day duties are will all be explained to visitors.

Nikkel said that his farm is very transparent and while visitors will be viewing the operation from behind glass, he'll answer any questions people have and educate visitors about what chicken producers do.

"We'll let people see how the birds are raised. They're roaming free in the entire barn. They're not in a certain sized compartment. They have good bedding straw that they're running on and people will get to see all of that," said Nikkel.

The other Interlake farms participating in Open Farm Day include Overby Bison Farm, Mission Trail Farms and Lundar Ag Society.

Overby Bison in Inwood will open their gates with hosts Ken and Iris Overby providing tours of their bison pasture at 1 p.m. and 3 p.m. They will be open from 1 to 4 p.m.

Mission Trail Farms in Gimli, run by the Porteous family, will open their dairy farm for tours and a milking demonstration. They will be open from 10 a.m. to 4 p.m.



EXPRESS PHOTO BY JEFF WARD

Stuart Nikkel owner of Pleasant Oak Farm and Ranch Ltd. will open their doors on Sept. 16 for Open Farm Day.



EXPRESS PHOTO BY STUART NIKKEL

New chicks that are only 20 hours old will spend approximately seven weeks inside Pleasant Oak Farm and Ranch Ltd. before being shipped to processors.

The Lundar Agricultural Society will host a variety of events like a petting zoo, horse and wagon rides and farm equipment display. This will take place at the Lundar Agricultural Society ground in Lundar from 10 a.m. to 2 p.m.

Bright lights celebrate sister-city anniversary

By Jennifer McFee

Prepare to be dazzled by Canada's largest light lantern festival that celebrates the 30th anniversary of the sister city twinning between Winnipeg and Chengdu, China.

Lights of the North launched at the Red River Exhibition Park on Friday, Aug. 31 and it will provide a luminous outing for the next six weeks until Oct. 14.

The festival is the largest show of its kind ever displayed in Canada, featuring more than 50 lantern exhibits. In many traditional Chinese festivals, lanterns symbolize luck and hope.

In addition, dozens and dozens of artisans travelled from China to set up the local exhibit, which spans nearly 10 acres. Must-see displays include a larger-than-life polar bear made en-

tirely out of ping-pong balls and surrounded by a background created out of water bottles. As well, a sprawling Chinese dragon is constructed primarily out of plates.

The atmosphere is ideal for families, since children will love to take in the sights and sounds Dinosaur World, complete with a mosasaur in honour of Morden's museum, as well as a brightly lit dinosaur maze.

Illuminated by millions of LED lights, the exhibits include replicas of Manitoba must-see destination such as the 15-metre-high replica of Manitoba Museum for Human Rights and the legislative building, along with other exhibits of iconic Chinese images.

Since Winnipeg's twin city relationship with Chengdu brought two giant



EXPRESS PHOTOS BY JENNIFER MCFEE

Lights of the North features dazzling displays and awe-inspired acrobat shows.

Windross, a mechanic by day and artist by night

By Jeff Ward

This year marks the 50th anniversary that Ashern resident and business owner Ken Windross took up the trade of mechanics. His job, as he puts it, isn't work but a hobby and a passion for taking things apart and fixing problems that even five decades later is still fun to do.

Windross was born in Lundar and moved to Ashern in 1968 when he was 18 years old to work for Jones Esso, owned by Hugh Jones and then for Arne Lechelt at Arne's Garage. From an early age, Windross said that he

loved machines and finding out how things worked. Solving problems, he explained, is what he likes to do and it turns out, one of the better ways to make a living. In 1974 Windross would go into business for himself, starting KCL General Repair in Camper. He repaired vehicles and farm equipment and routinely worked most days of the week. Even now, at 78 years old, Windross is still at his shop just south of Ashern fixing something five days a week.

"I really don't feel like I've worked a day in my life because I love doing this stuff. To me, I don't have a job. This is something I love, troubleshooting and I think I'm pretty damn good at it," said Windross.

While Windross may be very confident in his abilities, and his half-century of experience backs that up, he admits he doesn't know everything. And it's because of that knowledge that he continues to do the work. Learning something new, solving a problem he's never encountered before are what drives him to continue.



EXPRESS PHOTO BY JEFF WARD

Ken Windross has spent nearly a decade hand-carving moose antlers and creating beautiful art pieces that hang in his shop in Ashern. The life-long fixer of things is celebrating 50 years of being a mechanic this year.

A person can never truly learn everything and even with all of his experience, Windross still loves the challenge.

In 1987, Windross started selling short line equipment and Belarus

Tractors, which is now known as MTZ Equipment. He began to do fewer and fewer auto repairs as the technology in vehicles leap-frogged and left him behind.

Continued on page 18

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Cowboys and cowgirls cash in at Ashern rodeo

Staff

It was a jammed-packed three days of fun in Ashern over the long weekend for the town's annual rodeo. Friday night kicked off the street dance drawing a large crowd before the fireworks lit up the sky.

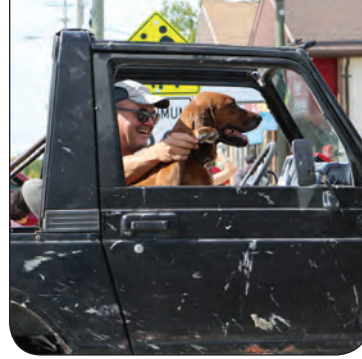
Saturday morning started with the pancake breakfast prepared by the volunteer fire department. The Ashern Skating Club Colour Run looked like a lot of fun and had participants and their pets painted from head to toe. The parade then made its way through the town Saturday afternoon.

The crowd moved to the rodeo

grounds where everyone enjoyed heart-stopping rodeo action including bareback riding, saddle bronc, bull riding, tie down roping, steer wrestling, ladies barrel racing, team roping, junior steer riding and junior girls barrels, along with the ever-candy scramble and mutton busting.

A cowboy church service was performed Sunday morning at the rodeo grounds.

The Ashern rodeo committee would like to thank the volunteers, sponsors and spectators who came out and helped to make the weekend the success it was.





Benefits of Being Active

When kids are active, their bodies can do the things they want and need them to do. Why? Because regular exercise provides these benefits:

- strong muscles and bones
- healthy weight
- decreased risk of developing type 2 diabetes
- better sleep

· a better outlook on life

Physically active kids also are more likely to be motivated, focused, and successful in school. And mastering physical skills builds confidence at every age.

What Motivates Kids?

1. **Choosing the right activities for a child's age:** If you don't, the child may be bored or frustrated.
2. **Giving kids plenty of opportunity to be active:** Kids need parents to make activity easy by providing

equipment, signing them up for classes or sports teams, and taking them to playgrounds and other active spots.

3. **Keeping the focus on fun:** Kids won't do something they don't enjoy.

When kids enjoy an activity, they want to do more of it. Practicing a skill — whether it's swimming or riding a tricycle — improves their abilities and helps them feel accomplished, especially when the effort is noticed and praised. These good feelings often make kids want to continue the activity and even try others.

Be active yourself and support your kids' interests. If you start this early enough, they'll come to regard activity as a normal — and fun — part of your family's everyday routine.

*Files from kidshealth.org

Reechka
Ukrainian Dance Club

REGISTRATION/OPEN HOUSE
Monday, September 10th
starting at 5pm at the AEMYS

- Ukrainian Adult dance class starting in October
- New registration package incentives

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

Our
REGISTRATION NIGHT

will be Friday, September 7th
from 4:00pm-7:00pm at the
Gimli Rec Centre

In addition to the Rec Centre fall programming, groups such as Gimli Minor Hockey, Gimli Junior Curling, Skate Interlake, Winnipeg Beach Kids Hockey, Bowlers Lanes, Zumba, and Camp Arnes will be setting up tables.

