

10 DAY ^{x2} SALE!

"Twice as Nice"

SALE ON NOW!

Smitty's
FURNITURE & APPLIANCES
321 Main St. Arborg
204-376-5242

THE EXPRESS

VOLUME 4 EDITION 37 THURSDAY, SEPTEMBER 14, 2017

WEEKLY NEWS

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

Ariens Log Splitter



- 22 ton
- 4.5 HP
- 2 year warranty

\$1699⁰⁰

Ariens 24" Snowblower



- 9 HP
- Electric Start
- 2 year warranty

\$1099⁰⁰

Stihl MS170 Chainsaw

- 30 c.c. • 16" bar • 1 year warranty



\$199⁰⁰

Stihl MS291 Chainsaw

- 56 c.c. • 16" bar • 1 year warranty



\$499⁰⁰

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



Dazzling footwork

Members of the Bolero Dance Theatre dazzled the Beachscape Harvest Festival crowd with their intricate footwork, rhythm and stunning costumes. The dance group performed a number of Spanish dances, including the flamenco and bolero, showcasing the drama and beauty of the art form on the Winnipeg Beach bandstand last Saturday.

EXPRESS PHOTO BY PATRICIA BARRETT

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

RONA

BUILDING CENTRE GIMLI
www.rona.ca

1-877-770-7662

Insulated Tarps/Blankets

Perfect for Septic Fields or Concrete Curing

12'x24', 4mm, **\$74.99**

12'x20', 4mm, **\$67.99**



HOURS: OPEN 7 DAYS A WEEK MON-SAT 9 am - 6 pm • SUN 12 - 4 pm

Lakeshore staff looking forward to the new school year

By Jeff Ward

Building on the success of last year, the Lakeshore School Division staff are looking to hit the ground running, providing students with a solid education and valuable life experiences.

Lakeshore Supt. Janet Martell said that it's important for teachers and other staff to start strong when school begins each year, setting the tone for their students on what's expected of

them while establishing the relationship between teacher and student. Students have to know, from Day 1, that they can count on their teachers to help them when needed, said Martell. She explained that "teachers make the difference for students" and that the feedback loop between the

Continued on page 9



EXPRESS PHOTO BY JEFF WARD

Assistant Supt. Leanne Peters, left, and Supt. Janet Martell are looking forward to another school year at Lakeshore School Division.



Baker Law CORPORATION

Providing full time legal service to families and small businesses in Gimli and the Interlake for over 10 years.

If you are buying or selling real estate now or in the near future, call us to discuss the important legal issues that you will need to know about. Call us for more information and to find out how we can help you. *We are here when you need us.*

Grant D. Baker
Barrister, Solicitor and Notary

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



Z THE LUMBERZONE

TIMBER MART AIR MILES Travel and More

YOUR DECKING **SPECIALISTS!**

111 Commerce Drive **Steinbach** 391 Main Street **Stonewall** 309 Bond Street **Transcona**

SUMMER INCENTIVE **OFFER ENDS SEPT. 30TH**

Spend \$2500 or more on Micro Pro Sienna Brown Treated or Trex Decking and get a \$100 credit towards any future purchase of Cloverdale Paint, Stain or Water Sealant Products.

See store for details. Cash transactions only - not valid on charge account purchases.

1-888-346-1633 info@thelumberzone.ca www.thelumberzone.ca

Professional musicians to visit Ashern for Home Routes concert

First of six in-home concerts to begin Sept. 20

By Jeff Ward

Folk music fans are in for a treat when Home Routes returns to Ashern with six new home-based concerts beginning this fall and continuing through the winter.

Professional musicians perform a concert in a small setting such as a home hosted by a volunteer. The volunteer — in this case, Ashern resident Tim Cameron and his son Scott — will provide a place to play, an overnight stay for the artist and a meal for them as well.

Some Ashern residents may remember the home-based concert series from years ago, hosted out of the home of Tim Cameron.

The series begins Wednesday, Sept. 20 at Cameron's home west of Ashern and the cost is \$20 per person. All of the money goes to the performers. The first performer is Marco Castillo, who will bring his Latin-inspired Brazil Beats to dozens of Ashern listeners.

Cameron explained that the concert series is an intimate performance that's nearly impossible to find anywhere else.

"There's not a bad sightline for these concerts. You're right up close to the artists. It's a lot of fun," said Cameron.

"It's always been a great turnout for our area as well. People come from the Narrows, Fisher Branch and all

over. You get to meet the musicians, talk with them and purchase CDs from them. When we hosted these before, we would average between 35-45 people coming out."

"THERE'S NOT A BAD SIGHTLINE FOR THESE CONCERTS. YOU'RE RIGHT UP CLOSE TO THE ARTISTS. IT'S A LOT OF FUN."

Mark & Raianne from Boston, Mass., will perform on Oct. 19 and Tim Williams from Alberta on Nov. 17. April Verch & Joe Newberry will take to the stage on Feb. 3, while Andy Cohen on March 4 and the Manitoba group Leaf Rapids on April 10. All performances will either be hosted at Cameron's place or his son's.

Tim Osmond, artistic direction for Home Routes, explained that these shows are the perfect opportunity for music fans to get an experience they can't get anywhere else. Osmond said that the idea came from Mitch Podolak and Ava Kobrinsky, two people who were founders of the Winnipeg Folk Festival. The idea to have shows hosted in homes while giving artists the chance to make some extra income during slower months came together very quickly.

"The idea came out of [Podolak's] brain. The whole concept came from him. There aren't many festivals happening during this time of the year, so we give artists the chance to tour the province, play some shows and make some money," said Osmond.

For more information, Cameron is available by phone at 204-768-4911.



EXPRESS PHOTO SUBMITTED BY TIM CAMERON

Tannis Slimmon and Lewis Melville performed a Home Routes show at Tim Cameron's home in Ashern a few years ago. These home-based concerts that feature incredible folk singer talent are back in Ashern starting Wednesday, Sept. 20.

DO IT FOR YOU

CAITLIN TRAKALO

PHYSIOTHERAPY

- Custom orthotics assessment/prescription
- Joint replacement and post surgical rehabilitation
- MPI and WCB claims
- Children joint and muscle strength
- Joint and spinal manipulation

- Pain management
- Repetitive strain injuries
- Spinal disorders
- Sports Injury
- Proactive treatment for your everyday aches and pains

Book your appointment now!

11 Main Street, Ashern, MB PO Box 509 ROC OEO

204-314-0316 ctrakphysio@gmail.com 204-739-2613

Here's How.

WE APPRECIATE YOU with our

CUSTOMER APPRECIATION

DAYS

September 14, 15 & 16

| | |
|--|--|
| SPIN TO WIN DISCOUNTS | KURAI DORI FRYPAN REGULAR \$19 ⁹⁹ FOR \$9 ⁹⁹ |
| COMPLEMENTARY COOKIES, DONUTS & COFFEE EVERYDAY | CEDAR, BLACK OR RED MULCH REGULAR \$7 ⁹⁹ /BAG FOR \$2 ⁹⁹ /BAG |
| ENTER TO WIN 2 TICKETS TO THE SEPTEMBER 22ND BLUE BOMBER GAME AGAINST THE REDBLACKS <small>(NO PURCHASE NECESSARY, MUST BE 18 TO ENTER, ONE ENTRY PER PERSON)</small> | SOFTENER SALT REGULAR \$8 ²⁵ /BAG NOW \$5⁹⁹/BAG <small>(LIMIT OF 5 BAGS PER HOUSEHOLD)</small> |
| CHILDREN "FIND THE GOLDEN HAMMER" EVERYDAY TO WIN A PRIZE | 3 OUTLET WALL TAP WITH USB PORTS REGULAR \$16 ⁹⁹ NOW \$6 ⁹⁹ , \$10 ⁰⁰ OFF |
| FACE PAINTING SATURDAY 12-4 | 2x6x16 GREEN TREATED DECKING REGULAR \$15 ⁸⁴ EACH NOW \$13 ⁸⁴ EACH |
| SLIME FACTORY SATURDAY 12-4 | SPANISH PORCELAIN TILE 80% OFF \$4 ⁹⁹ /SQ. FT. REGULAR NOW .99¢ SQ. FT. (LIMITED QUANTITIES) |
| FREE HOT LUNCH FRIDAY 11-2 | MAKITA 18V 4.0AH BATTERY, REGULAR \$129 ⁹⁹ NOW \$84 ⁹⁹ |

Arb Home hardware building centre

Don't Forget!

451 Main St, Arborg
204-376-3090

Interlakers walk to honour late 'Bosom Buddy'

By Natasha Tersigni

When Jean-Bell Arsenault was first diagnosed with breast cancer 12 years ago, it was a trying time for both her and her family. From doctor appointments to treatments, the cancer journey was a maze to navigate through. To help provide her with support, Arsenault's daughter introduced her to the Liliane Baron South Interlake Breast Cancer Support Group.

Last Sunday, the group held their 16th walk in Teulon to raise money to help the group provide financial and emotional support to South Interlake women who are currently fighting breast cancer. The funds raised will help the group provide services for the women including transportation to doctor's appointments, alterations to clothing, hairpieces, help with yard work, cooking or childcare.

Community members of all ages came out to support the event, and this year's walk raised over \$7,000. Unfortunately, one person was not here this year — Arsenault.

In August, the cancer had spread to her lungs and Arsenault passed away. Her legacy will continue and this year's walk was dedicated to her



Alexa Loehmer opted to do the walk hula hooping all the way.

and all the work she has done for the group.

"Over the years, we have had members that have passed away, but we decided to honour Jean in this way as she was so important and vital to our group through numerous activities and support," said Claudette Griffin



EXPRESS PHOTOS BY NATASHA TERSIGNI

Family and friends took part in the 16th annual family walk in support of the Liliane Baron South Interlake Breast Cancer Support Group last Sunday.

who is the organizer and founder of the group and last weekend's walk.

"She was diagnosed with breast cancer in 2005 and was battling that over the years. Even when the cancer had spread to her lungs, she kept fighting and encouraged others. Jean was a

true inspiration to us all."

For more information about the Liliane Baron South Interlake Breast Cancer Support Group, which meets every third Tuesday of the month in Teulon, contact Claudette Griffin at 204-886-2393 or 204-886-2710.



THE TERRY FOX RUN
for cancer research

Interlake Co-op supporting the Terry Fox Foundation

On Saturday, September 16th,
5 % of sales from Interlake Consumers Co-op,
Arborg and Eriksdale grocery store locations
will be donated to the Terry Fox Foundation

COME OUT AND SUPPORT THE TERRY FOX FOUNDATION



COME & ENJOY THE
15th ANNUAL
south of the lakes
art tour 2017

Saturday, September 16th 10:00 - 5:00 pm
Sunday, September 17th 12:00 - 4:00 pm

Showcasing local artists and their works

ADMISSION/MAPS ARE FREE

Watch for maps at all Hallmark Stores and around
Rosser, Grosse Isle, Stonewall, Balmoral, Teulon and Selkirk
For more information call Dolly @ 204-467-2766

This event is brought to you by the
Prairie Oak Regional Arts Council



Renewed Loni Beach Residents' Association highlighting the community

By Patricia Barrett

The Loni Beach Residents' Association is up and running again after a quiet spell, and its new executive is planning to highlight some of the unique features of the neighbourhood, which lies on Gimli's northern edge.

Salim Guttormsson, who led a project to restore the gravesite of Fridrika Bjornsdottir (who may possibly be an Icelandic princess), was president of the Association about a decade ago and has returned to the helm this year.

"It is a very distinct, quaint neighbourhood with an eclectic mix of people," said Guttormsson, who owns a cottage in the community. "There's nothing commercial in Loni beach. It's all residential."

She has set up a Facebook page to help residents get acquainted with one another and to share interesting stories and concerns.

"There's been a lot of movement in Loni Beach over the last couple years with new owners who may not be aware of the Association and what we do," said Guttormsson. "We're a contact point with the municipality, bringing items of concern to their attention."

The Association held a membership drive during the September long weekend and is thinking about setting up a free community library next year, which may be located at the tennis courts. It is also planning to hold a Loni Beach bicycle parade next year followed by a potluck to bring the neighbours together.

The Facebook page will also help residents discover some unique features of the neighbourhood, which includes a few heritage cottages with storied histories.

One of those is the Hamilton cottage at 40 North Lake. It is said to be the site of séances in which Prime Minister William Lyon Mackenzie King (1921-1930, 1935-1948), who believed in spiritualism, may have taken part.

"This is one of these things that a lot of people just don't know about, or they did and they forgot," said Guttormsson. "It actually came back on



Salim Guttormsson is president of the Loni Beach Residents' Association.

my radar when the cottage was up for sale."

Thomas Glendenning Hamilton (1873-1935) was a medical doctor and member of the Manitoba legislature who believed in spiritualism and conducted paranormal investigations at his Winnipeg home and Loni beach cottage.

The Gimli Municipal Heritage Advisory Committee's history of Loni Beach dwellings notes that the cottage, built sometime after 1910, may have been the site of séances.

"It is said that strange noises emanate from the cottage on weekends," states the pamphlet.

"I was kind of laughing when I read that," said Guttormsson. "In that respect it's probably no different from the majority of cottages in Loni Beach on the weekends!"

Steve Schwartz's family bought the



EXPRESS PHOTOS BY PATRICIA BARRETT

The Hamilton cottage at 40 North Lake in Loni Beach, north of Gimli is one of the heritage homes with a storied history that Loni Beach Residents' Association are hoping to highlight.

cottage in 1961 and spent every summer there when he was a boy.

"It was the claim to fame for that cottage," said Schwartz, who lives in Winnipeg. "The Hamiltons owned it and they were friendly with Mackenzie King, and he used to come and have séances with him there."

Schwartz's bedroom in the attic was reputedly the site of Hamilton's paranormal research, but he said he never experienced anything unusual.

"I never felt spirits there or anything like that," he laughed. "I would not say that place is possessed or haunted or visited in any way, but I'd like to be able to tell a tale like that."

Although Schwartz's family sold the cottage in 2008, his uncle still owns the cottage next door and he and his family visit Loni whenever they can.

"The area is really quite unique," he said. "I have a great love for Lake

of the Woods, but there's something about Lake Winnipeg that's completely unlike anything else. It draws us, that's for sure."


