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WEEKLY NEWS

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Being 'dairy' careful

EXPRESS PHOTO BY JENNIFER MCFEE

Three-year-old Sammy enjoys a visit with the calves at Mission Trail Farms in the Gimli area during Open Farm Day on Sunday, Sept. 20. He is feeding the calves a mixture of corn, barley, beet pulp, oats and plenty of molasses to make it sweet. Dozens of farms across the province participated in the sixth annual Open Farm Day initiative, which aims to connect farmers with the public.

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Open Farm Day connects farmers with the public

By Jennifer McFee

Farmers across Manitoba flung open the barn doors to welcome the public for the sixth annual Open Farm Day last weekend.

On Sunday, Sept. 20, visitors had the opportunity to drop by 37 farms across the province to learn more about the origin of their food.

For the five per cent of Manitobans who live on a farm, the annual event provides a chance to create connections with the public and share a slice of their life.

At Mission Trail Farms, located in the Gimli area, Jason Porteous and his family have participated each year since the initiative began.

Last year, between 80 to 100 people dropped by the dairy farm, which is home to about 150 cows in total, including 50 for milking. This year, they seemed on track to reach the same totals. Visitors had the chance to see a milking demonstration and to meet the family's other pets, including nine goats, two dogs and a horse named Nike.

"It's a good opportunity for people to come out and see the farm. A lot of people are out and they never get to see that," Porteous said.

"Grandparents bring grandkids. Maybe they were on a farm or had family on a farm, but their grandkids have never seen it."

Porteous recently took over the operation, and his four children —aged 16, 14, 12 and 10 — mark the sixth generation on the farm.

"It's what I like to do and the kids enjoy it too," he said.

"My kids also enjoy Open Farm Day. They love showing the farm off to other people and taking all these other kids that don't see these things around to tour the farm and to see all the different animals."

The Porteous kids also invited visitors to enjoy tasty treats of milk, chocolate milk, coffee and doughnuts.

Along with Mission Trail Farms, an impressive list of other Interlake farms took part in the event, including Grenkow Holsteins in Rosser, Overby Bison in Inwood, Integrity Foods in Riverton and Baba Farms in Arnes.

Wendy Bulloch, Open Farm Day coordinator with the Manitoba Association of Agriculture Society, says the initiative provides benefits for everyone involved.

"For the farm producers or the hosts of the farm sites, it allows them to showcase their operations," Bulloch said.

"And for the visitors, it's an opportu-



EXPRESS PHOTOS BY JENNIFER MCFEE

Jason Porteous of Mission Trail Farms explained to visitors how he operates his Gimli-area dairy farm. With 150 cows in total, the family farm has 50 cows for milking.



Daniel Plata and his one-year-old cousin Jacob are all smiles as they come face to face with the calves. This was Daniel's first time on a Canadian farm, since he is visiting from a rural community in Colombia.



As part of the sixth generation on the family farm, 12-year-old Avery introduces guests to their nine pet goats. Below, the cows take a rest during milking.

nity for them to learn more about agriculture and to get to have a chance to speak with farmers. They can learn more about rural Manitoba. To me, it's just a win-win for everybody."

Last year, more than 8,000 visitors enjoyed a first-hand agricultural experience during Open Farm Day, which is organized by the Manitoba Association of Agriculture Society in partnership with the provincial government. This year's totals were not available by press time.



Flooded out First Nations just want to go home

By Jeff Ward

Dozens of First Nations protestors flooded Highway 6 last week to help bring awareness to their plight that, after nearly a half decade, there are still almost 2,000 people who haven't returned home.

Chiefs and community members gathered at the Fairford Water Control Structure to protest the government's plan to spend \$495 million in new flood mitigation while they remain without homes and without even a timeline for when they can expect to return. It's frustrating, and as Little Saskatchewan First Nation band councillor explains, it's just not right.

"It's been almost five years. I'm disappointed in that," said Darrell Shorting over the phone with clear exhaustion in his voice.

"The cottage-owners along Lake Manitoba have been able to use their cottages over the summer months. Our First Nations haven't been able to use their homes. They're still flooded or infested with mould."

The government has offered a so-

lution; however, in the proposed 806 easement that we reported about in the May 28 issue of *The Express Weekly News*, the easement would put somewhere between 30 and 60 new homes into Little Saskatchewan First Nation. Little Saskatchewan First Nation officials haven't signed that agreement and likely won't be as the terms just aren't to their liking.

"The government [is] dangling these houses in front of us, but for us to be properly compensated for the loss of use of the land, we have to have an agreement in place. We're losing land with this deal," said Shorting.