ARBORG
FALL/WINTER
REGISTRATION DAY
Saturday, September 8
10:00 am - 2:00 pm Arborg & District Arena

Community Organizations in Attendance

*Arborg Bifrost Parks & Recreation	*Arborg Skating Club
*Arborg Minor Hockey	*Arborg Gymnastics
*Reechka Ukrainian Dance	*Partners In Time Dance

For more information contact
Arborg Bifrost Parks and Recreation Commission
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A mass registration with other community groups at the
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For Full Program Details:
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Facebook at GAAC Teulon

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Little Stars Ballet Lyrical Hip Hop
Jazz Boys Funk Adult Dance

Highland Dance with Miss Lesley Bond
Theatre with Angela from Manitoba Theatre for Young People

Guitar Lessons with Hunter Teichrib
Piano Lessons with Ashley Teichrib
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Fitness with Patsy Duncan
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Interlake Community Foundation, Interlake-Eastern Regional Health Authority – Healthy Together Now,
RM of Rockwood, Town of Teulon

Join us for our AGM on Sun, Nov 25, 2018, 3pm. New board members always welcome.

Aurora Recovery Centre's 2nd Annual Fun Run raises \$10,000

By Patricia Barrett

The Aurora Recovery Centre raised approximately \$10,000 during its 2nd Annual Fun Run last Sunday in Gimli and will be donating the money to a Winnipeg-based non-profit agency that provides assistance to youth experiencing homelessness and suffering from addiction and mental health issues.

The event helped raise awareness of addiction and mental health, drawing participants from across the Interlake and beyond, as well as supporters, families and friends.

Aurora's community outreach administrator Samantha Hampton, who doubled as race director for the event, said 135 people had registered as of Saturday night and scores more lined up to register Sunday morning. Staff from Gimli Pharmasave, the East Interlake Conservation District and Viking Park/Icelandic Festival were among those taking part in the event.

"It's a time where we can come together as a community and support the ones that are still struggling and honour the ones that we've lost," Hampton told the *Express*, "and celebrate the recovery we've been able to accomplish together as a community."

Located north of Gimli at Lakeside Road and PR 222, Aurora is a privately run 70-bed treatment centre that helps clients with alcohol and/or substance addictions and provides mental health rehabilitation treatment. The centre has a 24-7 medical detox unit and offers personalized and group counselling, as well as after-care support services.

Sponsors rallied to the cause, pushing the total up to \$10,000.

"We've had tons of sponsors from the Gimli community, Winnipeg and all over the Interlake," said Hampton. "People have come together to donate this money. And we have people from out of province who've come in for the run. It's really assume."

She said the proceeds will be donated to Resource Assistance for Youth, a Winnipeg-based street-level agency



Gimli Mayor Randy Woroniuk (right) presented Alex Hollyoake from Winnipeg with a first place medal in the five-kilometre run.

that helps youth up to the age 29 find stable housing and facilitates access to a community mental health worker and an addictions support worker.

According to a 2015 Winnipeg Street census that Resource posted on its website, 48 per cent of homeless youth are female; with 84 per cent, Indigenous; and 23 per cent, LGBTQ2S (lesbian, gay, bisexual, transgender, transsexual, queer, questioning and 2-spirit). The agency seeks to prevent homelessness, offers life-skills workshops, employment and education leads, drop-in services and short-term housing for youth in the care of Child and Family Services.

Gimli Mayor Randy Woroniuk was guest speaker for the run and handed out medals to participants completing the five- or 10-kilometre route through town, which was marked by pylons donated by the Running Room.

"It's great to see Aurora become part of the Gimli community," said the mayor to over 200 people gathered at the Pavilion in Gimli Park. "It shows they've got a commitment to our community. And we are committed to them. All of us have family members who've struggled with addiction. I've had it in my family, and I know the pain that families go through. Having you out here supporting Aurora, sup-



EXPRESS PHOTOS BY PATRICIA BARRETT
Eddie (centre) helps participants shimmy and shake.



Gimli Pharmasave staff.

porting addiction [recovery], I want to thank you very much on behalf of the RM of Gimli."

Before setting off on the walk/run, Eddie, Aurora's creator of "ARC Fit" (a warm-up/exercise routine), had the field rocking with shimmy shakes and hip twisters.

The event also featured a yoga session, nutritious snacks (fresh fruit on

each picnic table), kids' zone, barbeque fundraiser for Arborg's Kieran Roche, who was paralyzed in a vehicle roll-over in 2017, awards ceremony and entertainment from St. Laurent-based band Sacred Stone.

Calm Air sponsored the \$6,000 grand prize, a trip for two Churchill for polar bear, beluga whale and dog-sledding tours.



Participants shimmy and shake during warm-up.



Viking Park's Tim Arnason (far right) gets limber before the run.



Photos remembering loved ones who lost their battle with addictions were part of the event.

EMPLOYEE PRICING!
EMPLOYEE PRICING!
EMPLOYEE PRICING!

GIMLI



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EMPLOYEE PRICING!
EMPLOYEE PRICING!



2018 ECO SPORT SE Stk #11211 1.0L, navigation, moonroof

LEASE ME \$147.80 bi-weekly
60 mths at 3.49% 16,000 km/yr with
\$1000 Costco

BUY ME \$189.96 bi-weekly
96 mths at 6.99%
with \$1000 Costco

EMPLOYEE PRICING

MSRP \$28,639

EP DISCOUNT \$1576

EP PRICE \$27,063



2018 ESCAPE S Stk #11231 1.5L, white gold metallic

LEASE ME \$139.37 bi-weekly
60 mths at 2.49% 16,000 km/yr with
\$1000 Costco

BUY ME \$177.18 bi-weekly
96 mths at 6.99%
with \$1000 Costco

EMPLOYEE PRICING

MSRP \$28,189

EP DISCOUNT \$2926

EP PRICE \$25,263



2018 F150 SUPER CAB XLT 4X4

Stk #11158 3.3L, 300A, Class IV Trailer Hitch

LEASE ME \$225.69 bi-weekly
48 mths at 4.49% 16,000 km/yr with
\$1000 Costco

BUY ME \$249.33 bi-weekly
96 mths at 6.99%
with \$1000 Costco

EMPLOYEE PRICING

MSRP \$45,949

EP DISCOUNT \$10,523

EP PRICE \$35,426



2018 F150 SUPER CREW XLT 4X4

Stk #11241 3.3L, 300A, black platform boards

LEASE ME \$219.88 bi-weekly
48 mths at 4.49% 16,000 km/yr with
\$1000 Costco

BUY ME \$260.59 bi-weekly
96 mths at 6.99%
with \$1000 Costco

EMPLOYEE PRICING

MSRP \$47,799

EP DISCOUNT \$10,787

EP PRICE \$37,012

*All prices are plus GST and PST, 2018 F150 S/Crew sales price - \$37,012 96 mths at 6.99% cost of borrowing - \$12,725.90, 2018 F150 S/Cab sales price - \$35,426 96 mths at 6.99% cost of borrowing - \$12,176, 2018 Escape sales price \$25,263 96 mths at 6.99% cost of borrowing - \$8652.99, 2018 Eco Sport sales price - \$27,063 96 mths at 6.99% cost of borrowing - \$9277.23.



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Interlake landscape, history inspires comic book artist

By Justin Luschinski

At a recent farmer's market along the Selkirk Waterfront, as residents walked along the fresh bread and local crafts, passersby also came across a giant grizzly bear. As it towers over them, they might think it's cartoonish. But it contains a sense of detail and maturity to it that brings the bear to life.