Visit the Loni Beach Residents' Association Facebook page: Loni Beachers: the Loni Beach Residents' Association (LBRA) or its website at www.lonibeach.org. Email lonibeachers@gmail.com for more information about the association.

| | |
|--|--|
| <p>Nashville, Branson, Pigeon Forge Oct 21-Nov. 3</p> <p><i>The Great Smoky Mountains, Graceland, Dollywood, Grand Ole Opry, Country Music Hall of Fame, Live Music Shows, Guided Tours, Breathtaking Scenery and so much more!</i></p> | <p>Southern Caribbean Cruise Hosted Group on Holland America January 23 - February 4</p> <p><i>Ports of Call: Bahamas, Puerto Rico, Antigua, Barbados, Guadeloupe, U.S.V.I, Dominican Republic, Turks & Caicos</i></p> |
| <p>Branson and the Ozarks November 5-13</p> <p><i>Unique Sightseeing, 7 Top-Rated Music Shows & Attractions including Daniel O'Donnell & Silver Dollar City, Scenic Drive, Christmas Lights & More!</i></p> | <p>Gateway to Costa Rica with Guanacaste February 10-19, 2018 Fly/Coach Tour</p> <p><i>A beautiful cloud forest, the world's largest active volcano crater, national parks, thermal hot springs, beautiful unspoiled beaches, these are just some of the places waiting for you on this tour!</i></p> |
| <p>EMBASSY TOURS 757-9383 www.embassytours.ca 1-800-723-8051</p> | |

From traditional to contemporary, we provide services to match what you want. **Just ask Ken.**


KEN LOEHMER
 FUNERAL SERVICES

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

THE Flicks 
CINEMA

319 First Street E., Stonewall, MB

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

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

| | |
|---|---|
| <p>LOGAN LUCKY</p> <p style="text-align: right;">Language May Offend</p> | <p style="text-align: right;">FRI TO SUN ONLY SEPT 15-16-17 CLOSED MON-THURS SEPT 18-21</p> <p>Fri & Sat at 7:30 & 9:30 pm Sun at 8:30 pm</p> <p style="text-align: right;">PG</p> |
|---|---|

| | |
|------------------|---|
| <p>IT</p> | <p style="text-align: right;">FRI TO THURS SEPT 22-28 CLOSED TUESDAY</p> <p>at 8:00 pm each night</p> |
|------------------|---|

Adult Accompaniment Under 14; Disturbing Content; Gory Scenes: Coarse Language

14A



PUBLISHER
Lana Meier



SALES
Brett Mitchell



REPORTER/PHOTOGRAPHER
Patricia Barrett



SALES
Branden Meier



REPORTER/PHOTOGRAPHER
Jeff Ward



PRODUCTION
Debbie Strauss



PRODUCTION
Nicole Kapusta



SPORTS EDITOR
Brian Bowman



ADMINISTRATION
Corrie Sargent



DISTRIBUTION
Christy Brown



ADMINISTRATION
Allana Sawatzky



ADMINISTRATION
Tracy Farmer



SALES
Stephanie Oland Duncan



ADMINISTRATION
Jo-Anne Procter

getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL **A monster jackfish**

Welcome, friends.

I like to write early in the morning when the house is quiet. Through the window by my desk, I felt an early fall calmness last Sunday while watching the trees in the front yard shedding their leaves. I was in that same fall mood days earlier on a grey, early morning when I had a chance encounter with Bob MacIntyre and his daughter Tracey aboard their sailboat "Stormy" off the Hnusa pier.

They hail from Stonewall and invited me aboard with the promise of a story for us.

I sat in the rear by the wheel pod inside an expansive blue canopy with huge plastic windows. Across from me, Bob a thin chap with long curly white hair and short-cropped beard, and Tracey, a young lady extraordinarily conditioned with brown hair under a tuque, began telling how a catfish can deflate your day.

Bob and a friend were fishing from his Zodiac on the Rice River and caught a catfish. As they were trying to land it for a picture, the cat's back fin bone punctured the rubber craft. They knew if they didn't repair the hole now, it would cause a bother later, so the next few days were lost to the fix. A few weeks later, Tracey with dad in the Zodiac, caught an even bigger cat.

As it came along side Bob cried out, "Sorry, Trace. That thing's not coming on board to stick us like the last one."

A neighbouring boater took pity and hauled it up for a trophy picture.

I was at a birthday party last week and met Kurt Malenchak from Gillam, who we see in this week's fea-



EXPRESS PHOTO SUBMITTED

Kurt Malenchak of Gillam with his monster jackfish caught in Moose Camp Lake.

tured catch. That's a 45-inch pike we're looking at, gang.

On a bright, warm, early September day, Kurt and a buddy went swimming and fishing in Moose Camp Lake south of Gillam. It had been a couple of years since they had been there and they weren't sure if the lines on their rods would be OK after having lain around the shack for so long. They held, though, catching enough fish for supper. The guys were about to quit when Kurt felt a huge pull on his old neglected 10-pound test line. He knew instantly he had a big jack on but worried the old line would break so he loosened the drag on the reel. When the fish fought, he let it run and even following it by walking with it along the shore. When it became still, he would bring in some line but never enough to stress and snap the line.

At dusk, he half corralled, half angled the monster to shore and got into the water, lifting it up for a picture. Pausing after his story, I asked Kurt if he was going to change that line for the next time. He thought for a second and then said, "No, it should be all right."

Then there was Al Martens of Winnipeg who I met riverbank fishing on the Red River off one of the "monkey trails" downstream of Selkirk. He was an intense guy, in good shape, grey haired and full of fishing stories. It so happened that he and Tim, his friend, were boat fishing on the Big Whiteshell using five diamond lures and, yes, it was one of those situations where Al was catching everything right beside luckless Tim. As I said, Al

Continued on page 12

> CONTACT US

Express Weekly News - Interlake Graphics
74 Patterson Drive, Stonewall Industrial Park Phone 467-5836 Fax 467-2679
Letters to the Editor: letters@expressweeklynews.ca
Classified: classifieds@expressweeklynews.ca
Advertising: ads@expressweeklynews.ca
News: news@expressweeklynews.ca



Advertising Deadline: Monday 4:00 pm
prior to Thursday Publication

Stonewall Teulon
Tribune

Selkirk Record

The Winkler Morden
Voice

> CONTACT US

By phone: **204-467-5836**
fax: 204-467-2679

Find us: **74 Patterson Dr.,
Stonewall, MB R0C 2Z0**

Office Hours: Mon. - Thurs.: 8:00am-5pm
Friday: 8:00 a.m. - 4:00 p.m.

TO PLACE AN AD or for COMMERCIAL DESIGN & PRINTING

Branden Meier 204-641-4104
ads@expressweeklynews.ca

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

or call our office at 204-467-5836

OUR EDITORIAL STAFF

Patricia Barrett 204-914-1293
patricia@expressweeklynews.ca

Jeff Ward 204-298-3381
jeff@expressweeklynews.ca

Brian Bowman Sports Reporter
sports@expressweeklynews.ca

View the Express Weekly News online at
www.expressweeklynews.ca

TROUBLE WITH PAPER DELIVERY?

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

The Express Weekly News is published Thursdays and distributed through Canada Post to 13,183 homes by BigandColourful Printing and Publishing, a division of Interlake Graphics. Republishing in whole or in part without permission is strictly prohibited. Printed in Canada by Prolific Printing.

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

Peguis MFNERC Reading Recovery Training Centre branches out across Interlake

By Patricia Barrett

The Manitoba First Nations Education Resource Centre located in Peguis Central School provides specialized training for teachers to help Grade 1 children who are having difficulty learning to read and write.

It's not only First Nations schools that can send their teachers to the centre for training but schools in the Interlake.

"We provide recovery training to teachers across the Interlake," said Gloria Sinclair, who is a Reading Re-

covery Teacher Leader at the centre. "Our door is open to the Lakeshore School Division and the Evergreen School Division."

The early intervention reading program was started about 30 years in New Zealand and is now taught across the world. It focuses on six literary tasks: letter identification, word testing, print concepts, writing, hearing and recording sounds in words and texts. Grade 1 students are usually given 30 minutes of literacy instruction, five days a week.



EXPRESS PHOTO BY PATRICIA BARRETT

Gloria Sinclair is a Reading Recovery Teacher Leader at the Manitoba First Nations Education Resource Centre, which provides teachers with training in reading recovery.

Don't forget to send your special wishes to your friends and family.



204-467-5836 classifieds@expressweeklynews.ca



Reminder Public Notice



You're Invited

to share your views about the proposed rate increases from Manitoba Public Insurance

The Manitoba Public Insurance Corporation (MPI) has applied to the Public Utilities Board (Board) for a 2.7 per cent increase to Basic Autopac vehicle insurance rates and premiums, effective on March 1, 2018.

Further details are available at the MPI website, www.mpi.mb.ca or the Board's website at www.pubmanitoba.ca.

A public hearing on the proposed increases will be held on:

Monday, October 2, 2017

9:00 a.m.

Public Utilities Board Hearing Room
4th Floor, 330 Portage Avenue., Winnipeg, MB R3C 0C4

If you are interested in learning about these rate increases, you are encouraged to attend the hearing, observe the hearing via live streaming, or provide your perspectives through the Board's on-line comment tool.

If you wish to speak at the hearing or make a written submission, please contact the Board secretary no later than **September 1, 2017** at 204-945-2638 or toll free 1-866-854-3698.

For more information, visit www.pubmanitoba.ca.

Manitoba Public Utilities Board

400-330 Portage Avenue

Winnipeg, Manitoba R3C 0C4

Phone: 204-945-2638 | Email: publicutilities@gov.mb.ca



There has never been more money available to help you get an education as there is today.

The Manitoba government has quadrupled its support for scholarship and bursaries this school year. This means millions of additional dollars are available to Manitoba students to help them with their education costs.

Financial support such as scholarships, bursaries, grants and students loans can help pay for tuition, books and cover everyday expenses.

What are you waiting for?

Get the funds you need for the education you want.

Visit Manitoba.ca today and find out about all the programs available to you.



Preventing violence against women starts at home

By Patricia Barrett

Although it's been about five years since Russell Mason took part in a campaign to raise awareness of the epidemic of violence against Aboriginal women and girls, he's still advocating for change through his everyday work and setting a positive example in his personal life.

Mason, who is from Fisher River Cree Nation, was part of a campaign titled Aboriginal Men's Anti-Violence Campaign, which encourages men to stop abusing women and girls. He and his wife appear on a poster (on the Manitoba government's website) encouraging respect for Aboriginal females.

"As men, we do have to support our partners. We do have to be an example for our children," said Mason, coordinator with Agape Table in Winnipeg. "A lot of that has been missing, especially in the bigger communities. That starts at home — what you do as a person."

His way of promoting a stop to the violence entails "showing people how I treat my wife and my children, by standing beside her as a supporter for anything that she sets her mind and

heart to, and by providing opportunities for my children and my wife to experience life out in the community."

Mason said it's possible to teach men how to respect women.

"It starts off small at home. It's my actions. I can be an example," he said. "I'm not standing on a pedestal or anything like that. I'm just leading my everyday life and being respectful."

The community Mason serves has many marginalized citizens who've been exposed to trauma, live with the threat of violence and experience racism, all of which can contribute to feelings of hopelessness and anger.

"With the community I work in, if I do see violence I'm able to intervene," said Mason, who is trained in non-violent crisis intervention. "And I'm able to approach it in a way that's non-judgemental and I try to be respectful to everybody."

It's that approach — intervening, questioning and challenging violent behaviour — that shows men an alternative way to express their feelings.

"I'll just ask him, 'Why are you going towards violence and why are you so angry at this moment?' he said. "I see men and women arguing a lot ... and I think, 'Take a step back and think about what you're doing.'"

Despite heightened public awareness of how Indigenous women are treated, the violence hasn't stopped. In 2014, Aboriginal women were three times as likely to report being a victim of spousal abuse as non-Aboriginal women, according to a Statistics Canada publication titled Victimization of Aboriginal people in Canada.

And the revelation last month that Wab Kinew, who is running for leader of the provincial NDP, was charged with two counts of domestic assault in 2003 has brought the issue to the forefront once again.

The *Express* was among a number of media outlets that received court documents from an anonymous source, detailing the charges and six months of court proceedings in Fisher Branch in 2004. It also learned the alleged victim is an Indigenous woman from the Interlake.

Speaking with CBC Aug. 18, Kinew said there was "nothing" to the charges. "That never happened. The matter was investigated and the charges were dropped."

The courts documents don't show the charges being dropped, rather the Crown motioning for a stay of proceedings, meaning the hearing was halted. Kinew is presumed innocent of the charges until proven guilty.

Kinew's assertion that nothing happened has raised concerns from Win-



PHOTO COURTESY OF GOVERNMENT OF MANITOBA

Russell Mason from Fisher River Cree Nation says prevention of violence starts at home.

nipeg-based women's advocate Zita Somokoko, who was battered by her husband 15 years ago and whose children still remember graphic details of the beatings.

"I was pretty excited about seeing ... this young man who I thought will do some great things," said Somokoko, referring to Kinew's leadership bid. "And then this [news] hit me like a tsunami. When I was watching him on TV, I knew so well this image this man is portraying: no remorse, no regard for the victim."

Having experienced the court system first-hand, Somokoko said it can take a toll on abused women, and many victims are unable to see the process through to the end.

"It is exhausting for the victim. And [several] proceedings ... are usually what the perpetrator's lawyers use to wear out the victim because they know you are so traumatized," she said. "Every time [there's a proceeding], you are re-living the situation over and over again. And eventually you will break."

Although she understands why women are reluctant to speak out (embarrassment, fear of being judged, thinking no one will believe you), she said both the victims and society need to stand up to perpetrators of violence and for human rights in general.

"If we don't hold them responsible, who will? If we don't put the victim at the centre of this [issue], who will? If everybody has an excuse not to speak up, who will? I was muted for 15 years. Our silence gives the perpetrator more power."

Somokoko said she has doubts

about Kinew's fitness for leadership and called the party's headquarters to question how he was vetted, not receiving an answer.

"We need, as a society, to hold a perpetrator responsible no matter who they are," she said.

The *Express* made a number of unsuccessful attempts to obtain an interview with Kinew.

NDP Party spokesperson Matt Austman said the executive stands behind him.

"Wab was forthcoming, open and honest in his disclosures during the candidate vetting process," he said by email. "Our party believes in the potential for all people to demonstrate personal growth and to learn from their mistakes."

For his part, Russell Mason will continue to promote an end to violence against women by leading by example.

"I live my life as respectfully as possible. My wife and I pray together and we support one another," he said. "That's what helps me in my life. But it also teaches our children that mom and dad do have arguments and we disagree, but we also work through them. We sit there and we'll work through them until we come to a resolution. It's OK to have arguments, but there's a healthy way to do it."

He also said schools can help by integrating violence prevention into the curriculum.

"The whole idea is to respect people," said Mason. "Unfortunately, there are men out there — both Aboriginal and non-Aboriginal — who do ... cause harm. I really wish it wasn't so."

*Interlake Women's
Resource Centre*

**ANNUAL
GENERAL
MEETING**

*Wednesday
September 20, 2017*

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

*Guest Speaker: Rhonda Dagg
CFS Program Specialist
Safe and Together Now Presentation*

EVERYONE WELCOME!

*Elections will be held for new Board
members and Community Representatives*

Peguis Central School administrators looking forward to the academic year

By Patricia Barrett

Administrators and staff at Peguis Central School were excited to get back to school last week to help create the leaders of tomorrow. The nursery to Grade 12 school's success is evident by the numbers of graduates who go on each year to pursue post-secondary studies. Administration staff gathered in school's foyer, which is richly decorated with animal carvings, each

representing one of the seven sacred teachings that guide human conduct. The seven teachings — love (eagle), respect (buffalo), wisdom (beaver), courage (bear), humility (wolf), truth (turtle) and honesty (sabe) — are embodied in the animal world because animals taught humans how to live with and respect nature.



