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VOLUME 6 EDITION 38 THURSDAY, SEPTEMBER 19, 2019

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Terry Fox continues to inspire



EXPRESS PHOTO BY EVAN MATTHEWS

Brother and sister duo Walker and Kenley Magnusson cycled down Arborg's 3rd Avenue, as the community cycled, ran and walked in support of Terry Fox on Sept. 15. See story on pg. 12.

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Johnson wins Interlake-Gimli riding; riding sees highest voter turnout in the province

By Patricia Barrett

Conservative candidate Derek Johnson was elected for a second term in the Interlake-Gimli riding, picking up 6,199 votes during Manitoba's 42nd general election on Sept. 10.

The Interlake riding had been amalgamated with the Gimli riding after a 2018 boundary review. The new riding, with a population of 23,460, stretches from Gypsumville in the northwest to the southeastern shore of Lake Manitoba, and east to Hecla on Lake Winnipeg and down through Gimli to Winnipeg Beach.

Johnson said he had moments of nervousness as he watched the riding's 70 polls come in but attributed his win to Manitobans trusting a Conservative government to make changes for the better of the province.

"I think, in general, Manitobans want to keep Manitoba moving forward. Most people understand that changes can't happen in a day — they take time and there's always hardships with that," said Johnson. "But they're willing to give it time to have that positive change."

Johnson's closest contender, NDP candidate Sarah Pinsent, picked up 3,472 votes. Green Party candidate Dwight Harfield came in third with 473 votes. Liberal candidate Mary Lou Bourgeois picked up 400 votes.

The Conservatives won a majority

government with 36 seats overall, losing four seats this election. The NDP won 18 seats, up four from last election. The Liberals lost official party status, earning three seats. Voter turnout across the province was 55.5 per cent, according to Elections Manitoba's unofficial results.

Johnson said the Interlake-Gimli riding had the province's highest voter turnout of 70.3 per cent, and he attributes that to constituents' determination to have their voice heard.

He praised the efforts of his wife, Tara, volunteers on his and Pinsent's respective teams, and scores of other volunteers who encouraged people to exercise their democratic right to vote.

"Our volunteers worked exceptionally hard," he said. "I'm very proud of Interlake-Gimli having the highest voter turnout in Manitoba, and I know a lot of that can be attributed to our volunteers, reminding people to vote, getting them out to the polls and giving them rides."

Among Johnson's priorities for the riding over the next four years are doctor retention and recruitment. Since the last election in 2016, he said the Conservatives were able to recruit and retain 154 more physicians than when they first took government.

"This is a step in the right direction and we need to continue that trend, finding and retaining more doctors



EXPRESS PHOTO BY EVAN MATTHEWS

Progressive Conservative candidates Interlake-Gimli Derek Johnson, left, and Lakeside Ralph Eichler both won their riding during Manitoba's 42nd general election on Sept. 10.

for rural Manitoba," he said.

It's common for doctors to come and go, rarely spending their entire careers in one area, he said. And it's important to have more doctors "coming than going."

To help farmers cope with drought conditions, Johnson said his government announced last week an assistance program to help keep cattle on

the pasture longer.

Producers can apply for funding under the Ag Action Manitoba Assurance program to improve their access to water. Eligible projects include drilling new or deepening existing wells, drilling test holes, installing water pumps, constructing new dug-outs or rehabilitating existing ones,

Continued on page 8

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Registration Fee is \$10.00 per walker, cash only please. The walk will begin at Evergreen Basic Needs, 71 4th Ave, proceed along Goldfield to the Boardwalk, along the beach to Robin's for a water break and back to EBN for a BBQ for all participants. Leashed dogs are welcome to take part! If you are unable to attend, donations may be dropped off at EBN ahead of time. All donations will be split equally between EBN and the Gimli Humane Society. We look forward to seeing you!

NDP candidate Sarah Pinsent makes inroads on east side of Interlake-Gimli riding

By Patricia Barrett

Despite coming second in the Interlake-Gimli riding during Manitoba's 42nd general election last week, NDP candidate Sarah Pinsent showed she's a contender and said she'll be running again.

Conservative candidate Derek Johnson won the riding with 6,199 votes. Pinsent earned 3,472 votes, according to Election Manitoba's unofficial results. Also running were Green Party candidate Dwight Harfield, who placed third with 473 votes, and Liberal candidate Mary Lou Bourgeois, who picked up 400 votes.

Overall, the NDP won 18 seats, up four from the 2016 election.

"I'm extremely proud of our party and our team for the hard work they did in the Interlake-Gimli riding," said Pinsent, who was at the Ship & Plough pub in Gimli where she watched the polls come in on election night Sept. 10. "Every seat is well deserved."

Early in the evening, the polls had Pinsent in the lead over Johnson but, in the end, she lost by 2,727 votes.

Undeterred by the results, Pinsent said she and her team "did what we set out to do — and that was to regain the confidence of voters. That shows in the number of polls we won tonight."

One of Pinsent's campaign assistants said she won polls primarily on the Lake Winnipeg side of the riding, including in Gimli, Winnipeg Beach, Matlock and Riverton. But the party also "won big time on the Lake Manitoba reserve" on the west side.

The four-week election campaign saw Pinsent visit every corner of the newly amalgamated riding. With a population of 23,460, its boundaries stretch from Gypsumville in the northwest to the southeastern shore of Lake Manitoba, across to Hecla along the riding's eastern boundary and south to the Winnipeg Beach area.

Pinsent, who's a social worker, said she's worried about the future of health care in the riding under the Conservatives.

"I'm concerned about health care for all of us, that the government won't

respond to people that need help the most — families, seniors, people with low income," she said.

Pinsent was joined by her campaign team, family, friends and party supporters, including two former Interlake MLAs, Bill Uruski and Clif Evans.

"She's a hell of a candidate," said Evans. "We're very, very proud of her. She worked extremely hard, made a lot of friends and made a lot of political friends. I think she's got a terrific future in politics. She proved herself, regardless of the final result."

Evans said it's evident from the polls that there's still strong support in the riding for the NDP.

"In the next few years, it'll start to show what this riding means to the Conservatives — and that's nothing," he said.

The Conservatives won a majority government with 36 seats, down four from the 2016 election.

Pinsent said she intends to run again.



EXPRESS PHOTO BY PATRICIA BARRETT

Former Interlake MLA Clif Evans, left, NDP candidate Sarah Pinsent and her husband Chris, and former Interlake MLA Bill Uruski and his wife Elaine at the Ship & Plough pub in Gimli.

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Mother Nature brings rain too late for farmers

Province encourages ag aid applications

By **Evan Matthews**

Though Manitoba has seen more rain in the last week, farmers say it's far too late.

Though not originally included in the 12 RMs to declare a state of agricultural disaster, the RM of St. Laurent followed suit by doing the same



EXPRESS PHOTO BY EVAN MATTHEWS
Many farmers have reported that the extremely high transport costs for hay are equal to, or exceeding, the cost of the hay itself.

at its Sept. 4 meeting.

"We recognize there are several farmers in the RM affected by the moisture shortage over the last two years," St. Laurent chief administrative officer Hilda Zotter said in a press release.

Zotter said with the season almost at its end, at this point it's funding the farmers are in need of, not water.

"(Despite) recent rainfall and cooler weather, it's too late to improve the situation with hay and feed crops in the area, as well as water supply," she said.

Because farmers haven't been able to gather feed from typical resources, Zotter said the farmers are being forced to purchase feed from other areas at an unjustifiable cost.

Many of these farmers will be forced to sell all — or parts of — their herds, and at a much lower price than the norm, according to Zotter.

"Most will not recover, nor will they continue to farm," said Zotter. "The economic loss would be too great, and it's detrimental to all (Manitobans)."

The feeling among many farmers, to date, has been many government aid programs are to "cookie-cutter" and do not factor in the nuances of the farming industry.

Province encouraging ag aid applications

Though the current agricultural climate was not made to be a provincial campaign issue, Manitoba's Agriculture Minister Ralph Eichler did make an announcement via press release on Sept. 12.

The press release states that the provincial government is advising livestock producers affected by dry con-

ditions to apply for funding to support water access and management under Ag Action Manitoba.

"We recognize that many producers are feeling the effects of our dry summer and that they may require additional assistance to secure a safe and reliable water supply for their livestock," said Eichler.

"Properly functioning and adequately protected ground and surface water sources are essential to ensuring the health of livestock and ground water sources."

The funding will be provided through Ag Action Manitoba Assurance.

To be eligible for the program, applicants must complete an environmental farm plan (EFP), which helps to manage risk on the farm related to water quality and supply, soil health, air quality and biodiversity. Producers have until Nov. 1, 2020, to submit their EFP statement of completion.

Ag Action Manitoba Assurance's eligible projects include:

- Drilling new or deepening existing wells, test hole drilling, screening, casing, well caps and related activities;
- Installing water pumps and required plumbing components and related activities, such as professional and contractor fees;
- Constructing new or rehabilitating existing dugouts including professional and contractor fees; and
- Establishing alternative watering system equipment and permanent fencing to restrict livestock access to surface water and dugouts.

Public Utilities Board

PUBLIC NOTICE

Régie des services publics

Public Review of Efficiency Manitoba's 3-Year Energy Efficiency Plan

Efficiency Manitoba is a new crown corporation with a mandate that includes implementing and supporting energy efficient initiatives that will reduce consumption of electricity and natural gas.

Pursuant to The Efficiency Manitoba Act ("The Act"), Efficiency Manitoba will file an efficiency plan with The Public Utilities Board ("PUB") by October 1, 2019, that will propose energy efficiency initiatives to meet the electricity and natural gas energy efficiency targets that have been set out in The Act for the 2020/21 to 2022/23 fiscal years. The Act requires implementation of the Efficiency Plan on April 1, 2020.

Commencing 9:00 am December 2, 2019 in its Hearing Room at the address provided below the PUB will conduct a public review of the Plan for the purpose of making recommendations to the Minister responsible for The Act.

How do I share my views?

You can share your views on Efficiency Manitoba's Plan by way of:

- **Oral presentation** – To make an oral presentation to the Board at the Public Hearing, please register before November 8, 2019 with the Public Utilities Board by sending an email to www.publicutilities@gov.mb.ca
Presentations are limited to a maximum of ten minutes.
- **Written comment** – To comment in writing on the Efficiency Plan, please go to www.pubmanitoba.ca and provide your comment.
- **As an approved intervener** – To participate in the public hearing as an Intervener, please go to www.pubmanitoba.ca and register before October 4, 2019 to become an intervener.

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Further details are available on the Board's website at www.pubmanitoba.ca

Available in accessible formats upon request.



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Manitoba 

Interlake Tourism hosts annual Celebration of Stars awards

By Evan Matthews

Tourism is a huge economic driver for Manitoba's Interlake, and the region celebrated last week.

For the first time since 2006, Eriksdale played host to the 18th annual Interlake Tourism Association's (ITA) Celebration of Stars Awards Dinner on Sept. 12 at the rec centre. In total, 124 people attended the event.

"There were a lot of new faces at the dinner. ... It was a delicious meal prepared and catered by the Eriksdale Museum group," said Gail ITA manager.

"The association offered rec activities and experiences at the Eriksdale Creamery Museum, and a trip out to Percy Moggey's cabin, as part of exploring the area for all who attended," she said, adding the rain held off until the activities had concluded, fortunately.

Percy Moggey is known as "Manitoba's boogeyman," since it's said he's the only person to ever escape from Stony Mountain Penitentiary and subsequently spent almost a year living near Eriksdale in the bush.

The nomination process began back in June, according to McDonald, with nominations flooding the office through July. Nominees were then asked to fill out a questionnaire, which were reviewed by independent judges for scoring.

The ITA presented each winner with etched glass trophies and a certificate. Each of the ITA member award winners will move forward onto the Travel Manitoba Provincial Awards in 2020, according to McDonald.

An individual, organization, business or municipality, may be nominated for more than one category.

Winners included:

- Daryl Carry - Town of Winnipeg Beach - Award of Distinction
- Marilyn Williams - Garden & Art Tour / Red River North Tourism - Event of the Year
- Don Bowles - Dunnottar Train Station / Volunteer of the Year
- Lois Wales - Garden & Art Tour, Homes for the Holiday / Holiday Alley - Volunteer of the Year, Event of the Year
- Russ Garvie - St. Andrews Rectory Heritage Centre - Partnership Award
- Allan Sulyma - Town of Winnipeg Beach - Award of Distinction
- Eugene Zalvich - for Adam Tarnowski of Beachside Boutique - NON-Member Award
- Rob Jantz - Prairie Sea Kayak Adventures - Innovation Award
- Jacques Bourgeois - Oak Hammock Marsh Interpretive Centre - Event of the Year- Budget Under \$5,000.