This is Nyco Rudolph's comic stand. After growing up in Gimli, he spent the better part of a decade in Winnipeg's budding comic book scene before finally settling down in Selkirk in 2016. Rudolph said he's surprised how much his work has resonated with Manitobans.

"When I sell at shows, it's usually people my age who are buying (my art) — buying pictures of bears and dinosaurs, something that might be considered childish," Rudolph said. "But I filter it through a mature lens. These kids who used to love reading comics about bears, those kids are now adults, and they want to enjoy those things in a new way."

Rudolph said he's been drawing since he could hold a pencil. His career started almost a decade ago, where he would create art for posters and album covers in the Winnipeg music scene. He said he worked with heavy metal and punk bands, which featured very graphic and gore-filled art, a sharp contrast to the more toned down work he creates now.

His most popular prints are from his

"Bears Invade" series, which features Canadian bears in Second World War era propaganda, trying to recruit more bears to invade Canada. Although Rudolph spent most of his time in Winnipeg, many of the posters involve the bears travelling or fighting on the prairies.

Rudolph said his work is inspired from a love of the Interlake landscape, and a love for local history.

"My wife and I went on a Canada-wide road trip in 2013 ... I kind of had this perception of Manitoba where it was just like Winnipeg," Rudolph said.

"It wasn't until discovering spots outside of Winnipeg, discovering Selkirk, this beautiful community on the river, I realized that Manitoba is pretty diverse. I'm even thinking about having Selkirk make a cameo in the comic I'm working on."

Rudolph's comic is a continuation of his war time bear posters: Bears discover a bunch of decommissioned military bases and launch an invasion of Canada. Each chapter will focus on a different province and how they would handle the bear invasion. Rudolph said he's excited to become a part of the Selkirk community, and he's looking to set up some public events, like some workshops or paint nights.

To see some of Rudolph's work, visit nycorudolph.com, or visit his Instagram at [nycorudolph](https://www.instagram.com/nycorudolph).



EXPRESS SUBMITTED PHOTO

Nyco Rudolph, formerly of Gimli, poses with a giant bear he drew. The local artist is currently working on his new comic book, where Bears invade the Interlake.

> WINDROSS, FROM PG. 10

"Older vehicles, sure, I can do that. But this new stuff has made me a dinosaur. I focused more on the tractors because I just enjoyed that work more."

He explained that the change to electronic ignition systems was one of the biggest paradigm shifts in automotive technology that he's ever seen.

Not only did he enjoy that work more, but Windross has become known around the country for his deep knowledge on MTX products. He routinely fields service calls from all over rural Canada and walks people through their problems and helps solve the issue. He even spent time at the MTX plant in Russia recently, touring the facility and seeing the new line of machines they're producing. The plant produces one tractor

every four minutes and employs 20,000 workers.

In 2009, Windross fell from a ladder while changing a light in his shop and broke both of his feet. The accident, which could've been far worse, left him in severe pain.

"I drove myself to the hospital and walked in on my heels. They said that my cowboy boots saved my feet from being worse because they kept my bones together," said Windross.

Following the accident, he had more free time on his hands as he couldn't work during recovery. And so he entered the world of art, doing wood carvings, metal work and carved moose antlers. One wouldn't assume by looking at him that Windross was an artist and he said that people often laugh and think he's joking when he

tells people. But his art speaks to the meticulous and masterful dexterity of someone who's worked with their hands their entire life.

Windross said that being a mechanic and an artist have a lot of cross over. First you have to know what your end goal is before you begin and then you need to know where to start. He's not sure how much time goes into each piece or what they're value is, although he has sold many pieces before. Just like being a mechanic, being an artist is fun, it's a hobby and one that he's glad he found.

Windross is also a philanthropist, working hard to raise money for the Children's Wish Foundation in Woodlands. Through horseback riding, another of his passions, Windross has collected pledges from people along Highway 6 and has raised nearly \$30,000 since 2006.

"You have to do what you can to help out. And again, I love riding so if I can do that and help grant sick kids their wish I'm going to do it."

Windross has been described as someone who would give you the shirt of his back if it would help out.

Windross and his wife Linda have two children, Craig and Shirley and through them they have three grandchildren.

As for retiring, Windross is thinking about it. He would like someone to take over the business as to not leave the community without his service. He's not ready to pass the torch just yet but the finish line is getting closer. The reality, though, for someone who's spent their entire life fixing things, is that he'll never truly walk away from it. He'll always help solve problems because he's pretty damn good at it.

COPP will have motorists in their sight during September

By Patricia Barrett

The West Shores Citizens on Patrol Program (COPP) will be monitoring motorists' speed in school zones and low speed limit areas over the course of September to remind drivers to adhere to speed limits. And the crime-fighting group is encouraging residents to keep an eye out for suspicious activity and crime, which usually spikes in the fall.

Motorists in beachside communities along Lake Winnipeg are driving considerably faster than the posted speed limit, said West Shores COPP group coordinator Barry Watson.

"Please slow down. It is for everyone's safety and many kids will be out on the street around the schools starting September," he said.

West Shores COPP volunteers patrol communities along Highway 9, from Matlock to Silver Harbour, acting as eyes and ears for the RCMP. The group held its AGM recently at which crime statistics in the area were discussed.

"There's some good news to cel-

ebate," said Watson. "Over the past season, crime has been down in the beach communities along Lake Winnipeg."

Petty crime, mischief and break and enters dropped, according to data the group received from the RCMP. Watson attributes some of the success to additional patrols by the police service, local groups like COPP and community residents becoming more vigilant about activities in their neighborhoods.

"One of the biggest things community residents can do is to know their neighbourhood and their neighbours," he said. "Watch what is going on around you and report suspicious activity to your local RCMP. Fall is prime time for thieves. People have not closed up their cottages yet, but the neighbourhood is empty during the week."

Watson suggests seasonal residents take home valuables, empty their fridges and liquor cabinets and make sure their dwellings are secure. Setting light timers and motion lights



EXPRESS PHOTOS COURTESY OF BARRY WATSON

West Shores COPP will have speed monitors posted in school zones, such as this one in Winnipeg Beach.

help deter crime.

"If you know one of your neighbours is around, ask them to keep an eye out on your place," he said.

Visit citizensonpatrol.mb.ca for

more information about COPP. To become a West Shores COPP volunteer, email Watson at westshorescopp@mymts.net.

Manitobans living with aphasia invited to go camping

March of Dimes Canada to host day-long aphasia camps this fall

Submitted

March of Dimes Canada has partnered with SpeechWorks Inc. and Camp Massad to host two one-day camps for people with aphasia, called the Manitoba Aphasia Camp. These will take place at Camp Massad, Sandy Hook on Saturday, Sept. 8 and one on Sunday, Sept. 9 respectively. We are grateful for the funding support we have received from the Winnipeg Foundation and the India Association of Manitoba.

Though the camps will focus on aphasia, they are open to those with other communication disorders that arise from stroke or other traumatic brain injuries. Registration is \$65 per person per day. This includes transportation from a central pickup and dropoff point in Winnipeg. For those who are residing outside of Winnipeg, we plan to stop for pickup at a central point in Selkirk.

March of Dimes Canada is a not-for-profit charitable organization that has provided services to people with physical disabilities and their families for 67 years, including camps for people living with aphasia, their fami-

lies and caregivers in other regions of Canada. In partnership with local rehabilitation organizations and universities, March of Dimes Canada operates annual aphasia camps in Ontario, Nova Scotia, Alberta and British Columbia.