EXPRESS PHOTO BY PATRICIA BARRETT

Mary Favel (left) and Terina Spence help keep the school administration office running smoothly.



From left: vice-principal (nursery to Grade 3) Sharon Bear, vice-principal (grades 4 to 8) Beverley Cochrane, principal Fay Stevenson and vice-principal (grades 9 to 12) Rick McCorrister.

> LAKESHORE STAFF, FROM PG. 2

two will dictate what teachers need to learn next to be constantly challenging their classroom.

For Lakeshore, their educational foundation of improved literacy and numeracy is still paramount to the goals they set a few years ago. New initiatives over the last few years like Reading Recovery, Reading Buddies and other specialized programs continue to produce strong readers and writers. Martell said that those two core principals haven't changed but will evolve as teachers re-view their internal data.

"The more we know about students, the better we can assist them," said Martell.

"A teacher's toolkit is always expanding as they get new information on how their class learns. And teachers can lean on each other in a collaborative environment. Maybe one of our new teachers is dealing with a problem they've never encountered before. Well, we might have someone who has and who can provide advice."

Assistant Supt. Leanne Peters echoed those comments and said that another big key to student success is a strong communication line between parent and teacher. These days, parents have every opportunity to discuss with teachers about how their children are doing in class. Emails, phone calls, texts and even a smartphone app is helping bridge the gap

between the two.

Both Peters and Martell said they urge parents to be involved.

Lakeshore welcomed 16 new teachers this year to the division. Martell said that this was the largest number of new teachers to join the division since she's been superintendent. Those teachers mark a net neutral to the total number of educators in the division. Martell said that with last year's retirees, teachers on maternity and paternity leave as well as some on

sick leave, these new teachers are mostly on term positions. The board allocates 98 teaching positions for the division.

Martell said that her advice to parents looking to help their children succeed is simply to "be involved."

"Have conversations with your child about school. Talk with their teacher about where

they're struggling. You know your child better than the teacher," said Martell.

Peters said that for students looking to succeed this year, establishing a relationship with a staff member is a good place to start.

"You want someone in the school you can go to and talk to. It doesn't have to be your teacher, could be any staff member. We want students to understand we're all here to help. They're not alone," said Peters.

"THE MORE WE KNOW ABOUT STUDENTS, THE BETTER WE CAN ASSIST THEM."

Eriksdale to celebrate Fun Day during Legion Week

By Jeff Ward

The Eriksdale Legion is holding a Fun Day on Sept. 21 in celebration of Legion Week and is hoping to see other members from their four neighbouring branches join in on the celebration.

Eriksdale Legion Branch #140 president Joyce Sewell said that celebration is a great opportunity to bring legion members together to talk, play some card games and share a meal. Legion Week is observed from Sept. 17 to 23 and the Fun Day takes place on Sept. 21 at the Eriksdale Legion from 11:30 a.m. to 4 p.m.

Sewell said that visitors can expect soup and a sandwich as well as coffee and dainties. There will be a silent auction as well as a

50/50 draw for those who attend.

"We just want to bring people together at the legion for some camaraderie," said Sewell.

Invitations to their neighbouring branches of Arborg, Lunder, Ashern and St. Laurent were sent out and Sewell said that she hopes to see members from those branches join them. She said that seniors, who are not members of the legion, are also welcome to join the event and they will have membership applications on hand for those who want to become a member.

"If we get an extra member or two, that's great."

The Eriksdale Legion Fun Day is presented at no cost to attendees.

Children's book offers inspiration for the future generations

By Jennifer McFee

A former Stonewall resident is creating a children's picture book that kids can leaf through for environmental inspiration.

Entrepreneur and educator Sue Holloway has spent the last several years working on a book entitled *A World Worth Imagining*, which aims to inspire hope for the future of our planet.

The idea began to bubble at The Forest School, an alternative-learning centre that Holloway runs in South Gillies, Ont. On Earth Day one year, she went down to a pond and asked the kids to imagine what the world would look like in 100 years. She anticipated answers about towering trees and lovely landscapes.

"But one of the girls got really sad and said that she didn't want to do the activity because she didn't want to imagine a world that we would have destroyed by then," said Holloway.

"On that day, I decided that I really want our kids to be hearing a different kind of story. They all understand that the world is not in the best place right now because there are a lot of crummy things going on and the planet is sick. But they're not getting messages of hope for a better future that they could look forward to instead of worrying about what's going to be left when they grow up."

So Holloway decided to tackle the task of penning a tale with a hopeful vision.

"Originally, I found an author to do it and she said it sounds like a project I should do because I have passion. It's important to me, which was the driving force," she said.

"It took four years. I would read it every Earth Day to the Forest School kids, and they would give me feedback and ideas and suggestions. This Earth Day, we all decided it was ready. I wanted to publish it on my own so I could keep a bit more control over everything."

She partnered with artist Amanda Clark to do the

illustrations, since Holloway felt it was equally important to include inspiring images.

To help cover the costs for the illustrations, editing, cover and design, she started an Indiegogo campaign with a goal of raising \$13,000. The printing costs will be in addition to that amount.

"I'm hoping to have it out for December so it can be a Christmas gift. The illustrations need to be done by the end of September. I've hired a local design person to do the layout, formatting and book cover," she said.

"The cost of publishing your own children's book is way bigger than I imagine, but I'm just going for it. I'm hoping that people will share the information with others so word gets around."

Her students are equally excited to see the project come to fruition.

"It's been fun having them look at the images and say they're beautiful," said Holloway.

"It felt really important and really fun to have them all involved along the way. It's not just my book — it's ours."

As of Tuesday, Sept. 12, the campaign had raised more than \$6,200.

For more information about *A World Worth Imagining* or to contribute to the Indiegogo campaign, visit <https://www.indiegogo.com/projects/a-world-worth-imagining-a-childrens-book-hope>. The link to the Indiegogo campaign is also posted on The For-



Sue Holloway



EXPRESS PHOTOS SUBMITTED

Sue Holloway has spent the last several years working on a book entitled *A World Worth Imagining* and is hoping to raise \$13,000 to help cover the costs to have the book published.

est School website at www.theforestschool.ca.

Province launches consultations on watershed initiatives

By Jeff Ward

The province has launched public consultations on three new environmental initiatives that are designed to improve water management and modernize watershed planning.

Manitobans have until Oct. 6 to submit their feedback in writing on the three initiatives. In a press release dated Aug. 22, Manitoba Minister of Sustainable Development and Agriculture Rochelle Squires and Minister of Agriculture and MLA for Lakeside Ralph Eichler detailed their three-pronged strategy.

Growing Outcomes in Watersheds (GROW) is a program based on the Alternative Land Use Services (ALUS) model to help reduce flooding and improve water quality and nutrient management. The program will provide a made-in-Manitoba approach across the agricultural land-

scape. There are initiatives to streamline drainage and water control and reduce red tape in that area. The government also plans to modernize Manitoba's conservation districts in an effort to strengthen their planning and better support partnerships with Indigenous communities.

"Our government believes there are tremendous ecological opportunities to improve the future of our province through effective watershed management strategies," said Squires.

"With the development of these watershed-based planning initiatives, our province will be better positioned to address the challenges of climate change, reduce nutrient loading in our lakes and waterways, protect against drainage and flooding, and improve water quality in partnership with landowners, stakeholders and other levels of government."

West Interlake Watershed Conservation District (WIWCD) manager Linda Miller said that she and other conservation district managers are meeting with the province this week in Headingley to discuss these initiatives. She said that she's looking forward to starting a dialogue and to get more information about how these new initiatives will impact the day-to-day operations.

Miller explained that one of the things she is interested to get more information on is the reduction of the red tape.

"Cutting down the red tape and making the applications for certain programs easier to understand will be a benefit," said Miller.

"We try to make our applications here as simple as possible, but for the ordinary person, there are a lot of things they need to keep in mind.

They need to make these easier to understand."

Arnold Coutts, chair of the Manitoba Conservation Districts Association, said that the implementation of GROW will be a welcome addition to Manitoba conservation districts.

"This will greatly enhance our ability to further deliver watershed based programs for improved water management in Manitoba. Having this articulated support at the provincial level also puts into place the tools to better enhance environmental programming's success at a greater scale which will also further advance Manitoba's climate-change efforts," said Coutts.

For more detailed information about these initiatives, you can visit www.gov.mb.ca/sd and use the quick links to navigate to the watershed section.

SHACHTAY
SALES & SERVICE LTD.
www.shachtay.com

204-376-5233

Arborg, Manitoba
Family Owned

Servicing the Interlake for 51 Years!

We are your new dealer for the Interlake.

Perfect Straw Management

Harrow 40% more per pass with
7 Bar Design and adjust to the
specific field with 3 hydraulic controls

40-90°
Tine Angle

10" Down
Pressure

Section
Angle



Beachscape Harvest Festival gets the toes tapping

By Patricia Barrett

Last weekend's Beachscape Harvest Festival in Winnipeg Beach featured Scottish and Spanish dancing that had toes tapping and hands clapping along to lively reels, jigs and boleros.

The Lads & Lasses Scottish Country Dance group and the Bolero Dance Theatre from Winnipeg brought their unique blend of folk dancing to the Winnipeg Beach bandstand during the two-day festival.

The Lads & Lasses performed a number of infectious jigs and reels, including one called Montgomery's Rant, a reel dedicated to 18th century Lord Alexander Montgomery whose family was a "rebellious lot." It told the story of his opposition to the taxation of whiskey and the "goodwill of the people behind him."

Dancer Bob Poole said the group practises a few times a month and performs at Folklorama, the Highland Games in Selkirk and for nursing home residents.

Their busiest time is Robbie Burns Day (Jan. 25), which celebrates the birthday of the famous poet. The dance troupe has three performances lined up so far.

"It's good exercise for the body," said Poole, "and the mind because you have to remember where you're going."

Rena Bedder and her dad Jonathan joined in when the dancers invited the crowd to take part in a reel in front of the bandstand. They ripped up the pavement with their extraordinary smooth moves.

"I sort of knew what to do," said Jonathan. "All dancing is fun."

"I have three dance classes: Israeli, hip-hop and salsa," said Rena, who also made a harvest scarecrow decked out in a pink and purple outfit.

Members of the Bolero Dance Theatre dazzled the crowd with their intricate footwork, rhythm and stunning costumes.

They performed a number of Spanish dances, including the flamenco and bolero, showcasing the drama and beauty of the art form.

"It's all about the percussion, the sound the dancers create with their hand-clapping and their feet," said artistic director Pedro Aurelio, who studied ballet at the Royal Winnipeg Ballet School's professional division.

The company has travelled to Spain to further its studies and has performed in several Canadian provinces and the United States.



EXPRESS PHOTOS BY PATRICIA BARRETT

The Lads & Lasses Scottish Country Dance group entertained visitors during Beachscape Harvest Festival on the Winnipeg Beach bandstand last Saturday.



Members of the Bolero Dance Theatre from Winnipeg performed on the bandstand.

Jonathan Bedder and his daughter Rena took part in a Scottish reel.

The Lads & Lasses performed a number of infectious jigs and reels.

> GET FISHING, FROM PG. 6

was an intense fellow, and every minute or so as he was telling his story, he would dash to his rod here on the Red to check his bait.

Anyway, back on the Big Whiteshell. In the hot afternoon sun, Tim got so mad he wasn't catching anything that he threw his rod into the water.

By reflex, Al cast out and, quite by luck, snagged Tim's rig. He didn't say a word, just brought it in and quietly laid it down by Tim. After regaining his composure, Tim took up his rod and, standing beside Al, resumed fishing. It's easy to see fish in that lake, and at that moment, Al saw a few walleye

maybe a boat length from them.

Al said quietly to Tim, "Come on. We'll both cast out and get them."

One took Al's lure but the other fish turned and swam away, ignoring Tim's completely. Tim could take no more. He reeled his line in, they packed up and headed home. They had been us-

ing Tim's truck to get to the lake, and after dropping Al off. Time saw something wrapped in newspaper on the floor as he was getting out of the truck at home. Inside was that last fish. Al had left it as a peace offering to his friend.

Bye for now.

Interlake musicians nominated for MCMAs

By Jennifer McFee

Interlake musicians are hitting a high note with strong representation at the 2017 Manitoba Country Music Awards.

On Sept. 1, the top eight nominees were revealed for each category. The winners will be announced at the awards show on Nov. 10 at the Metropolitan Entertainment Centre in downtown Winnipeg.

Standout local performers include Past the Perimeter and Four Mile Road, which have both been nominated in the Group or Duo of the Year category. Four Mile Road includes Louise Anderson of Grosse Isle and Natalie Roth of Fisher Branch. Meanwhile, Past the Perimeter features Derek Peters, Evan Taplin, Devin Biy and Lachlan McLean.

Past the Perimeter and Rhianna Rae Saj are also nominees for the Emerging Artist Award.

The recognition continues for Past the Perimeter, which is nominated for Music Video of the Year for their song "Shotgun Beauty Queen."

For the All Star Band of the Year – Bass category, Evan Taplin of Past the Perimeter is a nominee.

And in the All Star Band of the Year – Specialty (Banjo, Fiddle, Mandolin, Keys, Steel) category, nominations went to Brenton Thorvaldson of Selkirk and Lyle Baldwin of Warren.

William Prince Peguis is nominated in the category of Roots Artist, Duo or Group of the Year.

Stonewall Quarry Days even made

the list with a nomination for Festival or Event of the Year, and South Beach Casino is nominated as the Venue of the Year.

On behalf of Past the Perimeter, Derek Peters expressed his excitement about the multiple nominations.

"We are so honoured to be nominated again at the MCMAs. We told ourselves last year this was only the first step for us, and I think we've accomplished something special here," he said via email.

"And mainly that's because of our fans and people that support us. We work so hard for this and hope to bring home some hardware this year."

For Rhianna Rae Saj, she said it's exciting to receive a nomination for the Emerging Artist Award, which is her first nomination as a solo artist. When she was performing under Rhia Rae and the Rubies, she received a nomination for Female Artist of the Year.

"I spent the last three years playing in a trio group and when we parted ways late last year, I was really anxious about being a solo artist again," she said via email, "but this award just really helped me recognize that I'm on the right track."

Her songwriting stems from country music with pop-folk melodies. In the midst of the excitement of the nomination, Saj is also working on writing and recording her first EP.

"It's a slow and tedious process as we are doing everything ourselves, but that gives me the freedom to have control over absolutely everything,"



EXPRESS PHOTO BY SAMANTA KATZ PHOTOGRAPHY

Four Mile Road, including Fisher Branch's Natalie Roth (right) and sister Louise Anderson, has been nominated in the Group or Duo of the Year category for this year's Manitoba Country Music Awards. Winners will be announced on Nov. 10 at the Metropolitan Entertainment Centre in Winnipeg.

she said. "I'm playing bigger stages now and just really trying to find my place as a solo artist again."