EXPRESS PHOTO SUBMITTED

Back Row (left to right): Daryl Carry, Town of Winnipeg Beach - Award of Distinction; Marilyn Williams, Garden & Art Tour/Red River North Tourism - Event of the Year; Don Bowles, Dunnottar Train Station - Volunteer of the Year; Lois Wales, Garden & Art Tour, Homes for the Holiday/Holiday Alley - Volunteer of the Year, Event of the Year; Russ Garvie, St. Andrews Rectory Heritage Centre - Partnership Award; Allan Sulyma, Town of Winnipeg Beach - Award of Distinction; Front row: Eugene Zalvich, for Adam Tarnowski of Beachside Boutique - NON-Member Award; Rob Jantz, Prairie Sea Kayak Adventures - Innovation Award; Jacques Bourgeois, Oak Hammock Marsh Interpretive Centre - Event of the Year- Budget Under \$5,000.

Toastmasters in the Arts shows guest clubs a super time

By Patricia Barrett

Gimli-based Toastmasters in the Arts Club (TMIA) held



EXPRESS PHOTO BY DOREEN PENDGRACS
Mayor Lynn Greenberg, left, and economic development CDC clerk Brittany Isfeld.

a fall rally last Saturday for clubs within District 64 of Toastmaster's International. TMIA, which has members from the across the Interlake region, organized the rally for clubs from across Manitoba, northwestern Ontario and northern Minnesota.

The full-day event attracted 67 people to Gimli's Waterfront Centre last Saturday. Participants heard from guest speakers and took part in improv exercises. Gimli Mayor Lynn Greenberg and the municipality's economic development and tourism clerk Brittany Isfeld were guest speakers.

Club founder Doreen Pendgracs said everyone had a "super time."

"We were thrilled with our venue at Johnson Hall and with the food catered by Mad Dash Catering," said Pend-

gracs, who helped co-ordinate the rally, "as well as with the support we received from the local community and by way of grants and donations."

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KEN LOEHMER
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A new political beginning

By Evan Matthews

"Four more years! Four more years!" The resounding chant filled the room at Canad Inns Polo Park in Winnipeg, the locale for the Progressive Conservative Party of Manitoba's election celebration.

Four more years it will be. But every election offers a new political beginning.

The reality is that, despite every politician (for the most part) identifying with a party, every politician should be focused on good ideas and supporting their constituents' wishes, first and foremost.

With that notion in mind, the lack of discussion on the 2019 campaign trail relating to the Interlake's agricultural state of disaster was disappointing.

This is a region that has very few major issues, but the issues that exist need to be addressed: A lack of doctors available in rural communities; a lack of ambulances and/or stretcher services available, and the wait times associated with emergency situations; the health of our lakes, and, not to

be forgotten, the agricultural state of emergency.

These are the issues we hear about consistently in the Interlake region, yet, aside from vague acknowledgements, what's the plan going to be?

How is the province going to address these issues for Interlake residents?

The agricultural industry's current state is probably the most troubling, though.

In relation to agriculture, the province could be about to experience a mass exit from the farming industry it just hasn't seen before.

The province is at risk of losing a major local industry, and for the smaller, rural communities who rely on the (farming) industry as a main economic driver, what happens to them if/when that industry disappears?

One might assume they move to the city, but what if those people move out of province? Are we willing to lose Manitobans?

If everybody currently struggling gets up and leaves, what keeps those communities going?

Farmers built many of the Interlake's communities, whether through livestock, grains or produce.

It's a little bit ironic the very families who helped to build the Interlake region, socially, economically and politically, feel they are not being taken care of in their own time of need.

For a few Interlake farming families, how the state of agricultural emergency resolves itself will forever be the Manitoba PC legacy, and the government has a chance to step up to be a real leader for some of its struggling residents.

One way or another, the agricultural situation is going to resolve itself.

It's really just a matter of whether farming — livestock farming, specifically — will be an industry in this province, or won't it?

Right now, that's up to our provincial government more than anyone else, and they have a new political beginning.

What's it going to be?

MMF applauds Trudeau government for historic recognition of Métis veterans

Submitted

Today the Manitoba Metis Federation (MMF) is celebrating a long-awaited formal apology to Métis veterans who served during the Second World War.

The apology comes as part of the unveiling of the Canada-Métis Nation Métis Veterans Recognition Payment Agreement.

"I want to personally thank Prime Minister Justin Trudeau and Minister Lawrence MacAulay for today's statement and apology to our Métis veterans," said MMF president and Metis

National Council Minister Responsible for Veterans, David Chartrand.

"This federal government has shown great leadership taking action to correct the wrongs done to our Métis Nation veterans who joined Canada's call to arms only to be met with broken promises upon their return."

Today's announcement comes after nearly three quarters of a century of inaction by other governments and years of negotiating acknowledgment and compensation. Today's announcement is also part of Canada's efforts to fully recognize Métis veter-

ans' sacrifices.

"Looking back, it is clear that the pre- and post-Second World War experiences some Métis veterans faced may have negatively affected their successful re-establishment in civilian life following the Second World War," said The Honourable Lawrence MacAulay, Minister of Veterans Affairs and Associate Minister of National Defence. "Many experienced prejudice, poverty and a relative lack of pre-war education, vocational skills

Continued on page 7

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Clubroot pathotype in Manitoba an important reminder to implement management plans

Submitted

Manitoba Agriculture's discovery of a clubroot pathotype in South Central Manitoba that is able to overcome the original source of clubroot resistance should encourage all canola growers to implement clubroot management strategies, including scouting fields now for symptoms of the disease.

Outside of Alberta, very few fields have been found to contain novel pathotypes like this, and this is the first finding in Manitoba.

The discovery of pathotype 3A in the Rural Municipality of Pembina comes after multiple cases of clubroot DNA and plant symptoms having been found throughout the province of Manitoba since 2013.

"This is yet another cue for the industry to continue to take this disease seriously and implement clubroot management plans," says Dan Orchard, agronomy specialist with the Canola Council of Canada. "We still have an opportunity to get ahead of

this disease and limit the impact it has on canola producers and the industry."

All canola producers are encouraged to grow clubroot resistant varieties, limit the movement of soil, extend rotations to at least a two-year break between canola crops, control canola volunteers and other brassica hosts, and diligently scout.

Symptoms of the disease are most noticeable late in the season and can still be seen during and after harvest on plant roots. Producers are strongly encouraged to familiarize themselves with clubroot symptoms and start scouting this fall.

"The development of clubroot and discovery of a pathotype that is virulent to the original source of clubroot resistance is concerning to Manitoba canola farmers," says Ron Krahn, Manitoba Canola Growers Association director and chair of the Research Committee. "Clubroot is one of the latest challenges in canola produc-

tion. We know how important canola is for a profitable crop rotation, which is why we feel the research dollars that MCGA spends every year on current production challenges is money well spent."

The Canola Council has a variety of resources available to put the latest research on clubroot into action on the farm including:

- New clubroot management video focusing on key management strategies

- Clubroot.ca — a comprehensive website resource for clubroot management, including a section on scouting and identification

- Understanding Clubroot Resistance brochure

Clubroot (caused by *Plasmodiophora brassicae*) is a soil-borne disease that causes swellings and gall formations on the roots of susceptible brassica plant hosts, restricting uptake of water and nutrients. Low resting spore concentrations will produce no

or very discrete symptoms, whereas total yield loss can occur with high spore concentrations and conducive environmental conditions.

The Canola Council is working with industry and academics through the Clubroot Steering Committee to ensure that clubroot resistant varieties are used effectively in a clubroot management plan. Even when implementing resistant varieties, growers need to carefully scout to ensure the resistance deployed is effective against the pathotypes in the field and determine whether new sources of resistance are necessary. Under high resting spore loads, symptoms can occur after using the same resistance source two or three times, or even sooner.

"It is critically important to limit the pressure we put on resistance by using resistant varieties before spore concentrations are high, extending the break between canola crops and changing up resistance sources if necessary," says Orchard.

Province provides livestock producers with funding options to address dry conditions

Submitted by Manitoba government

The province is advising that livestock producers who have been affected by dry conditions on pasture can apply for funding to support water access and management under Ag Action Manitoba, Agriculture Minister Ralph Eichler announced Thursday.

"We recognize that many producers are feeling the effects of our dry summer and that they may require additional assistance to secure a safe and reliable water supply for their livestock," said Eichler. "Properly functioning and adequately protected ground and surface water sources are essential to ensuring the health of livestock and ground water sources."

Funding is provided through the Managing Livestock Access to Riparian Areas beneficial management practice (BMP) under Ag Action Manitoba – Assurance. Eligible projects and related costs include:

- drilling new or deepening existing wells, test hole drilling, screening, casing, well caps and related activities;
- installing water pumps and required plumbing components and related activities, such as professional and contractor fees;
- constructing new or rehabilitating existing dugouts including professional and contractor fees; and
- establishing alternative watering system equipment and permanent

fencing to restrict livestock access to surface water and dugouts.

To be eligible, applicants must complete an environmental farm plan (EFP) that will help manage risk on their farm related to water quality and supply, soil health, air quality and biodiversity. Producers have until Nov. 1, 2020, to submit their EFP statement of completion.

Ag Action Manitoba – Assurance: Beneficial Management Practices provides targeted incentive programs to agricultural producers and select industry service providers to advance the adoption of beneficial management practices (BMPs). These practices reduce identified environmental risks, improve agro-ecosystem resili-

ence, build public trust and improve environmental sustainability of farm options in Manitoba.

Applications will be accepted and reviewed on an ongoing basis until Oct. 11. Priority will be given to applicants within federal tax deferral areas, as identified at www.agr.gc.ca under Drought Watch.

Producers can contact their local Manitoba Agriculture office or call the department (toll-free) at 1-84-GROW-MB-AG (1-844-769-6224) for more information on any of these programs and services or go to www.gov.mb.ca/agriculture under Quick Links.

> MMF, FROM PG. 6

and work experiences. We apologize that the benefits offered to veterans after the war were not well designed to meet Métis veterans' specific needs. For example, many Métis veterans did not possess the required pre-requisites to access

education and training."

"This is a historic step towards reconciliation," added Chartrand. "Métis veterans were instrumental in Canada's Second World War efforts. By acknowledging their efforts and apologizing for not do-

ing this sooner, shows this Prime Minister and government are serious about righting past wrongs. For that, I am grateful."

Along with celebrating today's announcement, Chartrand is searching for surviving Métis veterans

of the Second World War. He has and will continue to travel to their homes and communities to thank them in person and to present them with compensation cheques as part of this agreement.

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> Fish tales?

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Catching fish through blind, hilarious confusion

Hi friends.

Who knew carp is king in Iraq! Over the years, I have taken great pleasure in bringing to light the stories of fellow fishers who had different ways of fishing in their original countries.

Last week I made my way over to Riverton, and as I pulled onto the concrete pier by the Icelandic River, I noticed a fellow purposely casting close to the edge of the river. I got out of my car, shading the sun from my eyes, and called out, "You trying for jacks by the bulrushes?"

He looked at me for a second and then, with an accent, said, "I'm catching but they're small."

I approached him, handing him my card, and asked, "I detect a bit of an accent, can I ask where you come from?"

"Yes," he said. "I come from Iraq and am a Canadian citizen for five years now."

"Wow, that's interesting. When you were in Iraq, did you fish any differently than we do here?" I asked.

"Yes, we used barrels," he replied.

Our new friend, Ahmed Dikhil, went on explaining that growing up in Baghdad, he and his young friends would "barrel fish" in the swamps along the Tigris River that ran through town. While there were many carp fish farms that produced the main fish eaten in Iraq, as boys they would go to stores and ask for the small plastic barrels that produce came in. They would cut off the top and bottom and then strip down to their shorts. In bare feet, they walked around in the massive marsh fields on either side of the Tigris River until they saw the reeds move. Slowly they would creep up on the movement. Looking down through the open barrel into the shin-deep water, they could see carp eating the roots of plants. They would hold their little barrels over the fish and then plunge it down, capturing it. A quick grab by the fish's gills and they had lunch or supper!