The goal is to provide those we serve with opportunities to integrate back into the community.

About Aphasia

Communication is vital to our daily lives. We use it to navigate our environment, share information, express needs and make connections. It's a fundamental human activity and most of us take it for granted. Did you know, there are than 100,000 Canadians live with aphasia, a language disorder most commonly caused by a stroke or other brain injury. Aphasia does not affect intelligence, but it does impair speaking, reading, writing and comprehension. Those affected may become isolated, while family and friends do their best to meet the challenges of supporting someone with a disability.

Aphasia is a language disorder brought on by stroke or brain injury. While people with aphasia remain the intelligent individuals they have always been, they can lose their ability to communicate effectively. This often results in experiencing difficulties with speaking, understanding speech, reading and writing, leaving them cut-off from their families and communities. Family members and caregivers can also become isolated or stressed as they address the issues and challenges of taking care of a loved one with a disability.

The benefits of Manitoba Aphasia Camp

Most communities lack programs to support people with aphasia as they reintegrate into their communities after leaving the hospital. There are few recreational opportunities or other activities that happen in an environment where their communication difficulty is not a barrier. They're even less likely to be able to travel and find these opportunities elsewhere. Manitoba is no exception.

These camps are a chance for participants, family, caregivers, volunteers and staff to enjoy recreational, educational and informational activities, as well as develop relationships and

a strong support-network, in a beautiful setting.

The Manitoba Aphasia Camp gives both people with aphasia and their caregivers and family member a break. It also provides an environment where they can interact with others who are facing similar issues and challenges. The camp allows participants to enjoy a weekend retreat in an aphasia-friendly environment while:

- Enjoying a range of recreational activities
- Affirming their experiences and participating in new experiences
- Developing and strengthening relationships
- Meeting and sharing with other caregiver
- Developing professional and personal experiences and skills
- Beginning to build a support system and a sense of community

While the camp will focus on aphasia, it's open to people living with other communication disorders as well.

Information on March of Dimes Canada's other programs and services can be found at: marchofdimes.ca

To register for an aphasia camp, contact Anupam Sharma, manager of regional development, at 204-430-6453 or email asharma@marchofdimes.ca.

Economic development clerk and council helping Gimli's economy grow

By Patricia Barrett

The RM of Gimli's economic development clerk Brittany Isfeld is on her way to upgrading her professional skills through a university-level program that will earn her certification as an economic development officer (EDO).

Isfeld will be enrolling at the University of Waterloo, which has partnered with the Economic Developers Association of Canada (EDAC) to offer the program. Upon completion of two courses, research papers and an exam, Isfeld will be a fully qualified EDO.

Born and raised in the Gimli area, Isfeld said she began volunteering when she was 12 and had been vying for an economic development job with the RM since she was 16. She took a job in recreation and worked her way up.

"I love my job, I love this community and I want to see it grow," she said. "But not being fully educated [as an EDO], there are challenges I come across. Going through this program will help me overcome those challenges and provide me with solutions to

them."

Isfeld said she applied for up to \$10,000 in federal funding through a Manitoba job grant, and has signed a four-year contract to remain with the RM while she works towards certification.

As clerk, Isfeld already manages large portfolios, including the Community Development Corporation, business retention strategies and tourism, and the experiential knowledge she's acquired has helped her come up with creative ways to grow the economy.

Before she got the clerk's job, Isfeld came up with the idea of a winter carnival (which has blossomed into the Gimli Ice Festival), delivering a successful proposal to council. She said she realized that "kids want to leave this town so quickly because there's nothing to do." The carnival idea came at the time Isfeld's mom was battling cancer, and after a couple of years, she eventually stepped down as one of the



EXPRESS PHOTO BY PATRICIA BARRETT
Economic Development and Tourism clerk Brittany Isfeld and Coun. Richard Petrowski are helping Gimli grow.

Continued on page 21

take a break > GAMES

SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

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

Crossword Answer



CROSSWORD

CLUES ACROSS

- 1. Feel pain
- 5. Interest rate
- 8. Long narrative poem
- 12. Sedimentary rock
- 14. No (Scottish)
- 15. Ribosomal ribonucleic acid
- 16. Sleep gear
- 18. One who buys and sells securities
- 19. Cincinnati ballplayers
- 20. Of the backbone
- 21. Car mechanics group
- 22. Iranian village
- 23. Canadian peninsula
- 26. For all ills or diseases
- 30. Known for his "razor"
- 31. One who plays the viola
- 32. Resinlike substance
- 33. Educational association
- 34. Inappropriate
- 39. A team's best pitcher
- 42. The cost of bus travel
- 44. Badgerlike mammal
- 46. Popular sport in Ireland
- 47. Written works
- 49. Pop
- 50. Consumed
- 51. Something comparable to another
- 56. Wild goat
- 57. One-time space station
- 58. Outline of a plan
- 59. Actress Petty
- 60. An electrically charged atom
- 61. Chewed and swallowed
- 62. Bones (Latin)
- 63. Central nervous system
- 64. Type of pipe

CLUES DOWN

1	2	3	4		5	6	7		8	9	10	11			
12				13				14				15			
16					17			18				19			
20								21				22			
				23		24				25					
26	27	28	29					30							
31								32							
33										34	35	36	37	38	
					39	40	41		42	43					
									44	45					
									46						
									47						
49								48							
49						50				51		52	53	54	55
56						57				58					
59						60						61			
62						63								64	

- 1. Vipers
- 2. Pal
- 3. One who has been to Mecca
- 4. Energy and enthusiasm
- 5. Leaf-footed bug genus
- 6. Southern belle accessory
- 7. ___ de Mornay, actress
- 8. Print errors
- 9. Preceding
- 10. Asian nation
- 11. The people in a movie
- 13. Liberate
- 17. Strong laxatives
- 24. Tub
- 25. Happening
- 26. Polyvinyl acetate
- 27. Small island (British)
- 28. Neither
- 29. The G.O.A.T.
- 35. What Goodell oversees
- 36. One who engages in Dawah
- 37. Tall, rounded vase
- 38. Electroencephalograph
- 40. Made of clay and hardened by heat
- 41. Great happiness
- 42. Chinese surname
- 43. Supposed emanations
- 44. Travelers
- 45. Loss of bodily movements
- 47. Los __, rock group
- 48. Seabirds
- 49. Used to store grain
- 52. Whale ship captain
- 53. "Joker" actor
- 54. Portends good or evil
- 55. Organized group of criminals

> BRIGHT LIGHTS, FROM PG. 11

panda bears to the zoo in 1989, the light show also includes a bright and beautiful panda display.

In addition to the spectacular light displays, Lights of the North also features vendors of traditional arts and handicrafts along with authentic Sichuan and Canadian food for purchase.

Of course, no visit would be complete without watching a live performance by Chengdu acrobats and dancers, who demonstrate their jaw-dropping skills on an outdoor stage.

Winnipeg is the first city in Canada to host this light show, which has lit up smiles in China, South Korea, Europe and the United States. This lantern light festival also acts as an unforget-



Displays include a brightly lit replica of the Museum for Human Rights and Dinosaur World.



table way to celebrate the Canada-China Year of Tourism in 2018.

For more information about Lights of the North, visit www.lightsofthenorth.ca, call 204-940-2702 or email info@lightsofthenorth.ca.

Tickets are available online at a cost of \$25 for adults, \$20 for seniors or

kids aged four to 12, and free for kids age three and under.

> ECONOMY, FROM PG. 20

festival's co-chairs.

She, along with her aunt, also came up with an idea to host bands on Gimli Beach (now Beach Bash) to differentiate the town from other "beautiful lakefront towns." The Aug. 25 event featuring The Trews drew hundreds of people to town and boosted business revenue.