Members of the public can cast a ballot for the Fans' Choice Award with

online voting available until Oct. 16 at www.manitobacma.com. For the other awards categories, MCMA industry members will vote for the winners.

Get a Power Smart rebate when you upgrade the insulation levels in your home or business.

Pre-approval is required before you start your project. Call or visit our website today for more information.

1-888-MBHYDRO (1-888-624-9376)
hydro.mb.ca/powersmart/insulation

Available in accessible formats upon request.



*Manitoba Hydro is a licensee of the Trademark and Official Mark.

Whatever you're doing,

do whatever it takes.

RECYCLE EVERYWHERE

Getting empty beverage containers in a blue bin every time is a challenge we know Manitobans are up for. Make recycling your cans, cartons, juice boxes and bottles a priority. At home or away, recycle everywhere.

RecycleEverywhere.ca

Your FARM



Will the federal government be able to fix Churchill?

By Harry Siemens

Federal Natural Resources Minister Jim Carr recently told Omnitrax, the U.S. company that owns the only rail line serving the isolated northern Manitoba town of Churchill: fix it or sell it to someone who will.

If they sell, Ottawa is prepared to help with interim funding to repair the rail line.

Omnitrax's Canadian CEO said the company already has an agreement in place to sell the rail line to a consortium of First Nations and the deal has only been awaiting federal support.

But Churchill residents aren't feeling very optimistic as the days without service stretch into weeks and months.

Churchill Mayor Mike Spence said it appears everybody's aware of the

fact the rail line's been down since the third week of May, but little headway has been made to resolve the matter.

"There haven't been any repairs done. The federal government has indicated that Omnitrax lived up to the agreement, which we know that's not going to happen," said a frustrated Spence. "We continue to speak with the prime minister's office regarding getting the line up and running. The necessary repairs that need doing,

according to an Omnitrax consulting group, are \$43.5 million. I see a lot of inflated numbers.

"So that's where things are at right now ... the community is frustrated by this all," said Spence. "Omnitrax has done an excellent job of keeping the community hostage, which is entirely unacceptable."

He said supplies are coming in—including propane and petroleum products—through the province's

Emergency Measures Organization. Some resupply things have also come in from some of the businesses, but it's expensive.

"Our food products are still being flown in from Thompson, Winnipeg. Even with the Nutrition North Canada program and Affordable Food in Remote Manitoba subsidy, prices are still quite high. The North West Com-

"THE COMMUNITY IS FRUSTRATED BY THIS ALL. OMNITRAX HAS DONE AN EXCELLENT JOB OF KEEPING THE COMMUNITY HOSTAGE, WHICH IS ENTIRELY UNACCEPTABLE."

Continued on page 16

THE 9500 FLOATING HITCH CHISEL PLOW (AVAILABLE IN 60' & 70')

THE ULTIMATE IN FLEXIBILITY & DURABILITY.

9500

FLOATING HITCH CHISEL PLOW (FHCP)

The 9500 FHCP is designed from the ground up for enhanced durability, improved flotation and better stability. The 9500 is compatible with high horsepower tractors and Bourgault's newest and largest air seeders. Bourgault tillage is renowned for its performance, durability and low maintenance. The 9500 carries on the tradition bringing forward excellent trash clearance and soil penetration, excellent field contouring, a robust frame and protected wear points. Of course the bullet-proof Bourgault spring trip assembly is at the heart of this sturdy unit.

Visit Leo's Sales & Service today to find out more about the 9500 FHCP.

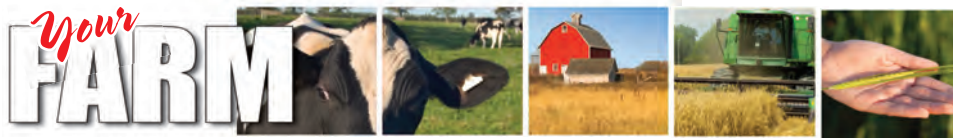
LEO'S SALES & SERVICE, LTD.

Hwy #101 & Sturgeon Rd.
Winnipeg, MB
Ph: 1.866.694.4978

www.leoscaselh.com

BOURGAULT

PURSuing PERFECTION



Industry is dealing with the stresses of PED virus

By Harry Siemens

The battle continues as the Manitoba pork industry faced a rash of PED cases since Aug. 25, bringing the total to 73 in this outbreak.

Recently infected premises (IPs) include one sow site, three nursery sites, and three finisher sites.

“Unfortunately, IP 68, a sow farm, and IP 73, a nursery site, are both new infections and pose an increased risk to neighbouring farms,” said the most recent update from the Manitoba Pork Council. “The other five sites appear to be a recurrence of shedding from pigs that came from previously infected sites.”

On a more positive note, Manitoba Pork said 26 already infected premises have achieved PED Transitional status, meaning that all the animals on the site are no longer clinically sick and, as well, certain groups of animals on the site are no longer shedding the virus. On sow farms, it also means that the site can wean PED negative piglets.

“We can expect to have a trickle of

new cases, mostly from direct pig movements and a few new ones from the regional spread, which highlights the need for swine farms in southeast Manitoba to keep their guard up,” said the agency.

Bob Kleinsasser, hog boss at the Suncrest Colony near Steinbach, talked candidly about what the PED virus outbreak, though they’re still free of the virus on their premises, has meant to them.

“At first, it really, really was hard for us. We just couldn’t wrap it around if it would happen what would we do and we took it too personally,” he said. “But now after months of this, we did a lot of different things.

“We had to refocus on our biosecurity, operate smarter ... there’s only so much you can do. You can’t let it affect your personal life and stuff like that so we just try to do our best to keep it up, hold it out of the environment so if it’s not around the barn it can’t go in the barn. It’s tough. I can almost

Continued on page 18

IT'S TIME TO GET THE BEST FOR LESS

SAVE NOW!
LIMITED TIME OFFER

GET SPECIAL SAVINGS ON SELECT HUSQVARNA PRODUCTS

Your local Husqvarna dealer is giving you a reason to smile. For a limited time, your local Husqvarna dealer is offering clearance pricing on remaining lawn and garden products. It's a perfect time to pick up our latest innovations and get Husqvarna's legendary power and performance for less. In addition, you'll get expert advice and superior service that will keep your Husqvarna equipment operating at peak performance all season long. Hurry in, this sale is only on for a limited time at participating Husqvarna dealers.

For more information visit your local Husqvarna dealer or husqvarna.ca and connect with us online.

Highway 17 South
Fisher Branch, MB
(204) 372-8501

Husqvarna
READY WHEN YOU ARE



We can do your Manitoba Commercial Safety Inspection.



ARBORG, MB

www.jbrandtent.com

Service work on Engines (codes & electrical), Manual Trannys, Suspension, ABS & Air Conditioning.

Large Parts Inventory!

Give us a call or come by the shop:

204-364-2775

Offering
MECHANICAL SERVICE
 for your
HEAVY TRUCK!



**We also sell tires for Truck or Trailer -
 Come and see what we have!
 We also do Service on Trailers,
 Including MB Safties.**

Your FARM



Federal government needs to step up: Churchill mayor

From Pg. 14

pany doesn't seem to understand that their pricing is relatively high, and that's disappointing," said the mayor.

Several groups are looking at ways to work together. One North is a group from Opaskwayak Cree Nation, right up to Churchill and including the communities just north of Churchill. This group is interested in ownership of the port and the rail line and includes a technical team putting the key business elements together.

"A new model is what we're working towards for the best interest of the region," said Spence. "Far too long, 20 years we've had Omnitrax taking everything out of Canada, including the profits. They haven't reinvested, and this is the current situation.

"It's alarming, it's disappointing that we as Canadians gave up a national asset to an American company that doesn't care," he said.

One North wants to control the port and the rail line and is putting together a model that will work, Spence said. It will be an authority type model where money, the reinvestment continues to go back in, he said, similar to the big city airport models that are out there.

"These are the types of models that we're looking at," said Spence. "It makes more sense reinvesting in your infrastructure if they're long term economic growth investments, so that's where we're going with this."

Getting this off the ground, though, will require the federal government to step up and take a leadership role.

"Now it is in the hands of the federal government to relieve Omnitrax of its responsibility of ownership of

the port and rail," Spence said. "So, all hands are focused towards the government of Canada. We are in continuous dialogue with them, and we hope this can be rectified a lot sooner than later.

"We need the rail line repaired. We're running out of time here, but I'm still cautiously optimistic someone can repair line before winter sets in."

"NOW IT IS IN THE HANDS OF THE FEDERAL GOVERNMENT TO RELIEVE OMNITRAX OF ITS RESPONSIBILITY OF OWNERSHIP OF THE PORT AND RAIL ... WE'RE RUNNING OUT OF TIME HERE."

STARTING AT
\$15/sqft

Building a Better Life

COMMERCIAL AGRICULTURAL RESIDENTIAL

STANDARD POST FRAME PACKAGE INCLUDES:

- Engineered structural components
- 40-year roofing & siding warranty
- Sliding Cannonball door system
- Polycarbonate ridge cap
- Many optional upgrades



Your Wedding

The most beautiful bride from head to toe

The excitement, joy, and anticipation you'll feel on the big day will make you radiant with beauty. After all, there's nothing like a good dose of happiness to put a blush on the cheeks, a sparkle in the eyes and a beautiful smile on every bride's face. But to truly glow from head to toe, perhaps you should think about consulting some beauty professionals.

1. THE HAIR STYLIST

A stunning bride needs a fabulous hairstyle. Whichever style appeals to you, you'll want to entrust your hair to the expert hands of a real hair salon professional. Remember to make two appointments: one to try different hairstyles and another for the big day.

2. THE ESTHETICIAN

Manicure, pedicure, hair removal, facial, eyelash extensions and massage: a wedding is the perfect excuse to pamper your body. Not to mention that stray body hairs, dry skin and damaged nails are not on the guest list! Don't forget to make two separate appointments for your makeup as well.

3. THE DENTIST

Because laughter is the right of every newly married couple, treat yourself to a teeth-whitening treatment for a sparkling smile.

A BEAUTIFUL AND ORGANIZED BRIDE

- Make your appointments as soon as possible.

- Carry a photo of your dress and accessories to all your appointments, along with inspiring images from magazines.

- Find out the best time to pamper yourself with the various treatments. This way you won't have any regrets, such as hair colouring done too early (hello, roots!) or a microdermabrasion done too close to your big day.



Make your Wedding extra special have it at the

QUARRY PARK
HERITAGE ARTS CENTRE

166 Main St, Stonewall, MB

Phone: 204 467-7980

Email: stoneqp@stonewall.ca

www.stonewallquarrypark.ca

"We Do"

INVITATIONS

Invitations
Announcements
Save The Date Cards
Personal Stationary
Thank You Cards

Interlake Graphics

74 Patterson Drive,
Stonewall
204-467-5836
igraphic@mts.net



DANNY'S
BARBEQUE & SMOKEHOUSE
We'll bring the flavour!

High Quality Casual
Wedding Catering

Customize our full menu to meet all your needs!

204-344-5675

dannyswholehog.com



> PED VIRUS, FROM PG. 15

say it's no fun anymore."

When the first outbreak occurred some years back, Claude Vielfaure of HyLife said it was almost like he hated to open that barn door in the morning. Kleinsasser can emphasize with that.

"It's the first thing you do when you walk in

there you go look for any signs," he said. "But we're pretty confident with the dear Lord around and with prayer and with a lot of input from everybody on the whole farm and the industry, it will turn out okay."

As far as a contingency plan for their farm, there is only one: infect the whole lot to create immunity and then clean out the barn.

"You gotta do what you gotta do," said Kleinsasser. "It wouldn't be fun. We've talked to a lot of people who had it and have it and some of them stated that they never want to see another pig in their life, it's affected them that hard."

Janice Goldsborough, human resources and training coordinator with Manitoba Pork, said swine barn managers should watch for signs of fatigue among workers dealing with PED virus.

"Having to deal with sick animals, especially the baby piglets, is resulting in a lot of stress on farm workers," she said. "It could be similar to PTSD, Post-Traumatic Stress Disorder, when people are on a daily basis having to deal with the poor little pigs that either pass away or they have to be put down. After a while, that can get very trying on somebody."

"The symptoms can vary from person to person," Goldsborough said. "Some of it could be that they're not sleeping or they're feeling drained. They might be having nightmares if they are sleeping, poor concentration, there could be memory problems, difficulty thinking, headaches, just an overall feeling of not being able to cope. It can add up for people if they don't stop and focus on themselves and looking after themselves."

Goldsborough said employees need to make sure they're getting enough rest, eating properly and getting breaks from the stresses of their work, and the employer needs to be watching for signs of mental and physical fatigue and be prepared to take action by providing time off, moving workers to less stressful positions and by providing counseling.



The Viking stands guard in Viking Park

We want to hear from you!

- * Give us your feedback on the park
- * Enhance the green space along the shoreline and on Harbour Hill
- * Protect this treasured community space
- * Celebrate Gimli and the people who live here

Information Session Saturday, September 23 at 1 pm
Johnson Hall, Waterfront Centre
Pathway stones still available!



Remember Your Loved Ones
with an Announcement in the

THE EXPRESS
WEEKLY NEWS

Call 467-5836 or
classifieds@expressweeklynews.ca

Lundar Garage
(204) 762-5321

St. Martin Garage
(204) 659-5250

Hilbre Auto Service
(204) 449-2243

R&B Auto
(204) 739-5458
(Eriksdale)

To advertise here
please call
204-641-4104

Roys Ashern
Tire & Quicklube
(204) 768-3068 (Ashern)
GOODYEAR

Your Local Independent Automotive Service Provider reserves the best vehicle care for you, their neighbour.

Building a stronger community - Why the velocity of money matters!

The term "velocity of money" (also "velocity of circulation of money") refers to how fast money passes from one holder to the next. Many local economies are languishing not because too little cash comes in, but as a result of what happens to that money.

Money is like blood. It needs to keep moving around to keep the economy going, noting that when money is spent elsewhere—at big supermarkets, non-locally owned utilities and other services such as on-line retailers—"it flows out, like a wound." By shopping at the corner store instead of the big box, consumers keep their communities from becoming "ghost towns". At the most basic level, when you buy local more money stays in the community.

The point is not that communities should suddenly seek to be self-sufficient in all ways, but rather, to shift the balance. Can you produce more locally? Of course you can if the raw materials are there, and the raw materials are often human beings. More importantly, you can definitely increase the speed of money when you spend it locally.

Imagine that a farmer, a grocer, a mechanic, and a boutique owner live in the world's smallest country. Between all of them, they have \$1,000 in money supply. Over the course of a month, the following transactions take place:

- The farmer sells \$500 worth of food to the grocer.
- The grocer marks up the price and sells \$700 worth of food, split among the mechanic and boutique owner who are his two customers.
- The grocer requires his vehicle repaired. He goes to the mechanic and pays \$200 to the shop for repairs.
- The boutique owner needs fertilizer for a garden project. She goes to the farmer and pays him \$300.
- The mechanic requires a gift for his wife's birthday – so he visits the boutique and pays \$300 for a gift.