I recently met a young, vibrant lady angler, Destiny Pemkowski. With her significant other, Regan Thom, a slim, brown-haired guy with a quiet but



EXPRESS PHOTO BY ARNIE WEIDL

Regan Thom with his dragged-to-shore bass at Pointe du Bois.

purposeful nature, she went fishing a few weeks ago at Eagles Nest Lodge by Pointe du Bois. After a stop in Selkirk for supplies, it was early evening when they got there, as she tells it. Since they weren't tired from their long car trip, they piled into one of the lodge's small aluminum boats with their fishing gear and made for a bay that they knew to be sheltered from the wind.

The hot afternoon sun was giving way to fluffy white clouds as they sent their baited hooks well out with perfect casts. Settling on the boat's bench

seats, Destiny broke out the food and drinks they had bought in Selkirk. Silently, the Interlake couple ate, enjoying the water's gentle rocking of the boat and the panoramic view of high rock outcroppings, topped with evergreens through which a small waterfall cascaded down to the emerald blue-green lake they floated upon. A haze began taking over the sunny day with the clouds billowing bigger and joining together. They sat, sweating in the heat, their clothes sticking to their bodies.

Suddenly, Regan's line snapped to attention cutting through the waves. He grasped his rod handle with both hands, a half-eaten sandwich sticking out of his mouth as Destiny cried out, "And away we go!"

Regan started reeling in. He sensed the fish was only a fair size from the resistance it gave. Then it came alive, breaking above the water, whipping its body sideways, revealing a well-rounded deep green body and double back fin. As Destiny excitedly watched the play between the bass and Regan, huge warm rain drops began splattering the water around them. The large drops of rain intensified slapping them. A deafening beat rose as the deluge hammered on the thin metal of the boat.

Destiny's eyes shot skyward as a cracking thunder shook them. Lightning, she thought. Sitting in the back of the boat, she quickly started the motor and made for shore. The fish was off to the side of the boat. Regan reeled in as fast as he could with the boat plowing for shore. He got the fish broadside, dragging it thrashing in the waves. The warm rain pounded in Regan's eyes. Blinding hilarious confusion reigned! Then, thankfully safely on shore, Destiny and Regan looked at each other through the tropical-like downpour. Looking like they had been swimming in their clothes, they started to laugh. Regan held the bass high by two fingers in the gills.

Destiny screamed raucously, "Regan, our fish just pricked your finger. You're bleeding."

"I don't care," Regan shouted, laughing over the wind that had just picked up. "The rain will wash it off!"

Till next week, my friends. Bye for now.

> JOHNSON, FROM PG. 2

and establishing alternative watering systems.

"This program will allow cattle to stay out on the pasture longer so farmers don't have to start feeding them sooner and using up their winter feed," said Johnson.

"You don't want to be using that now if you don't have to. And our agriculture minister [Ralph Eichler] is in talks with the federal government to see what we can do on a go-forward basis."

Johnson said he'll also be focusing on improving the health of Lake Winnipeg on the east side of the riding. To stem the tide of phosphorus entering the lake from city wastewater — which contributes to algal blooms — Johnson said the City of Winnipeg

has to partner with both the provincial and federal governments, and that the province has already given the city \$34 million to fix its North End Water Pollution Control Centre.

"You need three people sitting across the table to make that partnership work, so we're continuing to talk with the City of Winnipeg," said Johnson.

The province will also continue to move forward on the Lake Manitoba flood diversion channel. Johnson said it has already consulted with seven communities, but the federal government ordered it to consult with about 35 more communities along the route, all the way up to Hudson Bay.

In terms of the number of votes per riding this election, Johnson ranked fourth highest. He said only nine MLAs got more than 6,000 votes. Agricul-

ture Minister Ralph Eichler (Lakeside) was second highest with 6,394 votes.

Johnson said he appreciated the efforts his riding predecessors — Eichler, who formerly represented Armstrong, and Jeff Wharton, who formerly represented Gimli — carried out.

"I want to thank them for their hard work in their former ridings," said Johnson. "I need to pick up the torch now and carry on."

As for a cabinet shuffle, Johnson said he doesn't know what's in store, and he hasn't heard whether he'll keep his position on the Treasury Board. Cabinet changes, if any, would likely occur in November after ministers are questioned by the opposition during estimates committee hearings.

MLAs will be sworn in Sept. 25 at the legislature.

Honouring Manitoba hero John Ramsay

By Ligia Braidotti

Seniors at the Circle of Friends Program enjoyed a nice afternoon filled with Manitoba's tales and history.

On Sept. 13, Selkirk resident and First Nation elder Ruth Christie was at the Gaynor Family Regional Library in Selkirk to tell a part of her history, along with Asper School for Theatre and Film instructor Andy Blicq.

Together, they have shared their knowledge of the tragic story of John Ramsay, Christie's great-grandfather, who was an Indigenous man who saved the lives of newcomer Icelandics setting in Gimli in 1875. Blicq and Huw Eirug produced *A Song for John Ramsay*, a documentary told in part by Christie and through a hunting song written and performed by Indigenous singer William Prince.

The first half of the meeting started with seniors gathering for snacks and watching the documentary. The second half was dedicated to Christie and Blicq, who shared their findings and knowledge of John Ramsay.

"I feel like this was given to me from my family, that I carry on with it. I have a lot of cousins and ... they kind of recognize me as a knowledge keeper. It's a gift that I can remember things since I was very young. I'm very fortunate to be connected to John Ramsay because he was such a hero," Christie said.

"I hope that I am an encouragement

to other people who feel that no one's taking responsibility for their stories. I hope to be a role model not only for my culture but for others too. When we get to know each other's history, when we are willing to be educated, I think that helps with reconciliation."

Ramsay's close ties with the Icelandic community have never been forgotten. When the Icelanders arrived in Canada, they came into an agreement with the Indigenous people living in what is now known as the Icelandic River. Ramsay became friends with the Icelanders and taught them to survive in the unfamiliar conditions in the new land.

Some of these Icelanders had purchased clothing from Quebec, which arrived contaminated with smallpox. The virus killed Ramsay's first wife Betsy and three of his four children. He took great care of his wife's grave, ordering a stone marker from the stone fort on the Red River. In 1894, he died of tuberculosis and Betsy's grave was forgotten.

One night, Ramsay appeared to Trausti Vigfusson in a dream and asked the local carpenter to repair his wife's grave. The story is that fishers' nets had been coming empty for a while, but after Vigfusson fixed Betsy's grave, the nets were full. It's believed that it was Ramsay's way of thanking the community.



EXPRESS PHOTO BY LIGIA BRAIDOTTI

Ruth Christie, right, shows pictures and books she owns about her great-grandfather John Ramsay at the Gaynor Family Regional Library on Sept. 13.

Blicq said it was an amazing opportunity to work side-by-side Christie. He commented she has a wealth of knowledge to share and keeps connections with Manitobans' prairie roots alive. But not only that, keeping the history alive is a way to honour those who helped shape the province.

"When we work together, well over a century later, we are still acknowledging him. We are still discussing

his life. We honour all the people that lived in that people by remembering them. And it's important for all of us to know who we are and where we came from," Blicq said.

He added there's another documentary about Christie and Ramsay out there, but it was never released.

"For me, it was important to connect with the Ramsay story and bring it to life. It was a real gift."

RCMP urging the public not to pursue suspects

Submitted by RCMP

Over the last couple of weeks, Headingley RCMP have responded to multiple reports of thefts where the owners of the property were actively pursuing the suspects in an attempt to get their property back.

This has resulted in the owners chasing the suspects in vehicles down various gravel roads and, in one instance, being involved in a collision.

"While we understand that the theft of personal property is extremely

frustrating, we cannot stress enough the danger to you and others of chasing suspects and engaging in this high-risk activity," said Sgt. Paul Maigne of the Manitoba RCMP.

"Chasing vehicles could have very serious consequences and places you and other members of the public at risk. If confronted, these individuals may also use violence to evade capture and there is always a possibility that they are armed."

The RCMP urges anyone who wit-

nesses a crime in progress to report it immediately to police from a safe location. It is critical that you closely follow all directions provided by the

telecommunications operator as your safety is their primary concern.

Interlake-Eastern RHA welcomes Dr. Samina Nishat to Ashern Medical Clinic



Dr. Samina Nishat

Dr. Samina Nishat is accepting patients at Ashern Medical Clinic located at 1 Steenson Drive in Ashern. Dr. Nishat is a family physician. She completed her medical school training in Pakistan and Canada.

"I have an interest in emergency medicine, women's health and preventive medicine," says Dr. Nishat who is married and lives with her family. She also enjoys event planning, cooking, watching movies, hiking and gardening in her spare time.

When asked what made her come to Interlake-Eastern versus more urban areas, Dr. Nishat says having been born and raised in a rural area, she is well aware of the diverse medical needs and challenges in remote populations. She also says the people in Interlake-Eastern Regional Health Authority are very nice and friendly.

Patients can make an appointment with Dr. Nishat by phoning the Ashern Medical Clinic at 204-768-2881. Please be sure to have your Manitoba Health card available when calling to make an appointment.

Also working with Dr. Samina Nishat at Ashern Medical Clinic are Dr. Rezvaneh Azad-Armaki, Dr. Mina Gendi, Dr. Christopher Nnachebe-Okpaleke, and Dr. Armin Sabri.

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Family medicine residents explore Gimli and lifestyle opportunities

By Ty Dilello

Interlake-Eastern RHA hosted a three-day Family Medicine Residents retreat at the Lakeview Resort in Gimli last weekend.

It was the first time the retreat was hosted in the Interlake since Selkirk put it on in 2016. The retreat is meant to showcase rural lifestyle and work opportunities that are available to physicians in the ever-growing Interlake-Eastern region of our province.

Every year, first- and second-year family medicine residents attend a different regional health authority for the retreat providing residents the opportunity to explore Manitoba with their families and possibly rekindle friendships with old classmates.

Alexa Toop graduated from the University of Manitoba College of Medicine in the spring of 2018 and started her family medicine residency in Steinbach in July 2018. She's current-

ly a second-year resident and is the chief resident for the group of residents based out of Steinbach.

Toop was one of the organizers of the retreat in addition to being a chief medical resident.

"Part of my role as chief resident was to work with the chiefs from Manitoba's various family medicine programs to plan our annual fall retreat. We were helped immensely by the department of Family Medicine at the University of Manitoba, as well as by staff from the Interlake-Eastern Regional Health Authority. Together, we spent several months planning a weekend that we hoped would be educational, fun and relaxing for our residents and their families," Toop said.

"The weekend in Gimli was excellent. I would definitely declare it a success. We had 115 residents attend the weekend, along with many

spouses and family members (including 32 children in total), which is approximately 75 per cent of the family medicine residents currently training in Manitoba."

Throughout the weekend, there were numerous presentations held at the retreat that focused on a variety of topics, ranging from academic to physician wellness to practice management. They also had speakers present on various topics pertaining to residency and future practice at their plenary sessions, including a session presented by Dr. Ian Alexander, a family physician practising in Selkirk and current president of the College of Family Physicians of Manitoba. The weekend also featured plenty of fun activities, including a dodgeball tournament, karaoke, a casino night, as well as the option for residents and their families to relax on the beach or at the always luxurious Lakeview Resort.

"The feedback we have gotten from the residents who attended has been very positive. And we're so glad we were able to plan a retreat that was so thoroughly enjoyed by all," Toop said.

"My favourite part of the weekend — and often a highlight for all many attend — was the job fair that



EXPRESS PHOTO SUBMITTED

Chief medical resident Alexa Toop enjoying her time at the Interlake-Eastern RHA Residents Retreat in Gimli at the Lakeview Resort.

took place on Friday evening. Over 30 event sponsors, including numerous family practice clinics throughout Manitoba, were present to advertise the numerous career opportunities that are available. As a physician who is planning to work in a rural location in the near future, I appreciated hearing about the needs and opportunities available throughout the province, including throughout the Interlake region."