That's the whole point of creating tourist-related events, she said, and especially in the winter. It brings people who shop for clothes, buy food and alcohol and stay in hotels. But it's up to individual businesses, which know an event is scheduled, to get those tourists through their door.

Over the past four years of working with the current iteration of council, Isfeld said Gimli has seen about 24 business/tourism-related start-ups, including Cast Away Winery, Sugar Beach, Salon 41, Gimli Glider Museum, Prairie Sea Kayak Adventures, Aurora Recovery Centre, Flatland Coffee, Rob-in's Donuts, Gettem' Greenbacks ice fishing shack rentals and the Amenity Health group's pharmacy and attached Tim Hortons. About eight businesses — including Pharmasave, Chudds, Thai Plaza and Lakeview Dental — have undertaken expansions.

Although that may not seem as

grand as attracting a large manufacturer or a big box store to town, a thriving local economy is the lynchpin that attracts big business.

Isfeld said there's been a shift in the way economic development is carried out, with the focus now on strategies to help existing businesses grow and thrive. That includes working with owners to find out what their employees need as far as training and education goes, then bringing in educational institutions to provide that training in order to keep the workforce strong.

Once a local economy is stable, and the infrastructure businesses need is in place, large firms and industries will sit up and take note. And many have come calling with enquiries, said Isfeld. She also makes a lot of cold calls to remind industry heads that Gimli has an airport and a serviced Industrial Park. Interested parties demand privacy, however, which prevents Isfeld and council members from discussing who may be interested in what.

Coun. Richard Petrowski, who serves as the RM's chair of economic development & planning, said economic development is no longer about pursuing big industry.

"What I've learnt in the last eight years of going to economic develop-

ment conferences and seminars is ... chasing smoke stacks [big industry] doesn't work," he said. "What you have to do is have what companies need and they'll come to you."

Companies look at a community's mill rate, stability of the local economy and available infrastructure, he said. To that end, he said his focus is on ensuring infrastructure such as sewer, water, roads, internet, housing for a workforce, etc., is upgraded/available. And offering incentives to interested companies is necessary, as Gimli has to compete with RMs closer to Winnipeg.

"We try to make deals as attractive as possible. The more incentives we can give a company, the more likely we're going to get a project," said Petrowski. "We'll give you tax incentives, bring all the services to the road, give you the land [sometimes] and maybe put some money into the project."

Recognizing that one of Gimli's primary challenges is affordable rental housing, Petrowski said the RM donated land to Manitoba Housing for its promised 55+ housing complex. And the RM is currently negotiating with a developer — a project Petrowski can't yet speak about in detail — who wants to build a good number of affordable rental units.

To his mind, Petrowski said Isfeld is already doing the job of an EDO, and she works closely with council to cre-

ate new tourism opportunities. Of the 20 or so tourism events Gimli hosts each year, about eight take place in the winter months when there's a lull in tourism.

Gimli Mayor Randy Woroniuk said the RM's job is to create a favourable environment for new businesses, provide good infrastructure and host events that attract people (and their money) to town.

"The bottom line is that [new business ideas] need to be done by private investors. Private investment needs to drive the agenda," he said. "And it's not the RM's responsibility to develop an individual business. Owners need a business plan. We're here as a partner to work with businesses and support them."

Isfeld said her long-range goal is focused on creating opportunities for Gimli's youth, including affordable housing and jobs with growth potential.

"I have a 20-year [personal and business] plan, and that plan is to allow our children of today to have an option to come back home eventually. You do that through economic development," she said. "I'm a mother of a two-year-old, and I would love to see him graduate, go explore the world and maybe work somewhere else. But I would love him to have the option to come back here."

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> MEAL IDEAS

Back-to-School Meals in Minutes

Mexican menu ideas for simple family dinners



Poblano Ranch Tacos

- 1 cup corn kernels
- 1 cup cotija cheese
- 1 bottle Ortega Flavor Craver Ranch Taco Sauce, to taste

Add olive oil to skillet over medium heat. Add sliced poblano peppers and yellow onion to pan. Saute until cooked through. Add squeeze of lime to pepper and onion mixture, if desired.

Bake taco shells according to package directions. To assemble tacos, add poblano and onion mixture to base of taco. Top with sliced radishes, corn and cotija cheese. Finish with taco sauce.

- Makes: 8 tacos
- 2 tablespoons olive oil
 - 4 poblano peppers, sliced
 - 1 yellow onion, sliced
 - 1 tablespoon fresh lime juice (optional)
 - 1 box Ortega Yellow Corn Taco Shells
 - 6 radishes, sliced



Steak Fajita Burrito Bowl

Add 2 tablespoons oil to skillet over medium-high heat. Cook skirt steak 5 minutes on each side. Remove steak from pan and let rest. When cooled, slice into strips.

Add remaining olive oil to skillet over medium-high heat. Saute red and yellow peppers until cooked through.

Prepare rice as directed on package. Add squeeze of lime and taco seasoning. Stir to combine.

Prepare tortilla bowls as directed on package. Fill with rice, shredded lettuce, sliced steak and peppers. Top with diced avocado, corn and cotija cheese. Finish with taco sauce.

- Makes: 4 bowls
- 3 tablespoons olive oil, divided
 - 1 pound skirt steak
 - 1 red pepper, sliced
 - 1 yellow pepper, sliced
 - 1 package instant rice
 - 1 tablespoon fresh lime juice
 - 1/2 packet Ortega Original Taco Seasoning
 - 1 Ortega Bakeable Tortilla Bowl Kit
 - 3 cups green leaf lettuce, sliced
 - 2 avocados, diced
 - 1 cup corn kernels
 - 1/2 cup cotija cheese
 - 1 bottle Ortega Green Taco Sauce, to taste

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You Also Should Think About the Present

tice how often, like a curious little puppy, it has wandered from where you told it to stay.

And yet, if you can simply pay attention to the weeds you are pulling, the dishes you are washing, the child you are playing with, or the traffic around you, you will notice how much more peaceful you feel. Not thinking about what happened back at the office, how you will get those grass stains out, or who you are angry with, will free you to just be present in the moment. Try doing this throughout the day. You will soon notice that regardless of what is happening in your life, during the time you are staying completely in the present, you feel happy, and peaceful. That is because beneath all the chatter of our thoughts, opinions and judgments, our true nature is characterized by inner joy and calm.

We have no control over either. Worry about the past leads to guilt, regret or resentment. Worry about the future produces anxiety. Perhaps this is why so many of the wisdom traditions emphasize the importance of just being in the present moment. This is not always easy to do. Just notice your own mind, as you try to stay focused on just what you are doing in any moment. No-

What is the shortest path to peace of mind? Surprisingly, it is to stop thinking. It is the mind itself that creates its own turmoil. The mind works in the service of the ego, evaluating everything as positive or negative. If the mind decides that a situation or outcome is negative, this may then trigger the emotions. An emotional reaction fuels more thinking, leading to more emotions, and on and on. Most often the mind is focusing on the past, or else into the future.

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



Southwest Chicken Salad

- 1 tomato, diced
- 1 cup cotija cheese
- 1 bottle Ortega Flavor Craver Ranch Taco Sauce, to taste

Add olive oil to skillet over medium heat. Coat chicken with chili powder. Cook chicken 8 minutes on each side, or until cooked through. Remove chicken from pan and let rest. Slice chicken into strips when cooled.

Prepare tortilla bowls as directed on package. Fill with shredded lettuce, black beans, corn and sliced chicken. Top with diced avocado, tomato and cotija cheese. Finish with taco sauce.