The total value of the transactions in our time period is \$2,000. We have \$1,000 in money in our economy, so the velocity of money is 2.

"Buy Local"—you see the decal in the store window, look for the bright, cheerful logo - the apparent message is "let's support local business", a kind of community boosterism. But buying close to home may be more than a feel-good matter. A number of researchers and organizations are taking a closer look at how money flows, and what they're finding shows the profound economic impact of keeping money in town—and how the fate of many communities around the nation and the world increasingly depend on it. Those who you support in your town can in turn support you and build stronger communities. Small local businesses are able to hire more employees, aid in non-profit endeavours and feel stronger ties to becoming an integral part of the community.

As the nation limps through the recession, many towns and cities are hurting. "Buy-local" campaigns help local economies withstand the downturn. For communities, this is a hopeful message in a recession because it's not about how much money you've got, but how much you can keep circulating without letting it leak out.

Think about it, if everyone in a small town spends all their money at one single big box store, and that store sends all its money back to headquarters out of province, then we all have no money!

The idea is Think before You Spend! Is This Something We Can Buy Locally? When you take your vehicle to your local Service Provider, you're helping to pay the wage of over 80 people who will in turn be spending more money in the community.

Most businesses also support local fundraisers, hockey teams or other community events, so be sure to give them the opportunity to serve you.

What Difference Am I Making? Every additional dollar spent in Your Community Helps! Let's Build a Stronger Community Together. Thank you for Shopping Local from Your Local Auto Service Providers!



YOUR LOCAL SERVICE PROVIDER ...

- is more convenient
- offers better value
- ensures all services are warranty approved.
- knows you and your car!

KEEP LOCAL BUSINESS LOCAL!

Get great gas mileage, shop local!

Napa Autoparts Lundar
(204) 762-5321

To advertise here
please call
204-641-4104

Fisher Repair
(204) 372-6648
(Fisher Branch)

Fisher Napa
(204) 372-6648
(Fisher Branch)

Interlake Auto & Tractor Parts
(204) 376-2667
(Arborg)

To advertise here
please call
204-641-4104

Eriksdale Game and Fish Club host youth shoot

By Jo-Anne Procter

Feathers were flying around Eriksdale last weekend as young hunters hit the fields for the 2017 Youth Waterfowl Hunt.

The third annual event hosted by the Eriksdale Game and Fish Club was a great success, according to organizers, with eight teams participating. Placings were determined by a point-per-bird system, and the Quacker Whackers earned first place for harvesting 32 geese and 32 ducks. Each member received a Winchester shotgun donated by Jay McCauley and Rob Monkman. The second place team, Bonkers for Honkers, shot 32 geese and 10 ducks and won Roboducks donated by Marc and Misty Dejarlais. The third place team, Wing Masters, shot 32 geese and each received a gun case donated by Jay McCauley.

After registration on Sept. 8, teams were assigned fields that landowners graciously loaned the club for the weekend. SleeveLake Outfitters did a decoy and calling demonstration and breakfast was served before the hunt on Sept. 9 at 4:30 a.m.

For more information on the club and their upcoming events, check out their Facebook page.



EXPRESS PHOTOS SUBMITTED

The first place team was the Quacker Whackers. From left: Zachary Halldorson, Kenady Christensen, Neil Brandstrom, Hannah Lussier and Randal Johannson.



The Wing Masters won third: Darren Sewell, Blaine Wishnowski, AJ Al-lard and Taylor Buors.



Bonkers for Honkers won second place: Karmyn Lindell, Clayton Lindell, Thor Peterson and Karsen Karish.

Manitoba first to introduce flu vaccine for personal care home residents

Submitted

Manitoba is the first province in Canada to introduce a high-dose flu vaccine to better protect vulnerable residents of personal care homes from influenza, Health, Seniors and Active Living Minister Kelvin Goertzen announced recently.

"Studies show that people over the age of 65 that live in personal care homes are most at risk of complications or death related to influenza," said Goertzen. "That's why we're the first in Canada to introduce this new type of vaccine to better protect these vulnerable people and keep them healthy when the flu starts to circulate this

winter."

This year, the high-dose seasonal influenza vaccine is being offered to people 65 years of age or older who are living in a personal care home. The vaccine provides a higher level of protection against two types of influenza A and one type of influenza B predicted to be circulating in North America this fall and winter.

Lower respiratory tract infections, including pneumonia and bronchitis, are a leading cause of hospital admissions in adults aged 65 years or older, especially in frail older adults. The number of personal care home residents admitted to hospital varies considerably between facilities

but is more frequent during the time of peak influenza activity.

The minister noted public health officials will review data about the use and effectiveness of the high-dose flu vaccine in personal care homes to support future vaccine decisions.

To protect people from getting influenza (flu), Manitoba Health, Seniors and Active Living encourages all Manitobans to get a free flu vaccine early every fall. The flu vaccine is typically available from health-care providers in early October.

For more information on seasonal flu and the flu vaccine, visit www.gov.mb.ca/health/flu/.

get inspired

> MEAL IDEAS



Recipe courtesy of Produce for Kids

Banana Sushi Rolls

1 large (8-inch) whole-wheat tortilla
 3 tablespoons peanut butter, divided
 1 banana, peeled
 1 strawberry, sliced
 1/2 kiwi, sliced
 1 tablespoon shredded coconut

Lay tortilla on flat surface. Spread with half of peanut butter. Place banana on one end of tortilla and roll up. Cut into even slices and place strawberries and kiwi slices on top. Microwave remaining peanut butter on high 30 seconds, or until melted, and drizzle over banana sushi. Top with shredded coconut.

Brown Bear Bento Box



Recipe courtesy of Produce for Kids

1 tablespoon soy butter
 3 graham cracker squares
 3 banana slices
 9 blueberries

variety of colorful fruit, chopped

Spread soy butter on graham crackers. Arrange banana slices and blueberries to create eyes and noses to resemble bear faces. In another container, add colorful fruit, such as raspberries, cantaloupe, pineapple, honeydew, blueberries and blackberries, to create a rainbow fruit salad.

Suggested Side: 1 tablespoon ranch dressing and three mini sweet peppers, sliced into strips.

Grape and Ricotta Pita Pizzas



Servings: 4

2 whole-wheat pita pocket breads (about 6 inches in diameter)
 1 tablespoon olive oil
 1/2 cup part-skim ricotta cheese, divided
 1 cup seedless red or black California grapes, thinly sliced or

halved
 2 teaspoons honey
 1 teaspoon lemon juice
 6 large or 12 small fresh basil leaves, cut into ribbons

Heat oven to 450 F. Line two baking sheets with parchment paper. Slice pita pockets in half so each forms two rounds, creating four rounds total. Place pita rounds on baking sheets cut-side up and brush top of each with oil. Spread 2 tablespoons ricotta cheese on each pita, leaving about 1/2-inch border around edges then arrange sliced grapes in single layer on top of cheese. Bake until edges are crisped and cheese is warmed, 5-7 minutes. In small bowl, stir together honey and lemon juice until honey is dissolved. When pizzas are done, drizzle each with about 1/2 teaspoon honey-lemon mixture. Sprinkle basil on top of pizzas. Serve immediately.



Learning to Transform

tate us, loved ones will die, relationships will have their rough spots or even end. Many of these things cannot be helped, and our challenge may be to keep our spirits up and to still find joy in life.

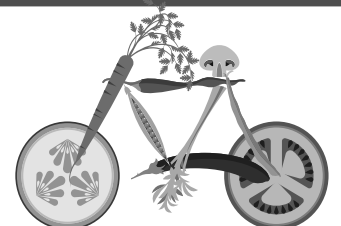
Other difficulties that persist may be messages to us that what we are doing in some situations is not working. It is important for us to get a handle on what it is that we would like to have happen: what is the final outcome that we would like to see. Examples might be to have a more relaxed and comfortable relationship with a teenaged child, or to have a more loving connection with one's mate.

Notice here that the focus is on the desired outcome and not on the other person's behavior the next step is to ask ourselves, "What can I do that will increase the likelihood of my desired outcome?" Then begin to do it. This is one of the most important ways in which we can grow. Focusing on what is wrong in the world or with other people keeps us stuck in negativity, and does not challenge our inner resources.

The main item on the evolutionary agenda for each of us right now is learning to transform situations so that we can create the kind of relationships and experiences that we want to have in our lives. If that sounds tough, try to remember how impossible it seemed when you first tried to ride a bike. It's shaky at first, but eventually it all comes together.

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.

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



Learn how to create a safe haven.

We help you radically reduce chemicals in your home

Norwex®

Ask me how
Stephanie 204-896-3980
 Independent Sales Consultant
cleanwithwater15@gmail.com

ISAGENIX®

Weightloss • Energy & Performance • Healthy Aging

Allana Sawatzky
allana333@hotmail.com

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

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

www.isaproduct.com

Ashern arena will be smiling with Tim Hortons support

Smile cookies cost \$1 from Sept. 11 to 17

By Jeff Ward

For every smile cookie purchased from the Ashern Tim Hortons this week, the entire \$1 will be donated to Ashern's arena.

The smile cookie promotion is a national campaign to help support local charities and youth programs. This year, the new Ashern location is holding the promotion to benefit the Ashern arena.

Tyler Geisler said that he applied for the arena to be apart of this fundraiser earlier this year and was approved in July. The promotion runs from Sept. 11 to 17 and the entire purchase cost of the cookie, \$1, will be donated to the arena.

Geisler said that he's been taking orders and hopes to see many people purchase a cookie this week to help support the arena with general maintenance projects this fall.

"We're going to be starting to the ice plant up the first week of October, and if enough people buy cookies, we may cover that entire cost," said Geisler.

"Our rink is an important part of life up here in the winter, and we offer youth a positive and fun way to engage in physical activity. They also

learn valuable life skills here like leadership, sportsmanship, self discipline and perseverance."

Geisler said that he'll even be out delivering cookies to people who have ordered this week and is looking forward to seeing people post photos of their cookies on social media. Geisler said the cost of having their ice plant guy come and begin that process is approximately \$800, so it would be nice to sell that many cookies.

"I THINK IT'S ALSO JUST NICE THAT THIS PROMOTION IS GOING TO BENEFIT SOMETHING THAT'S RIGHT IN PEOPLE'S BACKYARDS."

"I think it's also just nice that this promotion is going to benefit something that's right in people's backyards. The arena is minutes away, and I think knowing that

they're supporting their local community will give people more motivation to buy a few cookies," said Geisler.

Like all fundraising initiatives, every little bit counts. Geisler doesn't expect people to buy dozens and dozens of cookies and would be happy if everyone bought one. He said that knowing the whole dollar spent goes to the arena should make people feel pretty good about buying a cookie.



EXPRESS PHOTO VIA GOOGLE

Purchase a smile cookie from the Ashern Tim Hortons this week and the \$1 purchase will be donated to the Ashern Arena.

Province announces appointment to Agricultural Services Corporation

Submitted

Manitoba Agriculture has appointed a new member and re-appointed two existing members on the board of the Manitoba Agricultural Services Corporation.

Betty Green has been appointed to a term of office, while Suzanne Jones and board chair James Wilson have been re-appointed as members of the Manitoba Agricultural Services Corporation board.

Green has over three decades of involvement in leadership roles in the areas of education, agriculture and rural development. She is the provincial co-ordinator of the Verified Beef Production program in Manitoba and a partner in the G7 Ranch with

her husband and son. She previously served as president of the Manitoba Cattle Producers Association and as president of both the Provincial and Canadian Associations of School Trustees.

The board of directors for Manitoba Agricultural Services Corporation is responsible to support and encourage the sustainability, development and diversification of agriculture and the rural economy of Manitoba by providing programs and services as set out in the Manitoba Agricultural Services Act.

Manitoba Agriculture thanked outgoing member Doug Chorney for his service to the board.

CLANDEBOYE
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
 email bigandcolourful@mts.net

Rural Women's Day to focus on mental health

By Jennifer McFee

A healthy mind is a treasure to find. That's the theme of Manitoba Rural Women's Day, hosted by the Manitoba Women's Institute (M.W.I.). Women of all ages and from all communities are welcome to attend two upcoming sessions to be held in different parts of the province. The first session will be held on Oct. 14 in Minnedosa and the second will be on Oct. 28 in Komarno.

"We'd be delighted to have ladies from the communities. It's for anybody who thinks they might be interested in this. We've got a jam-packed day with wonderful speakers," said Diane Hall, an individual member in Gimli.

"We're encouraging W.I. ladies to attend, but if we can have other people from the community, that would be great. We've done this before and it's been very successful. We actually got a couple new members out of it."

Both sessions will feature speakers that include Keith Macpherson, a wellness expert, yoga instructor and musician. Elaine Froese will speak about real-life situations gleaned from working with rural families for more than 40 years. As well, Vicki Olatundun, executive director of the

Steinbach Family Resource Centre, will offer insight as a motivational speaker.

Each day will also feature a fireside chat. In Komarno, participants will include marriage and family therapist Cheryl Cohan, Reiki master Carole Teatreault and outreach manager Judy Dunn from the Mood Disorders Association of Manitoba. The Manitoba Canola Growers and the Thomas Sill Foundation are sponsoring the speakers.

With a long-standing history, the Women's Institute has been in Manitoba for more than a century, Hall explains.

"It was Adelaide Hoodless who started it long, long ago in Ontario. It started off almost as an offshoot of the men's farm groups in Ontario. Then it came to Manitoba and it's been here for over 100 years now. The first one to come here was down in Morris," she said.

"Each region was broken up into local groups in the towns. Unfortunately, life has changed over the last 100 years. We used to have 30 or more locals right here in the Winnipeg Interlake Region. Now we only have six, but we have a lot of individual members like myself. My institute was the

Gimli Institute, which was a very old one. It was started in 1917 and we had to close it down in 2014 because there were only three of us left."

These days, the women who used to be W.I. members in Gimli continue to meet informally for lunch from time to time.

"The Women's Institute in Manitoba did a lot for farm women and people who were almost shut in during the winter. They taught some culinary skills and housekeeping skills and clothing skills and knitting. You name it, they would probably do it. You'd probably find some of them out on the tractors or behind a team of horses back in those old days," Hall said.

"It was a country women's organization, but it spread to the city too. The Manitoba Women's Institute is an organization that focuses on personal development, family, agriculture, rural development, and community action, locally and globally. It strengthens families, women and communities."

Hall hopes to see familiar faces as well as newcomers at the upcoming sessions, which cost \$20 for M.W.I. members and \$25 for non-members. The event includes door prizes, lunch, display tables and a draw for a free

new M.W.I. membership. The hope is to attract about 200 participants to Minnedosa and 100 participants to Komarno due to its sparser population. The committee for the Komarno event includes representatives from Inwood, Teulon, Winnipeg, Fisher Branch and Gimli.