Little Saskatchewan First Nation isn't the only one upset by the lack of action the provincial government has taken to help them. Pinaymootang First Nation Chief Garnet Woodhouse mentioned that since 2011,

many families in his community have had to be evacuated from their homes due to mould issues. The homes are no longer safe to live in. The protestors are demanding that their issues be addressed before construction starts on the half-billion-dollar proj-

"BEFORE HALF A BILLION DOLLARS IS SPENT ON A DIVERSION IN THE INTERLAKE, EVERY MAN, WOMAN AND ELDER NEEDS TO BE BROUGHT HOME TO A SAFE COMMUNITY."



EXPRESS PHOTO BY DOUG THOMAS

As part of the sixth generation on the family farm, 12-year-old Avery introduces guests to their nine pet goats. Below, the cows take a rest during milking.

ect.

The CBC reports Assembly of Manitoba Chiefs, Grand Chief Derek Nepinak said, "Before half a billion dollars is spent on a diversion in the Interlake, every man, woman and elder needs to be brought home to a safe community."

The province still maintains that the outlet channels will help alleviate chronic flooding issues for First Nations as well and that the project will help protect their communities.

According to a statement released by the province, they are still in discussion with First Nations on solutions.

Terry Fox BBQ raises big money

By Jeff Ward

Co-op food stores in both Eriksdale and Arborg took part in a short but meaningful fundraiser to benefit the Terry Fox Foundation last Friday.

The fundraiser has been happening for more than a decade and has raised thousands of dollars over the years. This year the fundraiser raised nearly \$1,600 between both locations. Approximately 150 people showed up to the Arborg location to buy a hotdog and a drink with all the money being donated directly to the Terry Fox Foundation.

Lynette Oliver, Arborg Co-op's manager said she is "very proud of our

communities who come out and donate each year."

"We've been doing this fundraiser for as long as I can remember and we've always done really well with it," she said. "We always want to be able to give back in some way, so this idea was brought up at a meeting and we just ran with it."

This is an ironic choice of words considering what Terry Fox did to raise awareness for Cancer and what his foundation continues to do each year.

The 35th annual Terry Fox Run took place on Sept. 20 and the Terry Fox National School run takes place on Sept. 30.

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Arrest and charges laid in 1985 homicide of Kalanza

By Jeff Ward

After 30 years of mystery, charges have finally been laid in the 1985 murder of Michael Kalanza who went missing from Faulkner.

On Sept. 15, investigators from the Manitoba RCMP Historical Case Unit arrested Lee Norman Pischke (50 years old), a resident of the RM of Grahamdale. Pischke has been charged with the second-degree murder of Kalanza. He has been remanded in custody and appeared in Winnipeg Provincial Court Sept. 17.

A second male, a 53-year-old resident of Winnipeg, was arrested in connection with this case on Sept. 16. He has since been released; however, the investigation continues.

In 1997, a group of Grade 9 students from Ashern Central School went on a field trip to the old Spearhill limestone quarry. The students unearthed the human remains. DNA testing con-

firmed the remains were those of Michael Kalanza.

An extensive review of the case was performed and created new investigative pathways, which the RCMP were actively pursuing. Investigators made inquiries in the community, which yielded new information. They resubmitted DNA exhibits to undergo further testing with advanced technology and did further forensic analysis on evidence with techniques not available at the time of the initial investigation.

Five months ago, almost to the day, RCMP investigative teams were at the limestone quarry where the remains were found and conducted another forensic search of the area.

"[The arrest] is a combination of several investigative steps that were taken at the scene and through witness statements," said Bert Paquet, media relations officer for the RCMP.

"Physical evidence doesn't disappear but it is challenging to uncover and analyze. Cases like this are not forgotten. People talk. The people in the community were the key as well."

Pischke ran for councillor of Ward 5 in Grahamdale in last year's provincial election and lost to incumbent Brad Stabner by a margin of only eight votes.

"There were a lot of efforts dedicated to this case over the last 30 years and we're all happy with the results so far. It's very satisfying for our officers but it's more about bringing closure to the family," said Paquet.

The investigation remains active.

Unsolved RCMP cases remain open and active until a conclusion is reached. Investigators are continually looking into historical cases to see if a re-examination or further testing with advanced technology could possibly provide new leads.



Michael Kalanza

All-in-one ID card 'a step above any fraud,' MPI says

By Scott Billeck

A proposed new identification card that would be available to all Manitobans could keep your wallet a little lighter while keeping crimes, including identity theft, at bay.

The joint effort by Manitoba Health, Healthy Living and Seniors and Manitoba Public Insurance proposes one piece of identification, which would include a person's driver's licence, photo identification as well as their health card and, if they so choose, travel card.

The new card, MPI and the prov-

ince hopes, will eliminate the need for more than one piece of ID and provide an added layer of protection when it comes to crimes against one's identity.