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All Day Activities

<ul style="list-style-type: none"> - Farmers Market - Petting Zoo – with over 30 animals - Pony Rides - Gigantic Games - Fall Family Photos 	<ul style="list-style-type: none"> - Lions Canteen & Food Trucks - Pumpkin Carver - Silent Auction
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Inside Hall

8:30-9:30 - Ag Fair Registration
9-10:30 - Pancake Breakfast
9:30 - Hula Hooper – Kurrent Motion
10-11 - CSI Blue Grass Band
11:15 - Baby Contest
11:30 - How to grow a gigantic pumpkin presentation
1 pm - Mark Morissau Fiddler
2:15 - Robin Chestnut – Juggler

Grandstand Area
(South of Hall)

10 am – Gigantic Pumpkin Weigh Off
11 am – Ruff House Rowdies & Smart Dog Show
2:45 pm – Ruff House Rowdies & Smart Dog Show

Sunova Kids
Tent & School
Playground

10-3 Crafts & Face Painter
10-12 & 1-3 – Lions Train
10-1:30 – Hula Hooper
12 – Old Fashioned Games
1:30 - Pie Eating Contest
2:30- Make & Take
2:45 – Pumpkin Pie Bingo
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Taking to the waves



EXPRESS PHOTO BY PATRICIA BARRETT

On a chilly and dusky evening last Tuesday, a brave kiteboarder suddenly took flight across the choppy waters of Lake Winnipeg near Gimli. Against a backdrop of sullen clouds, the pull of the wind took the surfer from Gimli Beach to Loni Beach and back again. Even the excitement of the provincial election, it seemed, was no match.

Alf Cuthbert School installs sensory path

By Evan Matthews

As much of the Lakeshore School Division continues with education innovation, Alf Cuthbert is trying out something a little bit new this year.

Having finished the installation in July, Alf Cuthbert has a sensory path in its halls for the first time in the school's history.

"We have a variety of kids who lose focus quickly. They get very fidgety in class sometimes," said Alf Cuthbert principal Allan Fraser.

"This is a way to get them out and moving, resetting their brains to continue on with their learning."

Sensory paths are becoming ever more popular in educational field.

Various studies have shown when a child starts to lose cognitive functioning — simply put, loses focus — during the learning process, sensory paths are said to help give the child some sensory input.

Teachers across the country have begun to use the technique. Ultimately, the sensory path helps the child to re-focus, which of course results in the retention of new information.

Alf Cuthbert's sensory path runs roughly 70 feet, from the library to the gym.

"There is a portion that has the alphabet in a hopscotch-type format. There is a heel-to-toe portion. There are wall pushes, similar to a push up," said Fraser.

"There are bugs to stomp on. ... There are numbered raindrops, a Dr. Seuss quote. Beside it is one fish, two fish, red fish, blue fish. There is a spot for tree pose, yoga, and there is even a mood wheel-type portion. As a teacher, you can interpret how kids

are feeling a bit by how they interact with the wheel."

Victoria Sargent is a local freelance artist who was contracted to create the sensory path.

Her original designs had a lot to do with the community and its kids. The design process finished in May.

"I thought about the kids around here, and what they do," said Sargent.

"I thought about what they might benefit from down the road, like working on their ... balance, for example."

Sargent said her goal was to identify life skills and attributes, and to help kids improve and enhance those skills and attributes.

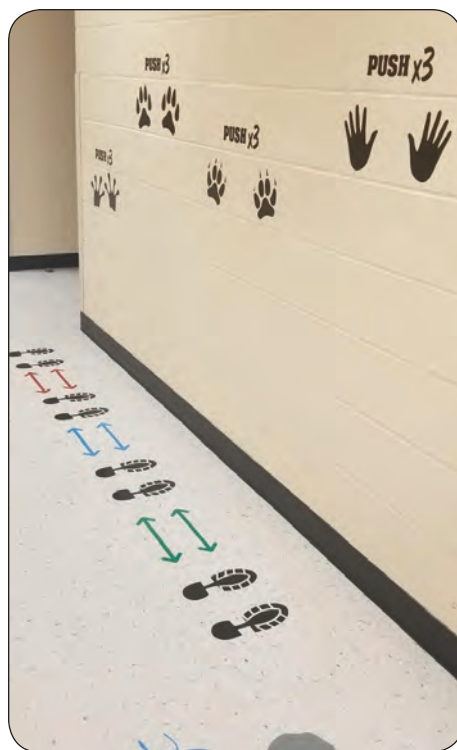
In addition, Fraser said she worked with Sargent and the region's occupational and physical therapists to come up with some of the concepts as well.

As more time goes by, Fraser said she'd like to begin some data collection in order to better understand how the sensory path is helping her students. Exactly what data, and how she'll collect it, isn't quite defined yet, she said.

"I want to know if it makes a difference with the kids having the opportunity to get out and do stimulating, sensory-driven activities rather than just walking to the washroom," said Fraser.

"I want to see how many teachers actually send their students out to use it. They're the ones recognizing if the kids need to get out and move. I want to know if there is a consistent time and day certain kids need to use it."

Alf Cuthbert School is located in the RM of Grahamdale in Moosehorn as part of the Lakeshore School Division.



EXPRESS PHOTO SSUBMITTED

The sensory path at Alf Cuthbert School spans 70 feet from the library to the gym and is said to reset the brain in young people.



The mood wheel provides insight to a student's mood and /or state of mind.

Gypsumville RCMP investigate fatal off-road vehicle collision

Submitted by RCMP

This morning at approximately 6:55 a.m., RCMP responded to a single off-road vehicle collision on Keewatin Road on Little Saskatchewan First Nation.

The initial investigation indicates that a 24-year-old male from Little Saskatchewan First Nation was travelling north on Keewatin Road late yesterday evening when he failed to

navigate a turn and crashed. He was pronounced deceased on scene.

RCMP continue to investigate.

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Arborg raises \$17,000 at annual Terry Fox Run

By Evan Matthews

The story of Terry Fox is one most Canadians are familiar with.

Though Terry Fox Day in Manitoba is Aug. 5, the Arborg and District Terry Fox Committee raised over \$17,000 at its annual fundraiser on Sept. 15 in support of the non-profit Terry Fox Foundation.

"I've been affected by cancer a lot. I've lost sisters and brothers. The most recent is having surgery next week," said an emotional Donna Gislason, chairperson of the Arborg and District Terry Fox Committee.

"Everyone on our committee has had an experience. Everyone in town, for the most part, has been touched by cancer in one way or another.

"Everybody has been so giving." Gislason estimated 135 participants took part in the cycle/run/walk event, and an additional 50 volunteers to help put the event on.

Participants started at the fire hall, headed to the northwest, eventually reaching Palm Avenue. Then they went southwest, eventually reaching William Street, until finally turning onto River Road and heading east back to the fire hall.

The Arborg-Bifrost fire hall hosted the event, with its bay doors open for the silent auction and food prep just outside. People gathered for the music, food and the concerted effort to kick cancer.

Sharon Maryniuk addressed the crowd and spoke about her son, Steve, who passed away at the age of 31. He battled the disease for over four years.

Steve had told his parents he wanted to be remembered for his zest for life and for his positivity. The family carries on Steve's legacy with philanthropic efforts, providing "wishes" to people battling cancer.

Terry Fox's story

Terry Fox was born in Winnipeg but raised in Port Coquitlam, British Co-



Sharon Maryniuk spoke about her own experience with cancer and the impact of losing her son, Steve, to the disease as well.



Arborg Fire department members acted as the marshals for the annual Terry Fox Run.



Locklin Pearce opted to ride his bike.



A group of walkers made a good pace down William Street. In total, fundraisers took in over \$17,000.



Hannah Bjornson cuts Roland Sutyla's hair.

lumbia. He was just 18 years old when doctors diagnosed him with bone can-

cer and subsequently amputated his right leg, just above the knee.

While in the hospital, Fox noted the suffering of cancer patients — many of them kids — and decided to run across Canada to raise money for cancer research, according to the Terry Fox Foundation.

The run became known as the Marathon of Hope.

After training, his run started in St.

John's, Newfoundland. He would run an average of 42 kilometres a day before being forced to stop outside Thunder Bay, Ont., when the cancer had spread to his lungs.

He passed away at the age of 22.

In Terry Fox's name, to date, over \$750 million has been raised for the foundation.



Participants and community members gathered to eat barbecued hot dogs and burgers, all in support of the Terry Fox Foundation.



Back row left to right: Dale Stanowski, Coreen Magnusson, Joanne Johnson, Shawna Adair, Chris Cottingham, Tammy Ciemny, Gloria Dudar; front row: Nadine Gislason and Donna Gislason.



Cheryl Gelinis looks over the silent auction prizes.

EXPRESS PHOTOS BY EVAN MATTHEWS

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Farmers combatting global hunger with donation to Canadian Foodgrains Bank

By Patricia Barrett

Every year farmers in the Arborg area and in the municipality of Bifrost-Riverton donate the proceeds of a crop to the Canadian Foodgrains Bank (CFGB), an organization that provides food to Global South countries in times of crisis.

The Arborg & District Growing Project has been donating harvest proceeds to CFGB for about 30 years, and it was the first community growing project established in Manitoba. It now has over 30 farmers participating.

Bifrost farmer Sid Dueck said project members got together Sept. 9 to bring in the harvest.

"It is such a privilege that we can get together as farmers, united in one goal, to do our part in ending global hunger," said Dueck. "We are so blessed in our community and we want to share with people who are not as fortunate as we are."

Farmers brought six combines and one swather to the project field and, within an hour, took off 75 acres of wheat, said Dueck. The yield amounted to about 55 bushels an acre for a total of 4,175 bushels. That netted them just over \$25,000.

Generous area donors covered most of the farmers' input costs so that the bulk of the proceeds could go to CFGB.

"There are numerous projects like ours in Manitoba," said Dueck, "and this represents a huge revenue source to the CFGB. It allows them to continue with the goal of ending world hunger."

Manitoba farmers who are involved in a community project grow a variety of crops, including canola, corn, wheat, barley, flax, lentils and soybeans, which they sell on the market then turn the proceeds over to CFGB.

CFGB is an association of 15 national church bodies with member agencies in Global South countries. It provides food in times of crisis and helps people become self-sufficient by helping

them grow more food. It also provides nutritional support to the malnourished, focusing on children and pregnant and breastfeeding mothers.

In 2018-2019, the organization undertook \$40 million worth of programming to help over 800,000 people in 36 countries.

CFGB Manitoba regional representative Gordon Janzen said there are around 35 growing projects in the province and they're the "backbone" of support in helping feed the world's hungry.

"The \$25,000 donation is a great amount and it will be matched by a grant from the Canadian government," said Janzen. "The Canadian government makes \$25 million available to the Foodgrains Bank and will multiply the donations that came from the Arborg Growing Project. Those will be matched 4:1 up to that limit in a fiscal year."

The Arborg growing project has "really good" community involvement, he said, including businesses, individual farmers, some of the local churches and the school in Morweena. The school regularly sends out busloads of kids during harvest day.

"It's a demonstration to the school children about how the community can work together," said Janzen.

There are 822 million people around the world that are suffering from food insecurity, according to United Nations data. Janzen said conflict and climate change are major contributors to food crises.

"In countries like Syria, South Sudan and Congo, just to name a couple, conflict adds to that food insecurity," he said. "And the second big contributor over the past numbers of years is changing climate, both drought and flooding."

One of the ways CFGB has been addressing food shortages is through programs called conservation-agriculture, which train farmers in sustainable agricultural practices. That



EXPRESS PHOTOS BY SID DUECK

Silantoi Kisoso, left, and her Aunt Esther from Tanzania. Silantoi works for the CFGB as a project co-ordinator.



Left to right: Eric Isaac, Interlake-Gimli MLA Derek Johnson, Aunt Esther, MP James Bezan and Gordon Janzen of the Food Grains Bank Manitoba.

knowledge provides people in local communities with the means to become self-sustaining food-growers.

"Over half of our donations come

from community growing projects like Arborg's," said Janzen. "We really rely on the growing projects. And I'm really thankful to them."



Local farmers brought six combines and one swather to the project field and took off 75 acres of wheat.



Left to right: Damion Reimer, James Plett, Barry Kornelson, Steward Floyd and Glen Plett.



Silantoi Kisoso experienced her first ride in a combine.

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RCMP work with Fisher Branch youth to tackle crime

By Evan Matthews

A Fisher Branch youth may be considering a new career after positive interactions with law enforcement.

RCMP chose Janielle Javier, a Grade 12 student at Fisher Branch Collegiate, to participate in its 10th annual Youth Leadership Workshop in Regina last month from Aug. 5 to 11.

"I was born in the Philippines and moved to Fisher Branch in 2010. This is my home now. The conference helped give an opportunity to think about what my community needs," said Javier.