"The Winnipeg Interlake Region of the Manitoba Women's Institute is sponsoring the eastern day at the Komarno Hall. It is a full-day event that will be attractive to current W.I. members, other women in the Interlake Region and other eastern parts of the province. We hope to attract our own members and also non-members of W.I.," Hall said.

"We're really looking forward to this and I know it's going to be a successful day."

For more information or to register for the events, which run from 9 a.m. to 4 p.m., call the M.W.I. office in Brandon at 204-726-7135 and leave a message or visit www.mbwi.ca.

Updates are also posted on the Facebook pages entitled "Manitoba Women's Institute" and "Manitoba Rural Women's Day."

WIWCD nursery program applications open now

By Jeff Ward

The West Interlake Watershed Conservation District (WIWCD) is continuing their annual partnership with Sabados Greenhouse and is hoping to help residents plant thousands of new trees next spring.

The Community Tree Nursery Program is an annual initiative that sources tens of thousands of new saplings to be planted each year and they are covering the cost up to \$80. There are 18 different species of trees to choose from all ranging from \$2.40 to \$5.25 each. The \$80 covered limit from the WIWCD will go a long way in procuring new saplings for residents within the district.

WIWCD manager Linda Miller said that since the program began, there have been more than 50,000 trees planted from this initiative and nearly 13,000 were ordered last year, which is double the amount from 2015.

This year, there are two new trees available: the Golden Willow and the Sundancer Hybrid Poplar. Both of

those are three to five feet tall as opposed to the others that are between 12 and 18 inches. Trees ordered by the cutoff date of Oct. 31 will be available for pickup at Sabados Greenhouse in Clarkleigh in May of next year.

"We're very happy with the success of this program over the years," said Miller.

"Every year it seems to get more and more popular and more people seem to hear about it. Working with Sabados Greenhouse has also been great because they do all the sourcing and organizing. We just give them the orders."

Miller said that last year there were over 400 applications for new trees and she expects a similar if not higher amount this year. The WIWCD wants to see new trees planted to help strengthen the ecosystem. Miller said that the feedback she's heard from last year is that many of the trees that are planted have survived and their roots took to the ground nicely.

Those interested in filling out an ap-



EXPRESS PHOTO SUBMITTED

The West Interlake Watershed Conservation District is partnering with Sabados Greenhouse for the Community Tree Nursery Program.

plication to get their own saplings can visit www.wiwcd.com to get one.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

PeeWee Thunder improving on the gridiron

By Brian Bowman

Player development is the main goal at the PeeWee football level.

The Interlake Thunder may not be winning games on the field, but they are certainly winning in getting their players better and better on a weekly basis this season.

"It's certainly not the way we would like it to be going," said Thunder head coach Chad Thoresby. "There are some new players, new coaches, and we haven't found the end zone yet but we're getting better each week."

Record-wise, the Thunder are 0-4 in the PeeWee "A" division and have been outscored by an official 120-0 count. Teams at this level can only lose by a maximum 30-0 score per game.

Interlake's latest 30-0 loss came against Eastman last Sunday. The game was scoreless until about "four or five minutes left in the first quarter" which was nice to see, said Thoresby.

"It was 16-0 at halftime and we were moving the ball up the field a little bit," noted the Thunder head coach. "We have a trio of backs...and we were getting the ball upfield."

The Thunder has seen their roster number increase the last few weeks and they are now up to 28.

"At least now, we can field a full team," Thoresby said. "And kids don't

have to play both ways, which is nice."

The attitude of the players has been very good. This is a group that is eager to learn the game of football.

"The players are showing up early for practice and they might be getting their butts kicked in a few games but everybody is still smiling and happy to play football," Thoresby observed.

The Thunder are currently at the midway point of their season but, in an odd twist, were still awaiting their second-half schedule at the beginning of this week.

"We're looking forward to the next few weeks and, hopefully, we can get some more gas in our offence," Thoresby said. "Our defence should be holding (the opposition) to 10 or 20 points per game and we should be able to score that."

PeeWee teams in the Manitoba Minor Football Association have been split up into two divisions – a "AA" and "A" one – this season.

Thoresby expects the Thunder to play four more regular-season games before advancing to the playoffs.

"We're still waiting to see if we have a bye this week or what the plan is," Thoresby said Monday evening. "We'll practice like we have a game but we don't know when and where it is."



EXPRESS PHOTO BY LANA MEIER

Lundar's Arden Miller (85) brings down an Eastman player in the first half of the Interlake Thunder PeeWee game last Sunday. Petersfield's Brandin Suitters (3) comes in to support his teammate. The Interlake Thunder were defeated 30-0 by the Eastman Raiders.

Midget Thunder bucked by Mustangs in MFLM

By Brian Bowman

For the second game in a row, the Interlake Thunder had a slow start to a Midget Football League of Manitoba game.

But for the second time in a row, the Thunder closed out the game with a real strong second half.

After spotting the St. Vital Mustangs a 24-0 halftime lead, the Thunder kept with the league's best team in a 31-6 home loss Sunday in Stonewall.

"I always see the Mustangs as the top team and the toughest team to take on," said Thunder head coach Mitch Obach Monday afternoon. "It was a heck of a windy day and that definitely factored in the game."

St. Vital took advantage of the strong wind to score 17 second-quarter points. Interlake had that wind at their backs in the third which allowed them to sustain a couple of solid drives.

One of those drives was converted into a touchdown as Thunder receiver Evan Krahn hauled in a pass from Carlin Doak.

The Thunder was successful on offence by using a short passing game. St. Vital chose to bring a lot of pressure most of the game, which opened up the passing game.

"Both teams that we have seen this year have brought a lot of pressure from inside the box," Obach noted. "Our offence is always a work in prog-

ress so we will be looking at some adjustments that we can maybe make to be better prepared for the next time that we see the Mustangs and the Falcons."

And, because of the stiff wind, the Thunder were often forced to gamble on third down instead of electing to punt, which cost them field position.

St. Vital's top running back, Breydon Stubbs, closed out the game's scoring with a fourth quarter TD. Despite that touchdown, Obach was very impressed with the play of the Thunder's defence, especially in the second half.

Still, Obach feels the Thunder must have better starts to their games and play four quarters of solid football.

If they do that, Interlake should be successful in their next two games against the last-place Sunrise Coyotes.

The Thunder (1-1) will host the Coyotes (0-2) on Sunday (4:30 p.m.) at Stonewall Collegiate. The two teams will then hook up again Sept. 24.

"We're going to take it one game at a time but if we want to be a top-tiered team in the league, we can't afford to be losing to the Coyotes," Obach said. "We have to go hard at them at home on Sunday and then travel there and do the same thing the next week."

Thunder dominates Nationals in Bantam play



EXPRESS PHOTO BY LANA MEIER

The Thunders' Athan Nadon of Matlock gains a few yards before being taken down on the play by a Nationals player last Sunday.

By Brian Bowman

The Interlake Thunder made it look real easy against the Transcona Nationals in their Bantam "AA" league game last Sunday in Stonewall.

Interlake defeated the visiting Nationals by an official score of 30-0. The Thunder was very dominant on both sides of the ball.

"Our offensive line played amazing and our defence had the best game that they have had all year," said Thunder head coach Ed deLaroque. "(Our defence) did everything well — they couldn't move the ball on us."

Interlake's 3-4 defence stifled Transcona's offence the entire game.

"Our outside linebackers were doing a really good job of keeping their offence contained," deLaroque noted.

On offence, the Thunder did a good job with both the run and the pass. Still, there is a lot of work to be done to move the ball even better.

"I'm going to say that our offence needs to be a little better," deLaroque admitted. "It's not as crisp as it needs to be yet."

Thunder quarterback Josh Charison of Teulon made several really good passes that were not caught by his receiving core, deLaroque noted.

With the lopsided victory, Interlake improved to 2-2 and they are currently tied for third place with the Fort Garry Lions (2-2).

"I'm very pleased with (where we are in the standings)," deLaroque said. "There is a lot of progress happening and I would say that we are past the hardest part of our schedule. We have played the top two teams already and we won't see them in the second half."

The Falcons Football Club and St. Vital Mustangs lead the six-team division with 4-0 records.

The Eastman Raiders and Transcona, each with 0-4 records, will now be realigned to the Bantam "A" division.

Two teams from the Bantam "A" division will now take their place for the second half of the season.

The Bantam "AA" schedule for the second half of the season was not known at press time.

Female Midget Lightning hoping to improve this season

By Brian Bowman

The Interlake Lightning Midget female hockey team is looking to forget about last season and focus on the present.

After a very tough year record-wise a year ago, the Lightning have welcomed a young group of players to their program this season.

The team has already been selected

and the focus on player development will play an integral role in this year's team.

"It's going to be a challenge but I'm excited," said new head coach Paul Miller. "We have a good group of girls and we have the right attitude but it's going to take us 60 to 90 days to get there."

The Lightning had 31 girls come out

for tryouts, which is a real good number. That number dwindled down to 27 after a few different reasons but Miller was very pleased with the interest in their program.

"The numbers were up significantly from past years by probably 10 more girls," Miller noted.

Of those players, just six have returned from last year's team.

"We have eight 15 year olds, so we are going to be very young and we have 10 first-year players that have never played at this level before," Miller noted. "We're going to be very young and there's lots of work to do. But we have already had three team practices and we're progressing in the right direction."

Miller would like to change the atmosphere surrounding the Lightning Midget team. Players have to start thinking about winning rather than losing.

"We need to change to a winning culture and kind of forget about the past," he said. "The team has been around for two years ... and their record last year was probably similar to the first year."

"The five girls that have been there from Day 1 probably haven't won too

many games, if any, in two years."

A positive attitude on the bench — and in the dressing room — will be a must this season.

"We need to start building on the little successes to get the culture we need to (have)," Miller stressed.

The Lightning does not have a lot of offensive firepower up front, so they will have to play low-scoring games to be competitive.

"Offence is going to be a challenge for us," Miller admitted. "I'm a huge defence-first coach so we do need to look after our own end. We have two young goalies that I believe are going to help us be competitive and keep the puck out of our own net to grind out those 2-1 wins."

As for the Manitoba Midget Female Hockey League, seven teams will be vying for a league title this season. The league is expected to have more parity amongst teams this season compared to previous years.

Interlake, meanwhile, will see its first exhibition action on Sept. 22 in Portage la Prairie. The Lightning has four games scheduled that weekend and then will begin their regular season Sept. 30 when they hit the road to play Yellowhead.

Cobras place fourth at Rivers tournament

Staff

The Ashern Cobras spiked their way to a fourth-place at a Rivers Rams Invitational varsity girls' volleyball tournament last weekend.

Ashern lost 2-1 to the Erickson Eagles in the third-place game. After losing the first set 25-20, the Eagles came back to win 25-14 and 15-11.

The Cobras were relegated to the third-place game after losing 2-1 (19-25, 25-23, 11-15) to the Boissevain Broncos in a semifinal matchup.

Boissevain went on to win the eight-team tournament after beating the Strathclair Skyhawks 2-0 in the final.

Ashern, meanwhile, started the tournament with a 2-0 win over the Gilbert Plains Trojans. The Cobras won the match by scores of 25-17 and 25-23.

Classifieds



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

AUCTION

Public Stamp Auction - Wpg. Stamp Dealer's Auction. 345 lots. Sat., Sept 23. Viewing at 9 a.m., starts 10 a.m. Free admission. Scandinavian Centre, 764 Erin St. Lot list at www.stampman9.ca. Cash Sale.

MOBILE HOMES

Last chance, 1 only 16 x 80, 3 bed, 2 bath. Starting at \$92,000. Altona Mobile Homes, 1-800-582-4036, 1-204-324-6776 Email amhl@mymts.net

HOUSES FOR SALE

Immediate possession available. 1584 sq. ft. RTM. 2.5 baths, 9 ft ceilings, island kitchen. Starting at \$199,000. Floorplan online at wgiesbrechthomes.ca. Custom builds also available. Call 204-346-3231 or email wilbert@wghomes.ca for more information.

New 2017 manufactured homes now here starting under \$90,000 delivered! Best Buy Homes Winnipeg/Brandon - www.bestbuyhousing.com - Canada's largest in-stock home selection, quick delivery, custom factory orders! Text/call 204-813-9023.

STEEL BUILDINGS

Steel Building Sale ..."Blowout Sale!" 20X23, \$5,998; 25X27, \$6,839; 30X33, \$8,984. One end wall included. Bonus Drill/Impact Driver Combo Kit included. Check out www.pioneersteel.ca for more prices. Pioneer Steel 1-855-212-7036.

FIREWOOD

Outdoor Wood Boiler Owners - Firewood Manitoba now has limited quantities of 2 cord loads of 7' and shorter poplar logs. Great for boilers or cut/split for your wood stove. \$275 for 2 cords picked up at our Stony Mountain area yard or we can deliver. 204-453-7788 or www.firewoodmanitoba.ca

GARAGE SALE

Estate/Yard Sale. Sat. & Sun., September 16th & 17th, 2017, 10 a.m. - 4 p.m. both days. 5 miles west of Stonewall on 67 Hwy., 1 mile north on PR 322 at Road 77 North (Home of the late Connie Henderson). Household items, furniture, collectables & much more. Signs posted.

HELP WANTED

JED Farms, Arborg, MB. JED Farms is looking for full time General Farm Workers. Job duties include driving farm tractors, minor farm equipment maintenance, and some minor record keeping and etc. We are located 11 miles north - east of Arborg, MB. Weekend work required. Experience an asset but not required. Starting wage (depended on experience) \$13 -16 per hour. Please forward all resumes to standueck2017@gmail.com or mail to Box 1320 Arborg, MB R0C 0A0.

Riverton Curling Club 2017/2018 now hiring: Assistant Ice Maker/General Maintenance - the Riverton Curling Club invites applicants for an Assistant Ice Maker Technician; Canteen Operator - the club invites tenders to operate the canteen. Deadline: October 10, 2017. For more information please contact Shawn Magnusson 204-378-5225 or Eric Loewen 204-378-2771.

HELP WANTED

Pork Production position available at hog farm near Notre-Dame. Minimum 3 years experience in any area of production. Management, leadership skills an asset. Rick 204-248-2699.

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

MISCELLANEOUS

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

MISCELLANEOUS

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.

WANTED

Stamp collections wanted by long-time collector. Largest buyer in Manitoba. Will travel to you. Call or text 204-799-7429.

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 Products Ltd., 204-467-8428 or e-mail stonewoodelk@hotmail.com

HEALTH

Emergency Device For Seniors - Free equipment, monitored 24/7. Stay safe in your home for less than \$1.00 a day. For free information guide call toll free 1-888-865-5001 or www.LifeAssure.com

HAY

Large round & large square bales 1st & 2nd cut of alfalfa & brome grass. Call 204-467-5078 or 204-461-0722.

Hay clearance - large heavy round bales of timothy alfalfa from 2016. Also, 18 ft. Coop swather, offers. Ph 204-642-7684.

STRAW

Flax straw - \$3/bale. Monday - Saturday. Call Bill Matheson at 204-467-5608 or 204-461-0706, Stonewall.