- Makes: 4 bowls
- 2 tablespoons olive oil
 - 4 chicken breasts
 - 2 teaspoons chili powder
 - 1 Ortega Bakeable Tortilla Bowl Kit
 - 3 cups green leaf lettuce, sliced
 - 1 can Ortega Black Beans
 - 1 cup corn kernels
 - 2 avocados, diced

You can enjoy the flavors of a Mexican cantina in your kitchen anytime if you're stocked up with the right goods.

Pantry and Dry Goods

1. Keep dried or canned chiles of all sorts on-hand. Dried chiles include ancho, chipotle, guajillo, negro and mulato.

2. Expand your spice rack with Mexican staples like chili powder, cayenne pepper and paprika, as well as oregano and cumin.

3. Buy white rice in bulk so you can create Spanish rice to accompany any dish.

4. Stock up on canned refried beans, black beans and pinto beans for use in

your favorite Mexican dishes.

Refrigerator and Produce

1. Keep ready-made salsa and spicy sauces chilled and serve them alongside chips, tacos and other Mexican dishes.

2. Always have garlic, onions and fresh cilantro handy. Keep lemons and limes within reach to add bright flavor to your dishes. Also, buy fresh chiles like jalapeno and pasilla to spice up a variety of dishes. If possible, grow them yourself.

3. Store flour and corn tortillas in your cupboard or refrigerator to create burritos, tacos, enchiladas and wraps.

4. Keep Monterey Jack, queso fresco and cotija cheese on-hand to include in enchiladas and burritos.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Comeau begins university football career with Calgary

By Brian Bowman

Carter Comeau has worn a lot of hockey jerseys in his life.

But he wore a different type of jersey for the very first time a couple of weeks ago.

Riverton's Comeau saw his first university football action when his Calgary Dinos defeated the University of Alberta Golden Bears 50-38 on Aug. 22.

"It went really good," Comeau said of his collegiate debut last week. "It was a lot of fun. It was different anyway. There were a lot of older guys and they were stronger, for sure."

Comeau saw a lot of action in his first-ever university game. He moved around on the line, playing right guard, left guard and right tackle.

That's a lot of responsibility placed on a first-year player, who started his junior career as a defensive lineman.

"I wasn't nervous at all," said the 22 year old. "I think it's because I'm older than everybody. I played sports at an elite level so this wasn't anything to be nervous about."

Comeau chose to go to school and play football in Cowtown after excelling with the Okanagan Sun of the British Columbia Junior Football League for one season.

"It was one of the places I really want to go to in the recruiting process," said the mammoth 6-foot-6, 350-pounder. "I talked to quite a few teams, almost every team in Canada, and Calgary got back to me and that made my decision pretty easy."

"It was where I wanted to go in the first place."

Calgary has a very good football program and is the two-time Hardy Cup defending champions. The Dinos are currently ranked second in the Canada West football preseason coaches poll, which was released last week.

"We have top-tier coaches," Comeau said. "If you have a question they always have an answer. You can't ask for more than that — having a helpful coaching staff. All of the staff are top-notch — it's a really good program for young guys ... and they have treated me really well here so far."

Comeau, who grew up playing hockey in the Interlake, has played in the Manitoba Junior Hockey League with the Winnipeg Blues, in the Manitoba Major Junior Hockey League with the Stonewall Jets, and in the Keystone Junior Hockey League with the Arborg Ice Dawgs.

But it was his decision to head west and officiate in the British Columbia Hockey League that led him to play football in Okanagan.

Comeau always enjoyed the contact in hockey and he is relishing his opportunity to hit people in football.

"When I played hockey I was always a physical guy," he explained. "If I had to scrap, I scrapped. I had no problem with that. I really enjoy the physicality (in football) — that's always been my strong point."

"On the line, you're always head-on for contact."

But Comeau almost didn't get a



EXPRESS PHOTO SUBMITTED

Riverton's Carter Comeau played his first game of university football with the Calgary Dinos defeating the Alberta Golden Bears 50-38 on Aug. 22.

chance to play junior football.

His first text to Okanagan coach Ben Macauley inquiring about an invitation to spring camp went unanswered. But when he sent a second text, revealing his size, Comeau got a response.

Comeau played football and also officiated, which he did as a youngster here in the Interlake. He attended an official's camp in Port Alberni, B.C., and found a job as a linesman.

"I always reffed a lot of hockey ... and

I always liked it," he explained. "Once hockey is over, you know it's over. You don't want to know it's over but you know it's over. So, I was thinking what else could I do and still stay at that (junior) level. Not necessarily playing, but still be a part of it."

"It was a good stepping stone and it's a lot faster than the Manitoba Junior Hockey League. It's like a night and day difference."

Thunder begin new football season Friday

By Brian Bowman

The Interlake Thunder will be under the lights this Friday when they make their debut in the Rural Manitoba Football League.

Interlake will be heading west to Saskatchewan to battle the Moosomin Generals for a 7 p.m. kickoff.

It's an exciting time for the Thunder as they play for the first time in their new nine-man league.

"We're playing a team here that has been in the final the last two years,"

said Thunder head coach Mitch Obach Tuesday morning. "They were undefeated until they lost a nail-biter in the finals. We look at them as a tough opponent and they'll probably be as ready as any team in the league for Week 1."

Interlake has been practicing the past three weeks and is eager to play against - and hit - someone in a different jersey.

"This is a good group and our (roster) number is at 35, which is perfect

for nine-man football," Obach said. "It gives us depth and guys are still going to find time on the field."

"It's not like we're overloaded with players."

The Thunder is confident they will have a very competitive team this season.

"This is a super-talented team, which is what you need in nine-man, so we're pretty excited about that," Obach said. "When I look at the defence, you have all these linebackers

and db's that seem so interchangeable whether they're playing inside linebacker or corner. If they're in a backup role, any one of these guys can step up and get the job done, which is what we like to have on this team."

Interlake, though, will have a tough test with a road game against Moosomin to begin the season.

Still, the Thunder are more than ready to see how they will fare against

Portage to host 2020 National Junior 'A' Hockey Championship

Staff

Canada's National Junior "A" Hockey Championship is returning to Portage la Prairie in 2020.

The Portage Terriers of the Manitoba Junior Hockey League will play host to the 50th edition of the tournament from May 9-17, 2020 at the 1,675-seat Stride Place.

The 2020 National Junior "A" Championship represents a partnership between Hockey Canada, the Canadian Junior Hockey League, the MJHL and Hockey Manitoba.

"We are extremely grateful for the opportunity to bring Canada's National Junior 'A' Championship back to Portage la Prairie after the success we enjoyed in 2015, and for the continued support from local organizations and

community members of our efforts to bring national events to the city," said Dave Patsack, co-chairman of the local host committee on the MJHL website.

"With just under two years until we welcome the event to Stride Place, preparations will begin immediately to ensure the 2020 National Junior 'A' Championship exceeds expectations for all teams and fans in attendance."

Canada's National Junior "A" Championship will celebrate its 50th anniversary with a return to the province where the original Centennial Cup was created in 1971. It will mark the sixth time Manitoba has welcomed the event.

It was previously hosted in Portage la Prairie (2015), Dauphin (2010), Flin Flon (2001), Winnipeg (1973 and 1992)

and Brandon (1973).

The Terriers have appeared in Canada's National Junior "A" Championship five times (1973, 2005, 2011, 2012, 2015) and have captured the national title twice.

The Terriers most recently won in 2015 when Portage la Prairie first hosted the event and claimed their first national championship in 1973 when Brandon and Winnipeg welcomed the championship to the province for the first time.