"Before going into the program, I've always been interested in architecture, and how buildings are structured. Now I'm thinking about policing as one of my options."

Students in grades 9 to 12 from across Canada attend the workshops, each accompanied by an RCMP mentor from their community.

Thirteen students took part in the August 2019 workshop with representation from all provinces and territories, except for Yukon, Northwest Territories, Ontario and Saskatchewan.

"I heard about the event through one of the RCMP officers who works closely with students in Fisher Branch," said Javier.

"She coached the varsity basketball team, while I was playing junior varsity. I joined almost all of their practices. She liked my work ethic, and she thought it'd be a good idea to take me along. She contacted me and asked me if I'd be interested."

The workshop was held at the RCMP Academy, "Depot" Division, according to RCMP Cpl. Julie Courchaine.

The RCMP Youth Leadership Workshops give participating youth tools and support they need to help



EXPRESS PHOTO SUBMITTED

At the RCMP Youth Leadership workshop, Janielle Javier identified that Fisher Branch is lacking educational resources relating to sexual consent and healthy relationships. Partnering with the Manitoba RCMP, she hopes to deliver school talks to increase awareness in her home community.

tackle youth crime and victimization issues in their communities, according to Courchaine.

RCMP aims to foster positive relationships between youth and police by helping youth identify crime and victimization issues in their communities, building leadership skills and accessing tools

people can use in their daily lives, and developing an effective youth-led, police-supported action plan to address some of the identified issues.

"We talked about alcohol abuse and internet safety. ... We had guest speakers come in to talk about their own experiences," said Javier.

"We'd also play sports or go to the gym. It was cool seeing the different aspects that make up the police academy. We were able to experience some of what cadets actually go through."

When youths return to their communities from the leadership event, Courchaine said they're supposed to put their developed plans into action with support from their local RCMP detachment.

During the workshops, participants took part in interactive educational sessions about topics such as reconciliation, mental health, bullying, diversity and inclusion, substance misuse and healthy relationships, according to Courchaine.

"They also heard from guest speakers who have and inspiring messages to share, and engage in sport and artistic activities," said Courchaine.

"Young people have incredible insight and the power to create positive change in their communities. Engaging with youth from both rural and urban communities allows for the diverse opinions of youth to be shared."

Courchaine went on to say the RCMP is working with community partners nationwide, helping motivate youth to think critically, building skills, supporting positive decision-making, and creating positive change in their communities.

For more information about the RCMP Youth Leadership Workshop, visit www.rcmp-grc.gc.ca/cycp-cpcj/lead-eng.htm.

Bifrost-Riverton delays closure of satellite office

By Evan Matthews

The RM of Bifrost-Riverton has decided to table discussions relating to the closure of its satellite office in Riverton, for now.

At the RM's Sept. 11 meeting, the proposed closure of its Riverton satellite office was listed on the agenda as unfinished business, and council decided to keep it as such, according to Reeve Brian Johnson.

"We'll likely be discussing it again at the October meeting," said Johnson.

"We're looking at all aspects of this. We've got a very big municipality (geographically). ... We want the municipal government to be as efficient as possible. We want to do it right. When staff isn't around for two days, there ends up being inefficiencies, and cross-communication between staff. ... It makes things a bit difficult."

In 2018, the RM of Bifrost-Riverton spent \$32,000 on staffing, travel, building operations and more for the Riverton satellite office, according to Johnson.

Despite the potential closure of the RM's satellite office, he said the building would remain open since it houses the fire department and library.

Closing the satellite office but keeping the building open for both municipal services would shrink the building's operation cost to roughly \$6,500, according to Johnson.

Quantifiably, the potential closure would save the

RM roughly \$25,500 annually.

The main efficiency increase, however, would come by having all RM Bifrost-Riverton staff working together cohesively in the main office.

By having all RM staff working in one place, Johnson said the RM could avoid "disruptions in efficiency" and would save "unquantifiable costs."

Making sure the RM is maximizing administrative efficiency while making the best use of taxpayers' dollars is of the utmost importance, he said.

But many Riverton residents feel the RM is overlooking their community, not fully factoring in how much the office means to the small, unincorporated community.

Many took to social media to voice concerns after the public meeting back in August.

"The council is pro-Arborg, and their ultimate plan is to grow Arborg to 5,000 people," one resident said via Facebook.

"There is no plan, no interest, and no attention. ... Every other person thinks Riverton could be the

gem of the Interlake, and well, what are these people doing to create that?"

But Johnson was quick to defend his council, since he said Riverton is a diamond in the rough and has loads of potential.

He reiterated there is "absolutely no plan" to try to have Riverton residents relocating to Arborg.

"There is a realization (locally) that Riverton has a huge opportunity for development and tourism. There is a lot of affordable housing, and as the (tourism) industry expands, there is a lot of potential.

"The RM supports Riverton. At the same time, the RM has to be prudent, provide good services and provide best return on tax dollars," said Johnson.

"The reality is the main office is centrally located here, in Ar-

borg. It's hard to quantify the exact cost the RM will save, but we know they're substantial."

The 2016 census put Riverton's population at 538, while Arborg came in at 1,252.

"THE REALITY IS THE MAIN OFFICE IS CENTRALLY LOCATED HERE, IN ARBORG. IT'S HARD TO QUANTIFY THE EXACT COST THE RM WILL SAVE, BUT WE KNOW THEY'RE SUBSTANTIAL."

Hope in action for individuals and families of loved ones with schizophrenia

Submitted

Laurie McCarthy never anticipated she would be diagnosed with a chronic mental illness that affects approximately one per cent of the Canadian population.

An extremely well educated, bright young lady, Laurie moved from Winnipeg to Montreal where she achieved her master's degree in English Studies. However, in 2008, Laurie's life would change dramatically when she began experiencing psychotic episodes that consisted of bizarre hallucinations and voices. It wasn't until 2014 that she was diagnosed with schizophrenia. Today, with the guidance of her doctor and support from her family, she is travelling on her healing journey. This past June, she became a peer support worker in the Interlake region for the Manitoba Schizophrenia Society.

McCarthy commented, "As a peer support worker, it's my role to walk beside each person who is struggling with the various losses associated with the diagnosis of a mental illness.

My lived experience helps me connect to the individuals that I support. Peer support is all about empowerment and to support the individual's goals and to teach them independence. Building relationships is the key to motivating people to continue to seek support. The most important task is to build trust by listening and finding a way to relate without undermining their personal journey. It's not about my journey; it's about their journey. It's a peer support worker's role to move someone from hopelessness to hope and to show each individual that they, too, have spark that they've just forgotten how to ignite."

McCarthy's story is one of many inspirational messages from Manitobans and Canadians who are proof that recovery is possible with the appropriate medical and community supports. The Manitoba Schizophrenia Society (MSS) offers invaluable programs and services for individuals living with schizophrenia and their families. For example, the H.O.P.E.S. program connects youth and emerg-

ing adults aged 16 to 25 with peers who understand and are also on the journey of recovery.

These valuable resources would not be possible without major fundraisers, such as the Journey of Hope Walk in support of awareness and research into schizophrenia.

Chris Summerville, executive director of the Manitoba Schizophrenia Society, remarked, "This walk is not just another walk. It is in support of individuals who live with the most stigmatized and misunderstood mental illness. Why the Manitoba Schizophrenia exists is helping people living with early psychosis and schizophrenia reach their potential. That's good news for families who are looking for hope.

"We now know that with recovery focused mental health interventions that the vast majority of people who experience a mental illness can live lives of satisfaction beyond the real limitation, reaching a level of meaning and purpose."

The Manitoba Schizophrenia Society

offers free support programs to those with mental health issues and their family members. MSS also provides invaluable programs to support workers, police, paramedics, universities, teachers, faith communities and the public. Julio Berzenji, patrol sergeant with the Winnipeg Police Service, is the keynote speaker at this year's Journey of Hope Walk. The Manitoba Schizophrenia Society and the WPS have a partnership in which police officers undergo training through MSS on de-escalation techniques to recognize, assess and handle mental health circumstances with care and compassion.

On Saturday, Sept. 21, Winnipegger's living with schizophrenia and their families will participate in the Journey of Hope Walk at the Forks Canopy Plaza. Registration begins at noon, with the walk scheduled for 1 p.m. Laurie McCarthy will join other individuals and families participating in the Journey of Hope Walk. For information, visit <https://www.chuffed.org/project/journey-of-hope-walk>.

Lockport's River's Edge Run for NF set for Sept. 21

By Jennifer McFee

Lockport's River's Edge Run for NF features an event for participants of all ages and skill levels in a scenic setting.

Set for Saturday, Sept. 21, the run aims to raise funds for the Manitoba Neurofibromatosis support group (MBNF). The event will offer five-kilometre, 10-kilometre, half-marathon and 30-kilometre options. The five-kilometre run/walk starts at 9:30 a.m. and the other three events start at 8 a.m.

The run starts and ends at Skinner's on River Road in Lockport, and all participants will receive a pancake breakfast and finisher medal. Mem-

bers of the public are also welcome to come out to show their support by buying a pancake breakfast for \$6 and 50/50 tickets. As another option, they could simply make a donation the non-profit organization to support the cause.

"This run tries to bring awareness of neurofibromatosis, a rare but common condition affecting 1 in 3,000 births, more than cystic fibrosis, Duchenne muscular dystrophy and Huntington's disease combined," said race director Corinne Thompson Bobrowich.

Neurofibromatosis is a unique condition because it affects every person differently, she added.

"The condition is one in which tumours can grow on nerves anywhere in the body. These tumours can be outward and present as bumps on the skin or can be internal, creating large plexiform neurofibromas that can wrap and entangle around major organs within the body," Thompson Bobrowich said.

"These tumours can come and go throughout a person's lifetime, and some people can never know they have this disorder due to the minor signs and symptoms they have."

Regular MRIs are needed throughout the patients' lifetime to determine the speed of the growth.

"MBNF has helped to fund MRI

goggles at the Children's Hospital along with the Children's Hospital Foundation in the past due to fundraising events such as this," Thompson Bobrowich said.

These goggles are invaluable for kids who have to go for regular MRIs by allowing them to watch a movie while their scan is done. These goggles eliminate sedation with MRIs for these children.

To register or to make a donation, visit the Running Room website at www.runningroom.com or drop by any Running Room location in Winnipeg in person. Same-day registration is also available. For more information, email lockportriverrun@shaw.ca.

Women showing courage, determination, boldness

Submitted

Manitoba Rural Women's Day (MRWD) is in its fourth year of bringing rural women together to learn, connect and develop relationships.

Each year Manitoba Women's Institutes hosts a day of learning in two locations in the province. This year MRWD will be hosted in Brandon and Oak Bluff, with this year's theme being "Women showing courage, determination, and boldness." This event is hosted by Manitoba Women's Institute as one of their annual events.

This year's event will highlight the

struggles and success stories of local rural women. Each of the speakers has demonstrated resilience through difficult times and will share her personal story of her journey to success.

Success has many measures and each individual determines their own measuring tool of success. To some of our speakers, it is overcoming addictions, finding balance while developing their career and having children, overcoming a major illness or coping with the loss of a loved one. To others it is finding success while also coping with issues of discrimination or it

is their immigration story and developing a home in a new country. The MRWD committee has worked hard to ensure that the speakers represent the diverse population of rural women.

Along with the speakers, MRWD hosts a number of exhibit booths of organizations and resources connected to the theme of "Women showing courage, determination, and boldness." This provides an additional format for women to gather information and connect with resources they may not otherwise have an opportunity to

know about. MRWD hopes to bring messages of hope, resilience and grit as well as inspire women to think about their own personal success stories.

Please join us at Manitoba Rural Women's Day in Oak Bluff on Saturday, Oct. 19 at the Rec Club (101-123 MacDonald Rd.) from 9 a.m. to 4 p.m. or in Brandon on Saturday, Nov. 2 at Sokol Hall (33-11th St. North) from 9 a.m. to 4 p.m. Registration fee \$25 (includes lunch and snacks). For more info or to register, visit www.mbwi.ca or call 204-726-7135.

Autistic man and his family say Gimli pit bull aggressive; owner says otherwise

By Patricia Barrett

A man who has autism and his mom say a pit bull that lives in their Gimli neighbourhood has acted aggressively towards him in the past and recently bit his dog, but the pit bull's owner says there's nothing to substantiate the claims.