Everything you need to promote your business

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



Call Today! 467-5836

Meyers Auction

10am Sun Sept 24 Arden, MB
IHC 886 w/ Loader
Coins, Antiques, Furniture, Lawn & Garden, Much More

Bradley Meyers Auctioneer
204-476-6262

List & Pictures at www.meyersauctions.com

McSherry Auction Service Ltd

JOHN DEAR

Sunday Sept 17th @ 10:00 am

Teulon, MB - 1 Mile South on Hwy 7 Then West 4 Miles On Hwy 415 Then South ¼ Mile on Rd 5 E

Contact: (204) 797-2019
Huge Auction * Tractors, Skidder & Crawler * Equip * Vehicles * Trailers * Recreation * Yard * Misc * Tools * Antiques * Household *

Stuart McSherry Stonewall, Manitoba (204) 467-1858 or (204) 886-7027 www.mcsherryauction.com

NOTICE OF HEARING

UNDER THE HIGHWAYS PROTECTION ACT

THE HIGHWAY TRAFFIC BOARD

Notice is hereby given that a hearing of the Highway Traffic Board will be held on Tuesday, September 26, 2017 at 10:00 a.m. in Room 204-301 Weston Street, Winnipeg MB R3E 3H4 Phone: (204) 945- 8912.

PERMITS - PART I - SECTION 9 H.P.A. AND PART III - SECTION 17 H.P.A. 2/068/141/A/17 - MANITOBA

INFRASTRUCTURE O/B/O MUNICIPALITY OF BIFROST-RIVERTON

Application to Relocate Access Driveway and Remove Access Driveway (Public) onto P.T.H. No. 68, R.L. 45-22-2E, Municipality of Bifrost-Riverton (Arborg).

The Highway Traffic Board will be prepared to consider all submissions, written or oral, on the above applications by contacting the Secretary prior to or at the hearing.

200 - 301 Weston Street Winnipeg, MB R3E 3H4 Phone: (204) 945-8912
Michelle Slotin, A/Secretary THE HIGHWAY TRAFFIC BOARD



MECHANICS & MILLWRIGHTS!!!

Experienced Mechanics & Millwrights wanted full time for Ag. Fleet repair, service, maintenance and fabrication. Interlake Agri is a progressive, innovative forward thinking, SAFE family owned farm and seed plant which processes millions of kgs of seed/yr.

If you're skilled with use of hand & air tools and have a good work ethic and attitude; plus knowledge of tractors, farm equipment, semi's or production facilities then this could be for you! The pay is above par and will be commensurate with knowledge, ability & job performance. Schedules and hours may be flexible.

Benefits: RRSP matching, Pension Plan, Extended Health Care, Health spending account, Yearly Outerwear & Boot Allowances, Social Committee functions, catered lunches, house available.

If you are interested in a position with the Agri team and would like to schedule a **CONFIDENTIAL interview, please Contact Kristo for Anderson @ Work#: (204) 372-6720 - Cell#: (204) 396-5792.**

Email: kris@interlakeagri.com



LAKESHORE SCHOOL DIVISION

EMPLOYMENT NOTICE

Lakeshore School Division is accepting applications for a permanent **Cleaner at Lundar School in Lundar, MB** commencing October 2, 2017.

Responsibilities include:

Under the direction of the Head Custodian and/or Principal, the Cleaner shall be responsible for performing regular cleaning and maintenance of the school building, property and furnishings and minor repair of building systems as per Regulations and Procedures 2.B. Job Descriptions (2.32 Cleaner).

Qualifications:

- must be physically fit
- must be capable of working from elevated platforms and ladders
- shall respect the confidentiality of students and staff

Shift: Monday to Friday (8 hours/day) - Shift to be determined with Administrator

Salary: As per Collective Agreement

Start Date: October 2, 2017

A complete job description is available at the school.

Please submit a resume no later than **Friday, September 22, 2017 at 2:00 p.m.:**

Mr. 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

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

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

Classifieds



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

Gimli Septic Service has an immediate opening for a part time or full time Septic/Hydrovac truck operator.

Applicant must be a responsible individual and maintain a Class 1 or Class 3 licence. Must demonstrate good truck driving ability with a clean driving record. Job requires physical labour. Must have the ability to lift 65lbs, work independantly, be motivated and bring a positive attitude. Must be willing to work weekends. We expect our drivers/operators to deliver excellent service to our customers while representing our company in a courteous and professional manner. Wage dependent on experience.

Please submit resume Via fax: 204-389-5129
or email: btfarm@mymts.net

MUNICIPALITY OF BIFROST-RIVERTON



EXTENDED OFFICE HOURS TAX DUE DATE SEPTEMBER 29, 2017



TAKE NOTICE THAT on the municipal tax due date, Friday September 29, 2017, the Main and Satellite Municipal Offices will be open from 8:30 a.m. – 4:30 p.m. without closing for lunch.

Also take notice that the Satellite office will be closed Thursday October 5, 2017. Regular hours will resume Tuesday October 10, 2017

Dated at Arborg this 8th day of August, 2017.

Cindy Stansell, CMAA
Chief Administrative Officer
Municipality of Bifrost-Riverton

MUNICIPALITY OF BIFROST-RIVERTON



TENDER



The Municipality of Bifrost-Riverton invites tenders for the following projects:

- 1) Rd143N between 23 & 24, North Side ~ 1 Mile Ditch cleanout and installation of culverts.
- 2) Rd126N between 19 & 20, North side ~ 1 Mile Ditch cleanout and installation of culverts

Tender packages are available at the Main Office or through email. Sealed bids marked with project name and clearly displaying the bidder's name will be received by the undersigned until 12:00pm on September 25, 2017.

The municipality reserves the right to reject any or all bids, to waive irregularities and informalities therein, and to award the project in the best interest of the municipality in its sole discretion.

Jason Comeau
Public Works Manager
Municipality of Bifrost-Riverton
Box 70, 329 River Rd, Arborg MB R0C 0A0
Ph: 204-376-2391, pwbifrost@mymts.net

MUNICIPALITY OF BIFROST-RIVERTON



EXCAVATOR OPERATOR

REQUIRED IMMEDIATELY



Excavator Operator

The Municipality of Bifrost-Riverton is seeking an experienced excavator operator that is capable of operating an excavator with a laser level attachment. This is a term position that will expire at the end of the 2017 construction season.

Essential Duties and Responsibilities

- Ability to operate an excavator to cut grade with laser level to preform ditching and culvert installation
- Perform daily maintenance, cleaning and safety checks of equipment
- Operate on public roadways, maintaining proper awareness of one's surroundings
- Operates heavy equipment, including but not limited to, grader, dozer, loader and general labor duties

Jason Comeau
Public Works Manager
Municipality of Bifrost-Riverton
Box 70, 329 River Rd, Arborg MB R0C 0A0
Ph: 204-376-2391, pwbifrost@mymts.net



NOTICE OF APPLICATION MUNICIPALITY OF BIFROST-RIVERTON REVISED WASTEWATER RATES RIVERTON WASTEWATER UTILITY

September 5, 2017

The Municipality of Bifrost-Riverton has applied to the Public Utilities Board (Board) for revised wastewater rates for Riverton Utility (Utility) as set out in By-Law No. 17-2017, read for the first time on May 10, 2017. Rates were last approved in 1990 in Board Order No. 171/90.

The current rates and proposed rates are provided:

| | Current By-law 6-90 | Proposed Year 1 | Proposed Year 2 | Proposed Year 3 |
|-------------------------------------|---------------------|-----------------|-----------------|-----------------|
| Quarterly service charge | \$1.80 | \$2.59 | \$3.38 | \$4.18 |
| Quarterly wastewater charge per REU | \$13.20 | \$20.59 | \$27.98 | \$35.37 |
| Minimum Quarterly Charge* | \$15.00 | \$23.18 | \$31.36 | \$39.55 |

*Based on 1 Residential Equivalency Unit

The following clauses were added or revised in By-law No. 17-2017. Please review the proposed By-law at the Municipal office for detailed information:

5. Quarterly Billing
7. Disconnection

Details of the Municipality's application are available for review at the Municipal office or the Public Utilities Board's office. Any questions concerning the application for revised rates, or the operation of the Utility, should be sent directly to the Municipality.

If you have concerns/comments regarding the Municipality of Bifrost-Riverton application for wastewater rates please go to www.pubmanitoba.ca and provide your comment. Please note all the comments will be forwarded to the Municipality.

Questions or comments should be sent on or before October 5, 2017

Room 400-330 Portage Avenue
Winnipeg, MB R3C 0C4
www.pubmanitoba.ca

330, avenue Portage, pièce 400
Winnipeg (Manitoba) Canada R3C 0C4
www.pubmanitoba.ca

RONA

RONA GIMLI is looking for a LUMBER YARD ASSOCIATE

Responsibilities include:

- Assisting customers
 - Putting away and merchandising freight
 - Preparing lumber orders for delivery and for in-store sales
- valid drivers license is required
- the right candidate for this position will be physically fit and able to move heavy merchandise manually and/or using appropriate machinery provided.

Please submit your resume in person or email to

laura@ronagimli.ca

RONA GIMLI

100-7th Avenue | Gimli, Manitoba, R0C 1B0

McSherry Auction

#12 Patterson Drive
Stonewall, MB

Estate & Moving Auction

Wed, Sept. 20 @ 4:00 pm
Yard * Recreation *
Tools * Misc * Antiques *
Household * Go To Web!

Stuart McSherry
(204) 467-1858 or
(204) 886-7027

www.mcsherryauction.com

McSherry Auction

Auction Sale

Marilyn Brounstein
Sun Sept 24 @ 11:00 am
Dugald, MB
1 Mile West on Hwy 15
Then North 1/3 Mile

Over 60 Vehicles * 70
Chev El Camino * 66 Ford
Mustang * 50's Morris Panel
Sedan * 93 VW Jetta * 94
Ford Explorer 4x4 * 79
Ford 250 * 78 Dodge 300
Tow Trucks * Universal 650
MFWA 3PH & FEL * Fordson
60 HP Tractor 3PH * 3PH
Mower * 3PH Snow Blower *
Full List & Pictures on Web *

Stuart McSherry
(204) 467-1858 or
(204) 886-7027

www.mcsherryauction.com

BU and ACC students:

BU Residence has space available. Single and Double Occupancy for 2017-18 year.

- Secure, comfortable, furnished rooms
- Hundreds of events and programs
- Delicious, nutritious food program.

Call 204-727-9761
or 204-727-7394

McSherry Auction

Herman Rempel

Sat, Sept. 30 @ 10:00 am
Stonewall, MB
#12 Patterson Dr.

Contact: (204) 254-5255
1918 Buick Roadster * Int
TD6 Crawler 88 Hrs * Int TD
9 * 6 More Tractors * Large
Amt New & Used Tractor
Parts * Specialty & Regular
Tools * Manuals * Antiques *

Stuart McSherry
(204) 467-1858 or
(204) 886-7027

www.mcsherryauction.com



For all your printing and publishing needs

Call Today! 467-5836

Remember Your Loved Ones with an Announcement in the



Call 467-5836 or
classifieds@expressweeklynews.ca

Classifieds



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

E.J. SMITH SELKIRK MEMORIALS
 A Family Business Making Quality Memorials ~ Since 1896
 Browse prices on our website! Visit us at: **49 Main St. Selkirk**
www.smithmemorials.ca or call Toll Free: **1-866-475-6025**
 We deliver and install throughout the Interlake.
Contact us for the best price and personal, professional service!

Everything you need to promote your business

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

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

80 Years Serving Gimli & Surrounding Area

Gilbart **Gilbart Funeral Home**
 Gimli's Only Full Service Funeral Chapel
50-1st Ave., Gimli 1-800-230-6482
www.gilbartfuneralhome.com

Remember Your Loved Ones
 with an Announcement in the

THE EXPRESS
 WEEKLY NEWS

Call 467-5836 or classifieds@expressweeklynews.ca

Biz Cards
 Call 204-641-4104

C.A. Lamoureux Stucco & Acrylic
 Adam Lamoureux
204-886-3880
204-509-9152
 Residential, Commercial, Conventional, Acrylic, EIFS, Cultured Stones & Pargings grizzlyadamz@yahoo.ca

Tree & Yard Service
 *Problem Tree Removal
 *Professional Tree Care
 *Storm Restoration
 *Certified Arborist
(204) 364-1372
 *INSURED

PRIVATE ADDICTIONS COUNSELLING SERVICES
 for Youth, Adults & Families
 confidential • anonymous • in a safe environment
 accredited AFM counsellor
 • Starts at \$75/hour • Individuals & Family Counselling
 • Children & Youth Counselling
 • Rehab Aftercare & Relapse Prevention for Families & Individuals
 GIMLI, MB - CALL OR TEXT PAUL 204-955-6923

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

SHERLOCK TREE REMOVAL
 Pruning • Stump Grinding • Chipper
 Licensed Arborists
 Fully Insured - Claim Free
 30 years Experience
 Vince 861-0487
 Darren 861-0028

HUBS AUTO DETAIL SHOP
 Cars, Trucks, Boats, ATV's
 CURRENTLY BOOKING APPOINTMENTS
 (204) 376-2881
 267 Ardal St. Arborg, MB, R0C 0A0
hubsauto@mymts.net

Call 204-641-4104
To advertise on this page.

LITTLE JOE'S AUCTIONS
 "If you own it, I can sell it"
 • Real Estate • Automobile • Farm • Cattle
 • Antiques • Charity • Fund Raising
 • Subcontracting and More
 Call Joe Stogrin - **204-642-2448**
www.littlejoesauctions.com

J. Brandt ENTERPRISES
 Office - 204-364-2775
www.jbrandtent.com
 Arborg 3m West on Hwy 68, 6m North on Hwy 233, 2.75m West on Rd 329
SPECIALIZING IN HEAVY TRUCK & TRAILER SALES AND SERVICE

WE SUPPLY AND/OR INSTALL:
 • Window Coverings **HunterDouglas**
 • Floor Coverings • Cabinetry
 • Countertops & More!
THE HOME STORE
 Hwy #9 & Colville Drive Gimli, MB
(204) 642-8585

Glass Specialists **Construction**

- Sealed Units
- Flat Glass
- Mirrors
- Laminated
- Tempered
- Plexi/Lexan
- Windows & Doors
- Siding
- Custom Cladding
- Decks
- Construction/Renovations

Interlake Glass 365 Main St. Arborg, Mb
204.376.5177
intglass@mymts.net
 WINDOWS, DOORS & MORE

Everything you need to promote your business

Interlake Graphics
 For all your printing and publishing needs **467-5836**

- FLYERS
- BROCHURES
- POST CARDS
- STICKERS
- BUSINESS CARDS
- PRESENTATION FOLDERS
- SIGNS
- SOCIAL TICKETS
- DOOR HANGERS
- LETTERHEAD
- ENVELOPES
- INVOICES
- ESTIMATE SHEETS
- POSTERS
- MEMO PADS
- And MORE...