"The City of Portage la Prairie has proven to be an excellent host for Canada's National Junior 'A' Championship and the Portage Terriers are proven competitors in the national championship with two titles in franchise history," said Brent Ladds, president of the Canadian Junior Hockey League.

"Based on the success of the event in 2015, fans and teams can expect to be treated to an outstanding experience. We look forward to welcoming Canada's top Junior 'A' teams and hockey fans back to Portage la Prairie in 2020."

The championship will bring together the top Junior "A" teams from across the country, along with the host Terriers, to face off for the national championship.

Schedule and ticket information for the 2020 National Junior "A" Championship will be announced at a later date.

For more information on the 2020 National Junior "A" Championship, please visit HockeyCanada.ca or follow along via social media on Facebook or Twitter.

In other news, there will be a few new faces in head-coaching roles for the upcoming MJHL season.

In Selkirk, the interim tag was removed back in April as Nick Lubimiv prepares for his first full season as head coach and manager of hockey operations for the Steelers.

"I'm extremely excited," Lubimiv told MJHL Web Correspondent Lanny Stewart. "It's been a goal of mine since I started coaching 10 years ago to work in this league and I hope to make the most of it."

Lubimiv, who has been with the Steelers' organization the past three seasons, plans on continuing to implement a puck possession style of play to the team.

"When we get the puck, we have to make sure we're working hard to keep it," he said.

In Winkler, Steve Mullin will take over behind the bench for the Flyers, replacing Ken Pearson. Mullin spent several seasons as the club's assistant coach and it will be his first season as an MJHL head coach.

Up in OCN, the Blizzard have decided to turn to Matt Summers to lead their organization. Summer played with the Blizzard from 2003-06.

Meanwhile, Doug Hedley is back for his third stint with the Dauphin Kings as head coach and GM.

Out west in Waywayseecappo, Taylor Harnett returns for his first full season after taking over as the Wolverines' head coach and general manager near the midway point of last season.

The Steelers will begin their pre-season Friday (7 p.m.) when they play the Blues at the MTS Iceplex in Winnipeg.

Selkirk will then host Winnipeg on Saturday (7:30 p.m.) at the Rec Complex.

Getting recognized



EXPRESS PHOTO SUBMITTED

Pictured from left to right: Andrew Collier, GM of the Winnipeg Goldeyes, and Tony Siemens, President of Baseball Manitoba, presented Jamie Johnson with a scholarship at a recent Goldeyes' game.

Johnson, an Arborg resident, has been a member of the female provincial team for the past six years and has excelled as a pitcher and middle infielder. A multi-sport athlete, she has had success in hockey, volleyball, athletics and badminton. Johnson was named the female player of the year by Baseball Manitoba in 2017 as she helped Team Manitoba capture the bronze medal at nationals. Johnson is an exceptional student, graduating with honours and distinction from Arborg Collegiate Institute while earning the Governor General Award, Crown Centennial Scholarship and U of M Guertin Entrance Scholarship. She is enrolled at the University of Manitoba and intends to pursue a science degree.

> THUNDER, FROM PG. 23

one of the league's top teams.

"We have Friday night lights to kickoff the season in Saskatchewan, so we're super excited," Obach said. "We'll have a good week here and we'll see what we can throw at them. They're one of the top teams in the league."

Interlake players don't have a whole lot of experience playing nine-man football. That could be a problem early in the season.

"A couple may have played (nine-man) when they were little kids," Obach noted. "They haven't really played nine man but that has been a big focus of our camp leading up to this point."

"Hopefully, it's making more sense

to them every day because there are adjustments and sometimes responsibilities within a position that are a lot different in nine-man compared to 12."

The nine-man game is more wide open than the traditional Canadian game.

"They are seeing the excitement and the upside that nine man brings," Obach said. "It's a bit more of a wide-open game, more of a speed game."

"And, in my experience, it's a ton of fun."

The Thunder's first home game of the season is Sept. 14 when they host the Park West Outlaws at Stonewall Collegiate. Game time is 5 p.m.

Classifieds



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SCRAP METAL

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

PROPERTY FOR SALE

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

PROPERTY FOR SALE

PrairieSky Royalty Ltd. is a publicly-traded company in Calgary that acquires oil & gas fee title and royalty interests at fair market value. To receive a cash offer, call 587-293-4008 or visit www.prairiesky.com/Selling-Your-Royalties.

Lakefront property \$39,900. Only 10 lake lots left! Price reduced to sell. Sand beach, no building time restrictions. Established area with many cottages. Warren, Royal LePage 204856-3076. www.lakelifemanitoba.ca

PROPERTY FOR SALE OR RENT

Approximately 430 acres cultivated. RM of Prairie Lakes Belmont area. Highest tender not necessarily accepted. Phone 204-523-6366.

GARAGE SALE

49 Captain Kennedy Rd, St. Andrews. Fri., Sept. 7- 4:30-7; Sat., Sept. 8- 9-7; Sun., Sept. 9- 9-5. Kids collectibles, games, household, clothes, etc. See us on kijiji. Rain or shine.

HELP WANTED

Moosehorn/Ashern area - hunters seeking duck/goose cleaning for first 2 weeks of October. Will compensate generously. Ph Clancey 612-845-1832.



RURAL MUNICIPALITY OF GIMLI

PUBLIC NOTICE

Wastewater Treatment Plant Update

A Public Meeting on the Wastewater Treatment Plant Upgrade is scheduled for September 7th, 2018 at 7:00 pm in the RM of Gimli Council Chambers located at 62 2nd Ave.

Mayor & Council
Rural Municipality of Gimli



Riverton SNOW CLEARING TENDER

The Riverton Coop is requesting Snow Clearing Tenders for the 2018 - 2020 winter seasons.

Snow clearing is required for the Food Store - front and back parking lots and west side delivery area.

Please provide tenders based on clearing and possible removal if necessary.

Please provide proof of insurance in quote. Lowest tender not necessarily accepted.

Please contact Darlene or Kris for detailed information at 204378-2251.

Tenders must be submitted to Riverton Coop - Snow Removal Tender Box 160, Riverton, MB R0C 2R0 or hand delivered to administration office - Riverton.

Deadline for submission is October 15, 2018 at 5:00 PM



Faroex, located in Gimli, Manitoba, is a manufacturer of plastic and composite products for the Agriculture, Alternative Energy, and Mass Transportation markets.

We are currently seeking full-time employees to fill the following position:

General Labourer & Finishing

Job Duties:

- Trim and package injection molded plastic parts
- Carry out finishing and assembly operations on composite products using industrial equipment and power tools (cutting, drilling, sanding, shaping)
- Inspect and measure products to meet quality criteria
- Handle and package composite products
- General cleaning and housekeeping
- Other miscellaneous manufacturing related duties

Job Qualifications:

- A Proven track record of excellent past job attendance and punctuality (we need you to arrive at work on-time and put in a full 40 hours a week on a regular basis)
- A reliable means of transportation to and from work (this is critical to achieving an excellent attendance record)
- Physically able to carry out manufacturing duties while working in an industrial plant, while being safety conscious at all times (the job will require you to walk, reach, bend, twist, grasp, and comfortably lift up to 50 lbs. on a regular basis, and we want you to do so without getting injured)
- Comfortable working in an industrial plant setting with potential exposure at times to heat, cold, and dust (if you can't work in this type of environment, this job may not be right for you)

Starting wage: \$12.50/hr or \$12.63 (depending on dept.)