Alec Baldwin, 26, along with his mom, Tanis Benson, told the Express the first incident occurred in the fall of 2013 when Baldwin was attending Gimli High School for music and art. Baldwin used to walk to and from school down a lane bordering the property where the pit bull, named Blue, lives.

"Sometimes he's on the chain, but I think Blue got off the leash and tried to kill me," said Baldwin, recounting the incident. "He's very large. He tries to bite my body parts. My mom took a picture of me. I wasn't walking the dogs. Back and forth through school."

The photo Benson took at the time shows a long reddish scrape on Baldwin's arm.

Despite communication challenges that people with autism commonly experience, Baldwin competes on the Canadian show dog circuit with his beagle. He's also a trained musician and an accomplished painter. He's well known around town as a dog lover. For the past 12 years, he's hosted a "dog party" in his neighbourhood, bringing residents and their pets together for a celebration.

Baldwin said his dog, Charlie, a rescue pup that's now almost a year old, "protected" him from the pit bull last month while they were walking on the street beside the animal's house.

"This year in August, Charlie protected me from Blue when Blue bit him three times. Close to the ear, next to the shoulder and the side of the butt," said Baldwin. "I held on the leash, 'easy Charlie, do not hurt Blue, just friends.' But Charlie doesn't know Blue, who's the meanest neighbour dog in the town of Gimli. Blue bit him. He's a villain."

When asked how he feels about walking near Blue's house, Baldwin said: "Happy if Blue's not here. Inside the house. I felt happy."

Benson showed the Express a large file containing correspondence with municipal and animal control staff and the pit bull's owners over the past six years, and detailing the first incident and others after it, as well as reports from people in the neighbourhood about the dog.

Those reports include a teacher who had to take the pit bull home "twice" when it wandered into the schoolyard, a teacher-in-training who was chased by the dog, a woman who saw the dog pursuing Baldwin through a snowy field, and various sightings of the dog in people's yards.

Benson had reported the 2013 incident to the RM's then-animal control officer and asked him to contact an education assistant who witnessed the pit bull attacking Baldwin in the lane, she said. She also let the municipality know and was told a councillor spoke with Blue's owners.

"Their response to my complaints over six years has been, 'Just let us know if it happens again' and, 'We haven't received other complaints,'" said Benson. "Why do they need other complaints to validate Alec's experience? They're the enforcers of the [dog] bylaw. How many 'let us know if it happens again' are we going to do? All I've asked is for them [the dog owners] to fence their dog."

Kathi Duggan, a former education assistant at the high school, said she saw the pit bull go for Alec



Blood and puncture wounds were discovered on Alec's dog, Charlie.

in 2013 and intervened by yelling at it. She told the Express she had been walking from the school with a child towards the lane, and Baldwin, who was on his way home from school, was a short distance ahead of them. The pit bull suddenly ran out of its yard and "tried to attack Alec."

"Alec did not, by any means, provoke the dog or anything like that," said Duggan. "Alec - I can't remember exactly - he may have walking or running because often he would go home quickly. But, really, whether he was running or walking shouldn't make any difference."

The RM's 2003 animal control bylaw states that no dog owner shall permit his/her dog to run at large, be on school grounds and "pursue, bite, wound, or worry any person or animal, whether or not on the property of the owner."

Benson went to the municipal office to submit a complaint about the incident that occurred on Aug. 12 and said the CAO didn't come out of her office to speak with her. She said she also emailed the mayor and all four councillors. As of last weekend, she hasn't received a response.

She said she feels the municipality is ignoring her concerns "because of Alec having autism. He doesn't have a voice."

The RM's animal control officers contacted her instead to say a counter-complaint had been lodged against Charlie for "biting the pit bull," she said, and if she agreed to withdraw her complaint, the pit bull's owners would withdraw theirs.

"I don't agree with that. They can say Alec didn't get bitten, but if [our] dog hadn't been there and got between Blue and Alec, would Alec have gotten bitten? That's the question," said Benson.

The pit bull's owner, who asked that his name not be used as he runs a business in the area, said Blue is a rescue dog that's been with his wife and kids for about six years. Blue was "emotionally in bad shape because he was abused" and his family has spent a lot of time trying to build up his confidence.

The owner said they hadn't been notified about the 2013 incident.

"This is a claim Tanis has made and got somebody to back up, but we never heard from animal control," he said. "If Blue had bit somebody or mauled or hurt somebody before, animal control would have records of this. Animal control doesn't have any records because it never happened."

He said Blue has gotten loose at times, but he's a "big suck," well trained and obeys his and his work-



EXPRESS PHOTOS BY TANIS BENSON

Alec Baldwin with his two dogs, Charlie and Copper.

ers' commands. He's on a chain in the yard because "we have high school kids behind the garage. Every day it's the smoker's club. And over the years they've teased Blue."

There's no question Alec loves dogs, he said, and he would stop to look at Blue on his way to and from school.

"Alec was intrigued with Blue so he would stand there. And Alec is autistic and Blue didn't understand," he said, "so Blue would bark and bark at him."

He said Alec's stops upset the dog. And although he knows Alec was not teasing Blue, the dog "looks at it in a different way. I feel Blue is traumatized. Blue will shake when he sees Alec."

There's never been an incident of Blue being aggressive with his workers, his kids or with his kids' friends, he said, and the dog "doesn't have it in him" to attack Alec.

As for the incident last month, the owner said he was in yard at the time but didn't see what transpired. "We don't know if the other dog started it or if Blue started it, but Blue came back with a bit lip."

He's dealt with animal control and tried to speak with Benson, but she refused, going on Facebook instead with "her version," he said. That's resulted in someone threatening to "poison" Blue and he's had to take the dog out of town.

As for building a fence around his large yard, he said he can't afford it.

Gimli Mayor Lynn Greenberg said he was under the impression, after having spoken with animal control, that the two families were going to meet.

"I guess we'll have to get involved with both families if they can't solve it and if the dog is vicious," said Greenberg. "We have to review our dog bylaw. Maybe there has to be stricter [provisions] put in it. And we may need to look at what other municipalities are doing to get a better idea."

He also said the RM may have to send out public communications to let residents know they "have to take care of their dog, and if it does do something, there could be severe consequences."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Loewen looking to overcome the odds in Vegas

Staff

The Vegas Golden Knights are taking a gamble on Arborg's Jermaine Loewen.

And the former Interlake Lightning power forward is looking to overcome the odds of becoming the second Jamaican-born player to play in the National Hockey League.

The Golden Knights announced last week that Loewen had been invited to the club's training camp.

Earlier this month, he suited up for Vegas at the Anaheim Rookie Faceoff.

"I definitely relish being in this position," Loewen told the *Las Vegas Review-Journal*. "I think about it as trying to prove to myself I can keep going. The people that are there in my life and the people in this organization that are going to help me develop, I just listen to them and do everything to the best of my abilities.

"At the end of my life, I know I gave everything I have. That's important for me."

Loewen was unable to participate in the Knights' development camp in June due to

injury but was invited to rookie camp.

Vegas has invited 53 players —19 of whom attended the Golden Knights' rookie camp — to their main camp which began last week.

The Dallas Stars selected Loewen in the seventh round (199th overall) of the 2018 NHL Entry draft.

But Dallas passed the June 1 deadline for signing all unsigned prospects and left four players with the opportunity to go elsewhere.

Last season, Loewen was the captain of the Western Hockey League's Kamloops Blazers, scoring 28 goals and 46 points in 59 regular-season games.

The towering 6-4, 227-pound winger played five seasons in Kamloops. He scored 78 goals and produced 132 points during his WHL career.

If Loewen does not earn a contract with the Golden Knights, he would be eligible to sign with their American Hockey League or East Coast Hockey League affiliates.



EXPRESS PHOTO SUBMITTED

Arborg's Jermaine Loewen was invited to attend the Vegas Golden Knights' main training camp.

U18 Lightning lose three preseason tournament games

By Brian Bowman

The Interlake Lightning struggled at the Southwest Cougars' hockey tournament in their first preseason action of the season last weekend.

Interlake lost all three games — while getting outscored 22-4.

"It was expected," said Lightning head coach Scott Wong Monday afternoon. "We didn't have a lot of veterans play. It was just to expose some of the Bantam and local 'AA' talent to some of the teams and see which ones have a chance of playing here in the

next year or two."

Interlake started action Friday evening with a 10-0 loss to Southwest. The Lightning were defeated 7-3 by the Yellowhead Chiefs on Saturday and then 5-1 by the Central Plains Capitals Sunday.

Wong felt the Lightning played better in each game.

Those three tournament games are the lone preseason matchups for the Lightning this season.

"That's by design because a lot of the imports that come from the city that

have been released from the Thrashers, Wild, and Bruins," Wong said. "We'll put them all together and we'll get referees and have an intersquad (game)."

This past week was still a tryout time for the Lightning. Interlake had 43 players come out to camp but that number was pared down to 28 for the tournament.

That number was expected to get even lower this week. There's still quite a few question marks with this year's Lightning roster.

Next action for the Lightning is the real deal when Interlake plays the Parkland Rangers on Sept. 28 in their season opener in Dauphin.

The following afternoon, the Lightning will battle Southwest in Souris.

The regular season is right around the corner.

"We're kind of pressed for time," Wong admitted. "Imports are coming and I have to look at our import ratio. You're only allowed so many and the majority is going to be an Interlake team."

Thunder pounds Park West Outlaws in weekend action

Staff

The Interlake Thunder could not have asked for a better start to their Rural Manitoba Football League regular season. Interlake cruised to its second consecutive lopsided win after pounding the Park West Outlaws 41-16 on Saturday.

"Park West is a tough, physical team and our kids came back pretty good," said Thunder defensive coordinator

Ed deLaroque. "It took us a little bit to get going against that team but when we did (it was good)."

For the second consecutive week, Interlake was dominant on both sides of the ball. The Thunder has been very good on the defensive end.

"We're doing very well this year," deLaroque said. "We have a different look to our defence because we have different personnel but they're all

coming together very well."

Offensively, Graeme Perrie and Brady deLaroque each scored a pair of touchdowns while Karson Karish and Aaron Zdrill also had majors.

Thunder quarterback Joshua Charison played another strong game under centre. Other scores from Week 2 saw Dauphin defeat Moosomin 30-18, Southwest beat Virden 28-6, and Swan Valley knock off Neepawa 54-24.

Interlake (2-0) is back in action Thursday when it hosts the Virden Golden Bears (1-1) at Stonewall Collegiate. Kickoff is 4:30 p.m.

"We're expecting kind of a similar game to Park West," Ed deLaroque said. "Park West is probably one of the more physical teams that we're going to play all year. They tested us physically and I'm imagining Virden will be much of the same."

Stratton's hockey career, the ultimate journeyman

By Ty Dilello

That old song "I've been everywhere, man" plays in my head when I go through Art Stratton's hockey career and look at all the cities he played in over the course of 20 seasons.

The 6'1" centreman was one of the most well-respected playmakers in professional hockey and rightfully so as he was well over a point-per-game player his entire career.

Stratton was born on Oct. 8, 1935, and spent his early youth growing up in Arborg and Arnes before moving with his family to Winnipeg when he was 10 years old.

Stratton scored wherever he played, and shows in his career stats. There was even a five-year period during the 1960s when he was the highest-scoring player in all of professional hockey. Stratton won two Les Cunningham Award's as the AHL's Most Valuable Player in 1964-65 and 1973-74 and one Calder Cup with the Buffalo Bisons in 1963. He had three AHL First Team All-Star selections (1963, 1964, 1965) and one AHL scoring championship (1965). And then he also had two CPHL First All Star Team, scoring championship and

MVP awards in 1966 and 1967. He also holds the AHL record for most times leading the league in assists (four), ranks sixth all-time with 555 helpers while totaling 766 points in 669 career AHL games.

On March 17, 1963, Stratton had one of the greatest games a hockey player could ask for as he set an AHL record with the Buffalo Bisons that will likely never be broken in any pro league when he assisted on nine goals in one game. Another cool thing about him is that Stratton's the man who Don Cherry can thank for saving his career and getting him his start in the National Hockey League when he helped coach Cherry's minor league club in Rochester.

Stratton played a little bit in the National Hockey League during the early 1960s, having brief stints with the New York Rangers, Detroit Red Wings and Chicago Blackhawks. He got his break when the NHL expanded to 12 teams in 1967 and he played his one full NHL season in 1967-68, split between the Pittsburgh Penguins and Philadelphia Flyers. As said previously, Stratton scored wherever in the played so even though he only had

several brief stints in the big leagues, he still scored 51 points in 96 career NHL games.