Arborg Family Dental

Box 983 204 376 2624
 145 Sunset Blvd. arbordental@gmail.com
 Arborg, MB R0C 0A0

Our goal is to partner with our patients to help them achieve and maintain a lifetime of excellent oral health.
Emergencies and New Patients Welcome
www.arborgfamilydental.com

JLS CONSTRUCTION
 Specializing In:

- ♦ Jacking
- ♦ Foundations
- ♦ Concrete Work
- ♦ Leveling
- ♦ Garage Pads
- ♦ Decks

Call Brad at 204-641-3919
 email: jlsconstruction@mymts.net
 Box 959, Winnipeg Beach, MB R0C 3G0

Oakridge Meat's Ltd

McCreary MB 204-835-2365 204-476-0147

- Custom Slaughter (Beef & Pork)
- Custom Cutting & Wrapping
- We are a government inspected plant

Lorne Nagorski
 General Manager

Very well trained staff to service all your needs

10 DAY **x2** SALE!

"Twice as Nice"

SALE ON NOW!

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

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

| | | |
|---|---|---|
| Gwen Adams, Matlock.....\$1498.00 | Joan Hudson, Hodgson.....\$979.00 | Matthew Hamberg, Winnipeg.....\$399.00 |
| Buddy Chudy, Fisher Branch.....\$1298.00 | Leonard & Joyce Jackson, Gimli.....\$2,427.00 | Star Johanneson, Arborg.....\$549.00 |
| Dave and Mary Crate, Koostatak.....\$529.00 | Amanda Rundie, Riverton.....\$258.00 | Allan & Janie Johnson, Riverton.....\$1,039.00 |
| Frank Dziedzic, Stonewall.....\$859.00 | Kay Bergman, Arborg.....\$2,229.00 | Brenda Kayer, Teulon.....\$399.00 |
| Heather Fedorchuk, Gimli.....\$1119.00 | William & Ethel Brown, Gimli.....\$5,000.00 | Wayne & Kathy Kristinnson, Arborg.....\$499.00 |
| Ilean Haldane, Winnipeg Beach.....\$1979.00 | Mike Budniak, Meleb.....\$1,504.10 | Jeff Melsted, Gimli.....\$120.00 |
| Catalina Janzen, Arborg.....\$709.00 | Leona Cochrane, Koostatak.....\$499.00 | Beverly & Bryan Plett, Arborg.....\$2,148.00 |
| Joan Krulicki, Arborg.....\$1126.99 | Ivan & Christine Fridfinnson, Arborg.....\$737.10 | Bruce Reimer, Arborg.....\$1,308.00 |
| John Logan, Teulon.....\$439.00 | Jocelyn & Tony Hayka, Arnes.....\$949.00 | Ray Reimer, Arborg.....\$399.00 |
| Todd and Lisa Mazur, Fisher Branch.....\$72.40 | John Hudyma, Fraserwood.....\$599.00 | Donna Volour, Arborg.....\$69.00 |
| Jason and Sarah Naylor, Arborg.....\$1328.99 | Alex Klimchuk, Fisher Branch.....\$575.00 | Richard & Judith Werner, Arnes.....\$419.00 |
| Peter and Lisa Sawatzky, Arborg.....\$249.00 | Kevin & Lisa Klym, Arborg.....\$1,484.00 | Don Barkman, Arborg.....\$279.00 |
| Donna and Jim Skinner, Arborg.....\$50.94 | Claudia Krawchuk, Fraserwood.....\$499.00 | Noren Barkman, Arborg.....\$679.00 |
| Allen Spence, Hodgson.....\$1199.00 | David & Judy McDougall, Ashern.....\$399.00 | Mark Bayliss, Arborg.....\$19.95 |
| John and Mary Troyan, Arborg.....\$868.99 | Tammie McQuoid, Arborg.....\$1,049.00 | Melvin & Carol Bilinski, Fisher Branch.....\$999.00 |
| Lenore Johnson, Riverton.....\$548.00 | John Miller, Broad Valley.....\$69.95 | Jim & Wanda Brandson, Lundar.....\$916.00 |
| Ben Klassen, Arnes.....\$728.00 | Ronald Plett, Arborg.....\$499.00 | Paul & Linda Bus, East Selkirk.....\$338.00 |
| Olga Kowalsky, Riverton.....\$599.00 | Frank Reimer, Arborg.....\$658.00 | Richard & Doris Dueck, Arborg.....\$59.90 |
| Olga Lupky, Riverton.....\$677.00 | Dave & Eileen Shott, Arborg.....\$98.00 | Henry T. Friesen, Arborg.....\$1727.95 |
| Rick & Vickie McCornister, Peguis.....\$2,067.00 | Fern & Philip Sinclair, Peguis.....\$279.00 | Jocelyn & Tony Hayka, Arnes.....\$749.00 |
| Yvonne Stranger, Peguis.....\$1,328.00 | Philip Thorlerson, Arborg.....\$599.00 | Carl Johnson, Riverton.....\$499.00 |
| Ralph Sutherland, Fisher Branch.....\$1,158.00 | Stanley Wallach, Poplarfield.....\$599.00 | Darryl & Jeanette Lazaruk, Poplarfield.....\$599.00 |
| Olga Swiatuk, Arborg.....\$788.00 | Philip Bauenhuber, Arborg.....\$1,900.00 | Jason Loewen, Arborg.....\$59.90 |
| Tony & Leona Vandersteen, Fisher Branch.....\$699.00 | Simonetta DelSante, Riverton.....\$529.00 | Janet Porth, Gimli.....\$1759.00 |
| Thelma Jaworenko, Arborg.....\$848.00 | Danielle & John Weedon, Riverton.....\$1,799.00 | Candace Sigurdson, Riverton.....\$499.00 |
| Dan & Lynn Chymy, Fisher Branch.....\$329.00 | Bev Webb, Fisher Branch.....\$129.00 | Tracy Sigvaldason, Arborg.....\$299.00 |
| Riverton Group Home, Riverton.....\$2,699.00 | Alan McKay, Arborg.....\$349.00 | Della Sinclair, Koostatak.....\$1599.00 |
| Ainsley Gibbs, Arnes.....\$7.00 | Zenith Poole, Arborg.....\$948.00 | Isabel J Toy, Lundar.....\$469.00 |
| Jonas Roche, Arborg.....\$349.00 | Barb & Menno Friesen, Riverton.....\$559.00 | Cynthia Webster, Gimli.....\$449.00 |
| Margaret Podaima, Fisher Branch.....\$768.00 | Pat Dudrak, Arborg.....\$499.00 | George & Maria Wiebe.....\$510.00 |
| Michael Eyoifson, Riverton.....\$617.00 | Mary Dunlop, Gimli.....\$109.00 | Debbie & Adrian Zeleznitsky, Gimli.....\$858.00 |
| George R. Welbe, Arborg.....\$1,227.00 | Jean Harrison, Arborg.....\$1,988.00 | Doreen Steg, Camp Morton.....\$1,474.50 |
| Janice Sinclair, Peguis.....\$299.00 | Roxanne Roche, Arborg.....\$1,868.00 | Darlene Jonsson, Gimli.....\$529.00 |
| Geraldine & Jamie Stephenson, Riverton.....\$1,711.00 | Ernie & Lucille Stabner, Eriksdale.....\$1,349.00 | Delbert & Luwana Brandt, Riverton.....\$1,799.00 |
| Dean & Sharmaine Murdock Dallas.....\$319.00 | Nancy Woychyszyn, Arborg.....\$499.00 | Brenda & Ed Anderson, Princess Harbor.....\$529.00 |
| Theodore Zagowski, Riverton.....\$119.00 | Donna & Ray Andert, Gimli.....\$899.00 | Linda Williams, Peguis.....\$339.00 |
| Morris Willis, Riverton.....\$416.13 | Wilf Ashley, Arborg.....\$479.00 | Eugene Feschuk, Gimli.....\$2,227.00 |
| Glen Syme, Arborg.....\$59.00 | Jake Barkman, Riverton.....\$619.00 | Ida Jean Buck, Hodgson.....\$26.75 |
| Rob & Kelly Selkirk, Peguis.....\$2,399.00 | Mike & Thelma Blahay, Arborg.....\$557.00 | Glen & Phyllis Stevenson, Peguis.....\$877.00 |
| Pete & Mary Plett, Arborg.....\$599.00 | Elaine Bolter/Geoff Crew, Sandy Hook.....\$999.00 | Don & Betty Johnson, Arborg.....\$1,299.00 |
| Margaret Ostertag, Gimli.....\$1,448.00 | Karen Dzaid, Arborg.....\$499.00 | Patricia McCallum, Gimli.....\$569.00 |
| Peguis Free Spirits Child Care, Peguis.....\$189.00 | Natalia & Roger Eyoifson, Riverton.....\$1638.00 | Joyce Bielik, Riverton.....\$29.95 |
| Brent Melsted, Arborg.....\$599.00 | Randy & Glenda Forster, Hodgson.....\$1898.00 | Marvin Olson, Arborg.....\$29.95 |
| A.W. Mabon, Gimli.....\$1,027.00 | Perry & Genni Hibbert, Arborg.....\$479.00 | Jeroline Smith, Peguis.....\$1227.00 |
| Brian Jonsson, Arnes.....\$454.00 | Kris & Begga Johannesson, Riverton.....\$939.00 | Sandra Jonasson, Arborg.....\$549.00 |
| Phyllis Dueck, Riverton.....\$767.00 | Rick & Sheila Johnson, Arborg.....\$349.00 | Melissa & Jeff Abuda - Arborg.....\$3,339 |
| John & Nellie Burek, Arborg.....\$599.00 | Bertha Jonasson, Arnes.....\$769.00 | John Paul Avison - Arborg.....\$679 |
| Andrew Barg, Winnipeg.....\$1,748.00 | Donna Jonasson, Arnes.....\$399.00 | Carol & Dan Beauchemin - Inwood.....\$1,329 |
| Crystal Sigurdson, Riverton.....\$548.00 | Jeanette Kist, Gimli.....\$121.87 | Jim Dingwall - Camp Morton.....\$1,038 |
| Robert & Ellen Martin, Arborg.....\$1,330.00 | Kevin & Lisa Klym, Arborg.....\$774.00 | Eugene Feschuk - Gimli.....\$698 |
| Ronald Ostzyrniuk, Poplarfield.....\$479.00 | John & Tina Kornelson, Arborg.....\$689.00 | Jason Hudson - Riverton.....\$1,278 |
| Margaret S. Wilson, Peguis.....\$1,699.00 | Kent & Helena Kostshyn, Lundar.....\$639.80 | Darlene Jonsson - Gimli.....\$359 |
| Stacey Ledingham, Riverton.....\$1,279.00 | Thomas Kowalchuk, Fraserwood.....\$499.00 | Ruth Kennedy - Arborg.....\$549 |
| Wayne Barkman, Arnes.....\$799.00 | Layne & Holly Kulbacki, Arborg.....\$599.00 | Benita Muzyka - Arborg.....\$388 |
| Kathy Taylor, Winnipeg Beach.....\$599.00 | Edward Penner, Arborg.....\$619.00 | Archie Thompson - Arborg.....\$549 |
| Doreen Steg, Camp Morton.....\$299.00 | Keith Poleschuk, Arborg.....\$2082.00 | Amanda Unger - Riverton.....\$799 |
| Lloyd Sigurdson, Arborg.....\$599.00 | Curtis Spence, Hodgson.....\$479.00 | Evelyn Wallach - Poplarfield.....\$899 |
| Glen & Norma Plett, Arborg.....\$629.00 | Tanya & Lyle Thorgilsson, Lundar.....\$329.00 | Judy Wells - Grande Pointe.....\$119 |
| Jeanette Nickols, Riverton.....\$1,699.00 | Nancy Woychyszyn, Arborg.....\$768.00 | Lynn Bear - Peguis.....\$239.00 |
| Agnes Furgula, Riverton.....\$939.00 | Mathew & Gemma Avison, Arborg.....\$219.00 | Hazel Brunen - Eriksdale.....\$729.00 |
| Scott McDougall, Ashern.....\$369.00 | Raymond Bazinet, Eriksdale.....\$389.00 | David Chudy - Fisher Branch.....\$1,499.00 |
| Doug Moroski, Meleb.....\$399.00 | Lynn Bear, Peguis.....\$1,044.00 | Susie and Brian Eyoifson - Riverton.....\$528.00 |
| John Harper, Hodgson.....\$799.00 | Ken & Linda Cherapak, Arborg.....\$49.00 | Nelson Hudson - Koostatak.....\$629.00 |
| Robert & Delores Jacobson, Arborg.....\$279.00 | Debbie Deveau, Eriksdale.....\$249.00 | Larry and Valerie Kornelsen - Arborg.....\$799.00 |
| Brad Baziniak, Riverton.....\$698.00 | Dorothy Dubchak, Gimli.....\$899.00 | Jason Loewen - Arborg.....\$859.00 |
| Allan Porter, Peguis.....\$1,699.00 | Sid & Beatrice Dueck, Arborg.....\$659.00 | Rita Milne - Gimli.....\$1,327.43 |
| Peter & Verma Bodnar, Arborg.....\$1,028.00 | Don Firman, Arborg.....\$659.00 | Minerva Ladies Aid - Gimli.....\$659.00 |
| Zenith Poole, Arborg.....\$1,849.00 | Leslee Gislason, Riverton.....\$699.00 | Sheila Murdoch - Koostatak.....\$1,018.00 |
| Kevin & Lisa Klym, Arborg.....\$179.00 | Heather Hamberg, Teulon.....\$749.00 | Ruth Otto - Ashern.....\$1,829.00 |

GRAND TOTAL TO DATE \$228,248.76

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. 30th 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.
 We must reduce our inventory and to ensure we do, we will even give it away for one day!
 Don Smith
 Smitty's

6 PC DINING SET
Table 4 Chairs and Bench \$699

ALL PURCHASES QUALIFY!
 • Furniture
 • Appliances
 • Clearance Items

8-Piece Living Room Package
 Includes: Sofa, Loveseat, 3-piece Coffee Table Set, Pair of Lamps, Area Rug
\$1477

FIREPLACES
Log & Field Stone 26" Fire Box w/ Remote Control \$1399

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

Frigidaire Self-Clean RANGE & 18 cu ft FRIDGE Pair \$1348 CASH AND CARRY

BEDS, BEDS, BEDS, 17 Models on Display From \$199-\$1999

SALE RULES
 • All sales must be paid in full to qualify for this sale.
 • Visa, Mastercard or Smitty's Credit Cards accepted.
 • Sale Starts 9 a.m. Tues., Sept. 5 and ends Sat., Sept. 30, 6 p.m.
 • All purchasers on free day will be notified and receive their full refund by Wednesday, Oct. 4, 6 p.m.
 • All sales tallies and free day will be verified by our accounting firm.
 • Commercial sales excluded in tallies and free day.
 • All taxes excluded in tallies and refunds.
 • No returns or substitutions for these 20 sale days.

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