Compensation includes:

- An excellent health benefits package after probation (100 days)
- Hourly Shift Premiums for evening and night shifts
- Opportunity for overtime work
- Opportunity for training and job advancement to other classifications

Faroex is a unionized workplace offering regular wage increases and benefits as per the current Collective Agreement.

Interested applicants can apply using one of the following methods (phone calls will not be accepted):

- In person at 123 Anson Street, Gimli Industrial Park
- E-mail to: apply@faroex.com
- Fax to (204)-642-6404

We thank all applicants for their interest, however, only those candidates selected for interviews will be contacted.

www.faroex.com




ANNUAL GENERAL MEETING

at 66B First Avenue Gimli, Manitoba

Tuesday, September 25, 2018
starting at 7:00 pm

Members of the public are welcome.
Please confirm your attendance.

204-642-9707
Contact person Harry Andrews
204-642-9707
heimapres@gmail.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 18, 2018** and will be held at the Evergreen Technology and Education Centre, 234 Tudor Lane, Gimli Industrial Park.

The annual registration fee is only \$40.

For more information, or to register please contact:
Gail Kreutzer Career Development Consultant

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

Call 467-5836



EMPLOYMENT NOTICE

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

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

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

SALARY and Benefits: As per collective agreement

STARTING DATE: As soon as possible

A complete job description is available on request.

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

Interested candidates may forward their application to:
Mark Parkes, Director of Operations & Infrastructure
Lakeshore School Division
Box 100
Eriksdale, MB, R0C 0W0
Phone: (204) 739-2101 Fax: (204) 739-2145
parkesm@lakeshoresd.mb.ca

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

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

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

EXPRESS NEWS TIPS
Please Call 467-5836

Classifieds



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HELP WANTED

We are currently seeking a licensed automotive technician or apprentice for full time position. We are a full service automotive repair shop. Duties include all aspects of vehicle repairs. Must be able to work with min supervision. Must be honest, reliable and hard working. Wage negotiable. Apply: Stonewall Tire & Auto Repair, 377 1st Street East Stonewall. Email resume: stonewalltire@mts.net

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

HELP WANTED

Park Manager - Steep Rock Beach Park Board requires the services of a Contract Manager for the park. The scope of work includes public relations, campground operations, park office, employment and supervision of staff, repairs and maintenance, chlorination system, garbage removal. Interested parties should request a full description of the work involved. Inquiries can be made via email: Board@steeprockbeach.ca or call Mac (chairperson) at 204-314-0999. Applications will be kept in strict confidence and should be submitted by September 30, 2018.

PETS

Purebred Border Collie pups. 1 male & 1 female. \$250. Ready to go. Ph 204-448-2317.

MISCELLANEOUS

Taking registrations for fall? Back to school...need new employees for the fall/winter? Have an event or something to sell or promote? Province-wide classifieds work for you and reach over 400,000 readers weekly. Call 204-467-5836 to place your ad or email classified@mcna.com for details.

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

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. Stonewall Elk Ranch Ltd., 204-467-8884 or e-mail stonewoodelkranch@hotmail.com

OBITUARY

Lara (Laura) Elizabeth Sigmundson (nee Johnson)



Lara (Laura) Elizabeth Sigmundson was born in Baldur, Manitoba May 12th, 1930. The first born of Fred and Elsie Johnson. Lara had a brother Daniel (Marj) and a sister Marjorie (Bud) Spratt, nephew and niece Cal and Tammie. Lara married Niels Lambertsen from Glenboro, Man. July 25th, 1953. They had one daughter, Margaret (Shawn Stevenson), grandsons Gaelan (Kassie) and Jon. Brandon Kinley (Samantha) joined the Stevenson family and gave Lara a beautiful great granddaughter, Xenya.

Lara and Niels moved to Gimli in 1977 and bought the Gimli Florist Shop. They were happy to settle into this Icelandic settlement in Manitoba. Niels passed away in 1980. Lara married Fred Sigmundson. There were many happy times with the extended members of the Johnson, Lambertsen and Sigmundson family gatherings.

Lara passed away July 25th, 2018 in Betel Nursing Home in Gimli, Manitoba with Margaret by her side.

The family wishes to express gratitude to Dr. Saper, Betel staff, Pat (Laura's volunteer) and a special thank you to Andrea Thordarson for the loving care that she gave Mom.

There will be a Celebration of Life for Lara at Gimli Lutheran Church on Monday, September 10th, 2018 at 1:30 p.m.

In lieu of flowers, donations may be made to Gimli Betel Nursing Home, the Heart and Stroke Foundation.



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PUBLIC AUCTION SALE

32 foot **BAYLINER CONQUEST**, Motorized Leisure Boat Named: *Priority One*

Date: **THURSDAY, SEPTEMBER 13, 1:00 pm**

Venue: **Office of MOORE and Assoc, 407 Main St., Selkirk**

Boat can be viewed at **Gull Harbour Marina, Hecla Island**
Owner Dr. SV Patel
Call Geoff 204-960 8183 or Paul 204-998 9096



Taking Consignments for Upcoming Fall Consignment Auction on Saturday, Oct. 6, 2018 To be held near Stonewall, MB

Contact John Lampert 204-841-4136/Tim Dowler 204-803-6915 to consign

Interlake Women's Resource Centre

ANNUAL GENERAL MEETING

Wednesday, September 19th, 2018

Johnson Hall, Waterfront Centre, 94 - 1st Avenue, Gimli
6:30 pm - membership purchase/renewal
7:00 pm - AGM

Guest Speaker: Megan Mann, Counsellor, Sexual Assault Crisis Program, Clinic Community Health who will speak about Third Party Reporting (Sexual Assault), a new program launched in April.

COME JOIN OUR TEAM!

Evergreen Basic Needs

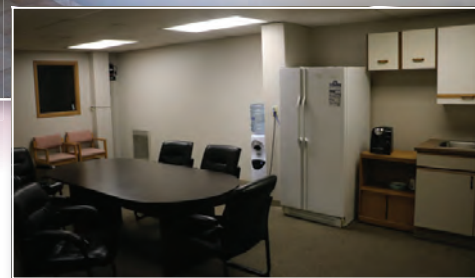
is looking for a Part-Time Casual Employee for the Respun Threads Store. Minimum 15 hours per week, some Saturdays required. Retail experience an asset but not required.

Please submit resumes to Elaine Gibbs at ebnprograms@mymts.net or drop off in person at 71 4th Ave in Gimli. Deadline for applications is

Thursday September 13, 2018.
For further information call 204 642 9736.

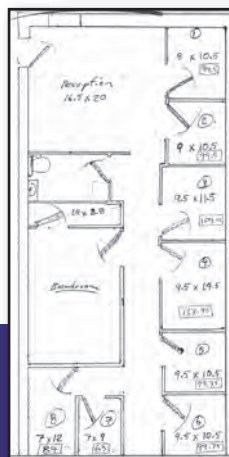
CLANDEBOYE AVE in Selkirk Executive Mall

OFFICE SPACE FOR LEASE



Property Features

Total square Footage 1700, includes eight offices of various sizes, a board room and a front reception area. Current tenants include The Lord Selkirk Teachers Association and Sun Life Financial. The Selkirk Record and a new incoming tenant occupy separate space though their own private entrances. The building was upgraded in 2012. Both the reception and board room are shared, there are currently five offices available for lease.



For information please contact:
BIG Real Estate
204-485-0010
emailbigandcolourful@mts.net

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

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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 29th 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 the 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.
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- 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. 4 and ends Sat., Sept. 29, 6p.m.
- All purchasers on free day will be notified and receive their full refund by Wednesday, Oct. 3, 6p.m.
- All sales tallies and free day will be verified by our accounting firm.
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