But Stratton's professional hockey career was more illustrious than his brief stints in the NHL. Starting in 1955 and playing straight until 1976, Stratton skated for the likes of the following minor-league teams: St. Catharines Teepees, Cleveland Barons, North Bay Trappers, Winnipeg Warriors, Springfield Indians, Kitchener-Waterloo Beavers, Buffalo Bisons, Pittsburgh Hornets, St. Louis Braves, Seattle Totems, Tidewater Wings, Virginia Red Wings, Rochester Americans, Richmond Robins and Hampton Gulls. I've been everywhere, man! Maybe you see where I'm coming from now.

Stratton retired from hockey at 40 and got into the cedar business back in Winnipeg. His minor league career was so impressive that he was inducted into the AHL Hall of Fame a few years back in 2015. Today, Stratton is 83 years old and lives in his home that he built with his wife just south of St. Adolphe.

"I was a playmaker and I always had a couple of goal scorers to play with



EXPRESS PHOTO SUBMITTED

Art Stratton was a member of the NHL's Detroit Red Wings in the early 1960s. He scored three points in five games with the Red Wings in 1963-64.

that were eager to play with me," said Stratton.

"My success was there scoring, so as long as they were scoring goals, I was successful."

Collings ties for 15th at Canadian Men's Senior Golf Championship

By Brian Bowman

Garth Collings was outstanding through the first three rounds at the Canadian Men's Senior Golf Championship in Scarborough, Ont., last week.

But he admittedly struggled in his fourth and final round last Friday.

"I had a bad round (Friday) and I was looking to finish top 10, but top 15 isn't too bad either," said Collings, who lives in Matlock and has competed at the senior nationals seven times.

Friday's final round 82 gave Collings a four-round total 297, which tied him for 15th overall with Oshawa's Brad Stumpf.

That placing was very impressive — but it could have been so much better.

"I was tied for seventh but I had a real tough go on the front nine (during my final round)," Collings said. "I finally got my act together on the back nine. It was really weird."

Collings started the tournament by firing an even-par 71. His round consisted of two birdies, a pair of bogeys and 14 pars.

That solid round left Collings just one stroke back of Tom Cameron and in a four-way tie for second.

He then carded solid rounds of 74 and 70 to enter the final round in a

tie for seventh with Red Deer's Ken Griffith, each at 2-over 215.

"I was pretty much doing everything well," Collings said. "I haven't had a great year but I kind of got my act together and found something that I was missing all year."

Collings has plenty of experience competing on a national stage. But each time is different, he said.

"It's easier but it's tougher," said the 61-year-old Collings. "It's easier in the fact that you know more people and people that you have golfed with the last 30 years and it's tougher in the fact that I'm getting older."

Collings really enjoyed playing on the Cedar Brae Golf Course.

"It was awesome," he said. "The volunteers were great. The golf course was in phenomenal shape and it was a fun golf course to play."

Meanwhile, in inter-provincial team play, Manitoba placed fifth out of 10 teams.

They combined for a 13-over 297, which was one stroke better than Quebec and one higher than Saskatchewan.

Alberta won the event with a 2-under 282, for a one-stroke victory over Ontario.

"It was a little disappointing," Collin-

gs admitted. "Going in we thought we had a pretty good chance. We were pretty good the first day, we were only five back but we just couldn't pull it

together. I had a really good team and I had a lot of fun hanging out with the Saskatchewan boys.

"It was good — we had a lot of fun."

Lakers compete at varsity tourney



EXPRESS PHOTO BY JO-ANNE PROCTER

Gimli Lakers' Michael Crave slams the ball past WCI Wildcats' defence at the net in tournament play in Warren last weekend. Gimli split with Warren 21-25 and 25-17 and finished second in round robin play.

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PUBLIC NOTICE

2019 PROPERTY TAX STATEMENTS HAVE BEEN MAILED

Any property owner who has not yet received a tax statement should contact the RM of Fisher office at 204-372-6393.

NEW PROPERTY OWNERS are reminded they may be responsible for payment of the 2019 taxes, **whether or not they receive a tax statement in their name.**

2019 property taxes are due and payable on or before **October 31, 2019.**

Kelly Marykuca, CMMMA
Chief Administrative Officer

CALL FOR PROPOSALS

Snow Clearing 2019-2021

Evergreen School Division is seeking proposals for snow clearing for the following locations:

- Location 1: Winnipeg Beach School
- Location 2: Dr. George Johnson School, Sigurbjorg Stefansson Early School, Gimli High School, ESD Board Office, TEC Centre, Gimli Bus Garage
- Location 3: Arborg Collegiate, Arborg Early Middle School, Arborg Bus Garage
- Location 4: Riverton Early School, Riverton Collegiate

Contractors can submit proposals for more than one location but there must be a separate proposal for each location. **Please submit proposals by email to Gary Thompson, Maintenance Manager at: gary.thompson@esd.ca**

Phone inquiries and arrangements for site visits can be made by calling Gary at 204 642 3661.
Closing date for proposal submission is October 1 2019

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UPCOMING EVENTS

Antique & Collectible Sale! Huge fall event - Friday, September 27, 4 p.m. - 9 p.m. & Saturday, September 28, 10 a.m. - 4 p.m., \$7 per person. Assiniboia Downs, 3975 Portage Ave., Winnipeg. Free parking. For info 204-478-1057.

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MATURE STUDENT PROGRAM

Mature Student High School Diploma

Evergreen School Division is now accepting registrations from individuals, both within and outside of the division, who wish to obtain a mature student high school diploma. Interested candidates must be 19 years of age or over and out of school for at least six months. The program is flexible for your educational needs and you can work at your own pace. The centre is open Tuesdays from 9:00 - 3:30 and Wednesdays from 9:00 until noon for teacher assistance, with the remainder of time working in the comfort of your home. The program begins **September 17, 2019** and will be held at the Evergreen Technology and Education Centre, 234 Tudor Lane, Gimli Industrial Park.

The annual registration fee is only \$40.

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

REQUEST FOR TENDER

ROAD GRADING & SNOW PLOWING

The Council of the Rural Municipality of Armstrong is accepting proposals for road grading and snow plowing of municipal roads in the RM of Armstrong for both Area 1 (east half) and Area 2 (west half). Bids can be for one of the areas or both. Each area will require a minimum of two (2) graders to complete the area in a timely manner.

Contract will be for two (2) years to commence on November 1, 2019 and end on October 31, 2021.

Bid forms and Contract details including maps of the areas to be done may be obtained at the RM of Armstrong Office or found on our website at www.rmofarmstrong.com

The lowest or any bid not necessarily accepted. Contractor must be in good standings with the RM of Armstrong to be considered.

Proposal Close: 4:30 PM, Monday, September 30th, 2019.

Corlie Larsen, CAO
RM of Armstrong
Lot 55 Highway 17
Box 69, Inwood, MB ROC 1P0
cao@rmofarmstrong.com
Phone: 1-204-278-3377

Little Joe's Auctions

Saturday, September 21st, 2019
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Submit Resume with References by 4:00 p.m. Monday, September 30 by mail, email, or in person to:
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CARD OF THANKS

A heartfelt thank you for all the kind words and support after the passing of Stefan Eyolfson. All of the calls, visits, cards, gifts of food and flowers were very appreciated.

-Pat Eyolfson and family

BIRTHDAY

Come and join us celebrating Frank Orvis' 90th Birthday September 27, 28 and 29 Come and Go from 1-5 p.m. at his home, 411 Clandeboye Ave. Selkirk No gifts please, just your memories. All welcome.

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OBITUARY

Olavia Erlendson

On August 28, 2019 at the Lundar Personal Care Home, Olavia Erlendson, wife of Arnold Erlendson, passed away at the extraordinary age of 105.

Olavia (Ola) was born January 23, 1914 in Lundar, Manitoba. She was the daughter of the late Mr. and Mrs. Chris Breckman.

She was predeceased by her husband Arnold, youngest son Chris and daughter-in-law Ilona.

She is survived by son Frederick; grandson Norman (Lisa), great-granddaughter Stephanie, granddaughter Lenora (Ken) of Calgary, Alberta. She is also survived by daughter-in-law Wendy, grandson Jarrod (Shelley), great-granddaughter Taylor of Winnipeg, granddaughter Jillian (Todd), great-granddaughters Elyssa, Sierra, Jazilynn and Milayna of Newton Siding and grandson Chris Jr. (Dianna) of Winnipeg.



Ola was a teacher by profession and fondly taught in Lundar for four years. She was a member of the Lundar Lutheran Church.

In accordance with Ola's wishes, no formal service will be held. Cremation has taken place and a private graveside service will be held at a later date.

A heartfelt thank you to all the staff at the Lundar Personal Care Home whom loved and exceptionally cared for Ola during her stay.

In lieu of flowers, donations may be made to the Lundar Lutheran Church, Box 216, Lundar, MB ROC 1Y0 or the First Lutheran Church, 580 Victor St., Winnipeg, MB R3G 1R2 or to a charity of their choice.

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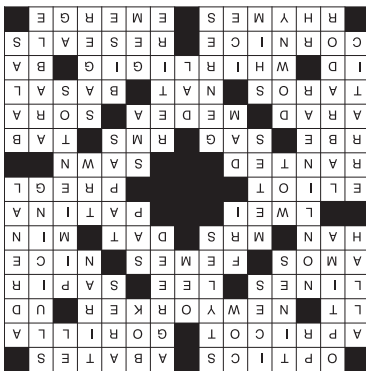
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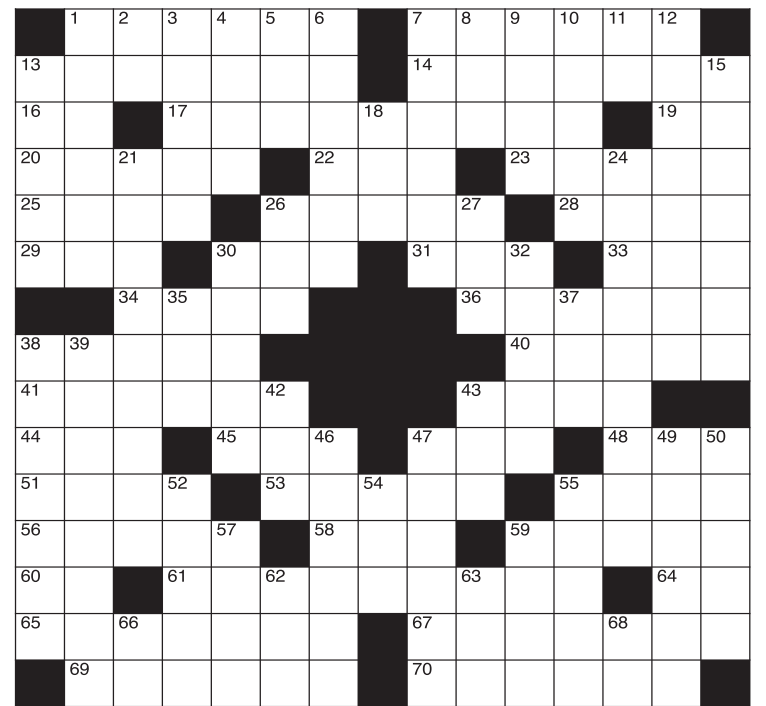
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PREVIOUS WINNERS All these customers received their purchase **FREE!** (partial list)

George R. Weibe, Arborg.....	\$1,227.00	Jake Barkman, Riverton.....	\$619.00	Jeroline Smith, Peguis.....	\$1227.00
Janice Sinclair, Peguis.....	\$209.00	Mike & Thelma Blahy, Arborg.....	\$557.00	Sandra Jonasson, Arborg.....	\$549.00
Geraldine & Jamie Stephenson, Riverton.....	\$1,711.00	Elaine Bolter / Geoff Crew, Sandy Hook.....	\$999.00	Melissa & Jeff Abuda, Arborg.....	\$3,339
Dean & Sharmaine Murdock, Dallas.....	\$319.00	Karen Dzaid, Arborg.....	\$499.00	John Paul Avison, Arborg.....	\$679
Theodore Zagowski, Riverton.....	\$119.00	Natalia & Roger Eyoilson, Riverton.....	\$1638.00	Carol & Dan Beauchemin, Inwood.....	\$1,329
Morris Willis, Riverton.....	\$416.13	Randy & Glenda Forster, Hodgson.....	\$1898.00	Jim Dingwall, CampMorton.....	\$1,038
Glen Syme, Arborg.....	\$59.00	Perry & Genni Hibbert, Arborg.....	\$479.00	Eugene Feschuk, Gimli.....	\$698
Rob & Kelly Selkirk, Peguis.....	\$2,399.00	Kris & Begga Johannesson, Riverton.....	\$909.00	Jason Hudson, Riverton.....	\$1,278
Pete & MaryPlett, Arborg.....	\$599.00	Rick & Sheila Johnston, Arborg.....	\$349.00	Darlene Jonsson, Gimli.....	\$359
Donald Osterlag, Gimli.....	\$1,448.00	Bertha Jonasson, Arnes.....	\$769.00	Ruth Kennedy, Arborg.....	\$549
Peguis Free Spirits Child Care, Peguis.....	\$189.00	Donna Jonasson, Arnes.....	\$399.00	Benita Muzky, Arborg.....	\$388
Brent Melsted, Arborg.....	\$599.00	Jeannette Kist, Gimli.....	\$121.87	Archie Thompson, Arborg.....	\$549
A.W. Mabon, Gimli.....	\$1,027.00	John & Lisa Klym, Arborg.....	\$774.00	Amanda Unger, Riverton.....	\$799
Brian Jonasson, Arnes.....	\$454.00	Thomas Kowalchuk, Fraserwood.....	\$489.00	Evelyn Wallach, Poplarfield.....	\$899
Phyllis Dueck, Riverton.....	\$767.00	Kent & Helena Kostshyn, Lundar.....	\$639.80	Judy Wells, GrandePointe.....	\$119
John & Nellie Burak, Arborg.....	\$599.00	Thomas Kowalchuk, Fraserwood.....	\$489.00	Lynn Bear, Peguis.....	\$239.00
Andrew Barg, Winnipeg.....	\$1,749.00	Layne & Holly Kulbacki, Arborg.....	\$599.00	Hazel Brunen, Eriksdale.....	\$729.00
Crystal Sigurdson, Riverton.....	\$549.00	Edward Penner, Arborg.....	\$619.00	David Chudy, FisherBranch.....	\$1,499.00
Robert & Ellen Martin, Arborg.....	\$1,330.00	Keith Poleschuk, Arborg.....	\$2082.00	Susie and Brian Eyoilson, Riverton.....	\$528.00
Ronald Ostyziuk, Poplarfield.....	\$479.00	Curtis Spence, Hodgson.....	\$479.00	Nelson Hudson, Koostatak.....	\$629.00
Margaret S. Wilson, Peguis.....	\$1,699.00	Tanya & Lytle Thorlissson, Lundar.....	\$329.00	Larry and Valerie Kornelsen, Arborg.....	\$799.00
Stacey Leidingham, Riverton.....	\$1,279.00	Nancy Woychyszyn, Arborg.....	\$768.00	Jason Loewen, Arborg.....	\$850.00
Wayne Barkman, Arnes.....	\$799.00	Mathew & Gemma Avison, Arborg.....	\$219.00	Rita Milne, Gimli.....	\$1,327.43
Kathy Taylor, Winnipeg Beach.....	\$599.00	Raymond Bazinet, Eriksdale.....	\$389.00	Minerva Ladies Aid, Gimli.....	\$650.00
Doreen Steg, Camp Morton.....	\$299.00	Lynn Bear, Peguis.....	\$1,044.00	Sheila Murdoch, Koostatak.....	\$1,018.00
Lloyd Sigurdson, Arborg.....	\$629.00	Ken & Linda Cherepak, Arborg.....	\$49.01	Ruth Otto, Ashern.....	\$1,829.00
Glen & Norma Plett, Arborg.....	\$829.00	Debbie Deveau, Eriksdale.....	\$249.00	Gwen Adams, Matlock.....	\$1499.00
Jeannette Nickols, Riverton.....	\$1,699.00	Dorothy Dubchak, Gimli.....	\$899.00	Buddy Chudy, Fisher Branch.....	\$1298.00
Agnes Furgula, Riverton.....	\$939.00	Sid & Beatrice Dueck, Arborg.....	\$569.00	Dave and Mary Crate, Koostatak.....	\$529.00
Scott McDougall, Ashern.....	\$369.00	Don Firman, Arborg.....	\$529.00	Frank Dziedzic, Stonewall.....	\$859.00
Doug Moroski, Meleb.....	\$399.00	Leslee Gistason, Riverton.....	\$699.00	Heather Fedorchuk, Gimli.....	\$1119.00
John Harper, Hodgson.....	\$799.00	Heather Hamberg, Toulon.....	\$749.00	Ilean Haldane, Winnipeg Beach.....	\$1979.00
Robert & DeLores Jacobson, Arborg.....	\$279.00	Matthew Hamberg, Winnipeg.....	\$399.00	Catalina Janzen, Arborg.....	\$709.00
Brad Bazianik, Riverton.....	\$698.00	Star Johannesson, Arborg.....	\$549.00	Joan Krulicki, Arborg.....	\$1126.99
Allan Porter, Peguis.....	\$1,698.00	Allan & Janie Johnson, Riverton.....	\$1,039.00	John Logan, Toulon.....	\$439.00
Peter & Verne Bodnar, Arborg.....	\$1,028.00	Brenda Kayer, Toulon.....	\$499.00	Todd and Lisa Mazur, Fisher Branch.....	\$72.40
Zenith Poole, Arborg.....	\$1,849.00	Wayne & Kathy Kristinnson, Arborg.....	\$399.00	Jason and Sarah Naylor, Arborg.....	\$1328.99
Kevin & Lisa Klym, Arborg.....	\$179.00	Jeff Melsted, Gimli.....	\$120.00	Peter and Lisa Sawatzky, Arborg.....	\$249.00
John Hudson, Hodgson.....	\$979.00	Beverly & Bryan Plett, Arborg.....	\$2,148.00	Donna and Jim Skinner, Arborg.....	\$50.94
Leonard & Joyce Jackson, Gimli.....	\$2,427.00	Brace Reimer, Arborg.....	\$1,308.00	Allan Spence, Hodgson.....	\$1199.00
Amanda Rundle, Riverton.....	\$258.00	Ruce Reimer, Arborg.....	\$399.00	John and Mary Troy, Arborg.....	\$868.99
Kay Bergman, Arborg.....	\$2,229.00	Richard & Judith Werner, Arnes.....	\$619.00	Boyd Abas, Hodgson.....	\$338.99
William & Ethel Brown, Gimli.....	\$5,000.00	Don Barkman, Arborg.....	\$279.00	Sharon J. Bear, Peguis.....	\$39.99
Mike Budniak, Meleb.....	\$1,504.10	Noreen Barkman, Arborg.....	\$679.00	Sophie Bristow, Gimli.....	\$49.00
Leona Cochrane, Koostatak.....	\$499.00	Mark Bayliss, Arborg.....	\$19.95	Susan & Greg Brown, Lundar.....	\$1,713.00
Ivan & Christine Fridfinsson, Arborg.....	\$737.10	Melvin & Carol Bilinski, Fisher Branch.....	\$999.00	Elaine Bruce, Ashern.....	\$449.00
Jocelyn & Tony Hayka, Arnes.....	\$949.00	Jim & Wanda Brandson, Lundar.....	\$916.00	Linda Foster, Matlock.....	\$408.00
John Hudyma, Fraserwood.....	\$599.00	Paul & Linda Buus, East Selkirk.....	\$338.00	Dan & Nyla Klatt, Grahamdale.....	\$649.00
Alex Kimchuk, FisherBranch.....	\$575.00	Richard & Doris Dueck, Arborg.....	\$59.90	Rosemarie Kawalenko, Arnes.....	\$1,929.00
Kevin & Lisa Klym, Arborg.....	\$1,484.00	Henry T. Friesen, Arborg.....	\$1727.95	Lenore Mahase, Winnipeg.....	\$369.00
Claudia Krawchuk, Fraserwood.....	\$499.00	Jocelyn & Tony Hayka, Arnes.....	\$749.00	Melissa Markusson, Gimli.....	\$399.00
David & Judy McDougall, Ashern.....	\$399.00	Carl Johnson, Riverton.....	\$499.00	Stacy Markusson, Gimli.....	\$2,637.00
Tammie McQuoid, Arborg.....	\$1,049.00	Darryl & Jeanette Lazarok, Poplarfield.....	\$599.00	Darrin Mitcheel, Riverton.....	\$1,703.95
John Miller, Broad Valley.....	\$69.95	Janet Porth, Gimli.....	\$1759.00	Bert & Vera Osborne, Arborg.....	\$279.00
Ronald Porter, Peguis.....	\$499.00	Candace Sigurdson, Riverton.....	\$499.00	Ashely Prince, Peguis.....	\$20.00
Frank Reimer, Arborg.....	\$658.00	Tracy Sigvaldason, Arborg.....	\$299.00	Glen Tamoto, Sandy Hook.....	\$1,179.00
Dave & Eileen Shott, Arborg.....	\$98.00	Deila Sinclair, Koostatak.....	\$1599.00	Rick Weins, Arborg.....	\$649.00
Fern & Phillip Sinclair, Peguis.....	\$279.00	Isabel JToy, Lundar.....	\$469.00	Cornelius Weins, Arborg.....	\$59.00
Phillip Thorlerson, Arborg.....	\$599.00	Cynthia Webster, Gimli.....	\$449.00	Roger and Christine Abuda, Arborg.....	\$849.00
Stanley Wallach, Poplarfield.....	\$399.00	George & Maria Wiebe.....	\$51.00	Will & Shelly Ashley, Arborg.....	\$193.98
Phillip Bauernhuber, Arborg.....	\$1,900.00	Debbie & Adrian Zelenitsky, Gimli.....	\$858.00	Darryl and Doris Bear, Peguis.....	\$2,647.00
Simonetta DeSante, Riverton.....	\$529.00	Doreen Steg, Camp Morton.....	\$1,474.50	Dwight Dilts, Stonewall.....	\$1,828.00
Danielle & John Weedon, Riverton.....	\$1,799.00	Ida Jean Buck, Hodgson.....	\$2,227.00	Lil Firman, Gimli.....	\$2,068.00
Bev Webb, Fisher Branch.....	\$129.00	Glen & Phyllis Stevenson, Peguis.....	\$877.00	Ruth Kennedy, Arborg.....	\$64.99
Alan McKay, Arborg.....	\$349.00	Don & Betty Johnson, Arborg.....	\$1,299.00	Chris and Jennifer Kristjansson, Gimli.....	\$919.00
Zenith Poole, Arborg.....	\$848.00	Nancy Woychyszyn, Arborg.....	\$499.00	Bjarni and Elaine Martinnson, Riverton.....	\$399.00
Barb & Menno Friesen, Riverton.....	\$559.00	Donna & Ray Andert, Gimli.....	\$899.00	Bruce and Candace McKinnon, Eriksdale.....	\$1,669.00
Pat Dudrak, Arborg.....	\$499.00	Will Ashley, Arborg.....	\$479.00	Stephen and Liz Murdock, Koostatak.....	\$70.00
Mary Dunlop, Gimli.....	\$109.00			Lorne and Susan Smith, Gimli.....	\$1,173.95
Jean Harrison, Arborg.....	\$1,988.00			Faye Stevenson, Peguis.....	\$1,173.95
Roxanne Roche, Arborg.....	\$1,868.00			Walter and Charlene Stevenson, Peguis.....	\$154.98
Ernie & Lucille Stabner, Eriksdale.....	\$1,349.00			Renate Van Der Molen, Eriksdale.....	\$1,632.10
Nancy Woychyszyn, Arborg.....	\$499.00			Delores Wallbridge, Peguis.....	\$2,186.00
Donna & Ray Andert, Gimli.....	\$899.00			Al and Gloria Wiebe, Poplarfield.....	\$152.94
Will Ashley, Arborg.....	\$479.00			Irene Zazulinski, Fraserwood.....	\$279.00

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

Don Smith
Smitty's

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

Palliser Fabric Recliners
2 colours
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FIREPLACES
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TV unit with choice of glass ember or log Firebox
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• Appliances
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0% INTEREST ON EVERYTHING O.A.C.!
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SALE RULES

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

GRAND TOTAL TO DATE \$258,337.63

Frigidaire Chest Freezers
9 cu. ft.
\$399
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