"The health card right now doesn't have a photo on it," said Brian Smiley, MPI media relations co-ordinator. "If someone steals another's health card, they can go and try to get medical services and drugs."

"The new card has a picture on it. It has robust features. It's a step above any fraud."

Those robust fea-

tures, according to MPI, would include highly secure one-piece card construction, laser engraved photo and signature that can't be altered without damaging the card, embedded patterns that are difficult to counterfeit, as well as photo ID for quick and easy verification of cardholder by health service providers.

MPI said it anticipates that prescription drug abuse could be curbed in the event a card is stolen and misused.

MPI added no personal health information would be shared within its

walls while also saying no driver licensing information would be shared with Manitoba Health.

The new piece of identification, meanwhile, would make it so those without residence would be able to get a piece of photo ID for free.

Seniors aged 65 and up as well as qualifying low-income and homeless individuals would be able to get a card at no charge, allowing those most vulnerable to access vital health care.

MPI just finished up an eight-town tour where they set up displays and asked for the public's feedback on the new proposal.


"That's the No. 1 step we were doing," said Smiley. "We're speaking to Manitobans and there's an online survey on our website that we are encouraging people to take to gather information and the public's feedback."

Smiley said MPI hopes to be able to forward that information to the government in November. He also said the feedback, so far, has been nothing short of positive.

"I've been to four locations now and the feedback has been extremely positive," he said. "People like the idea of having one card, eliminating the health card. There's no photo on that card. It's not a piece of ID you can really use."

Those looking for more information on the card, or to leave feedback, can visit mpi.mb.ca.

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SCAPE plans to shine the spotlight on Winnipeg Beach

By Patricia Barrett

Plans are afoot to make the town of Winnipeg Beach a centre of creative endeavour in the Interlake.

SCAPE, a not-for-profit arts organization, wants to provide the community with an arts facility somewhat along the lines of a Banff Centre.

"There seems to be a need up here for arts activity, especially in the winter," said Susan Hammer, one of the founders of SCAPE.

SCAPE stands for Stronger Communities through Arts Participation for Everyone and has 11 board members. Its mandate is to advance arts education through the provision of lessons and workshops, and to build connections with the plethora of artists who call the town home.

SCAPE also organizes festivals to showcase diverse talent from the area and beyond. The Beachscape Festival (a joint initiative with town council) has attracted dancers, musicians, storytellers, wood carvers, painters and potters, to name a few.

"One of the highlights of 2014 was singing to the health of Lake Winnipeg," said Hammer, who is SCAPE's director of programs and communication. "An elder taught us how to sing in Hawaiian to heal water."

Next year, SCAPE — in partnership with council — plans to expand Beachscape by combining it with Harvest Fest, another popular festival that attracts visitors from far and wide.

The three-year-old organization has made a strong impact in the area, providing local residents with arts programs, community music jams, variety nights and movement classes.

"The environment is conducive to creativity," said Hammer, who has taught and performed classical and traditional music for 35 years. When she and her husband, Paul, moved to Winnipeg Beach in 2011, they opened a Celtic music school, offering lessons in traditional Irish instruments such as the bodhrán and the penny whistle, concertina, fiddle and spoons.

"There are a lot of individual pockets of artists," she said. "There's a need to organize all the different groups."

With an arts centre, the town could boost its already strong tourist presence and create new business opportunities.

"There are over 1,000 people who live in town year round," said Linda Bradley, one of SCAPE's directors, "but a lot of businesses close over the winter."

She said if the town had a dedicated centre for the arts, it might encourage businesses to stay open all year, and perhaps even lead to the establishment of a transportation service to, from and around town.

"The town of Buckhorn, Ont., was a ghost town," said Bradley, who was an art teacher for many years and now writes. She grew up in the community about two and half hours northwest of Toronto. "They opened an arts centre and have retreats."

She said the town became a virtual metropolis.

"Winnipeg Beach could become that," said Bradley, who met the Hammers when she opened the Irish Otter Coffee House next door to their music school and took lessons.

Lake Winnipeg is the town's bread and butter, but storm surges and the damages they can afflict sometimes affect tourist numbers.

"If the town is relying on its resort status," said



EXPRESS PHOTO BY PATRICIA BARRETT

Members of SCAPE play a reel. Left to right: Linda Bradley, Susan Hammer and Paul Hammer.

Hammer, "and you have damage to the main attraction, then we need to find other attractions."

SCAPE doesn't have an arts centre space at this point, but it has its eye on the recreation centre.

"We're partnering with town council," said Hammer, referring to talks the organization had last week with the recreation committee.

"It won't be just us [SCAPE] coming in, but all the non-profits coming in and using the space," she said.

She also wants to broaden the reach of artistic expression available to residents.

"One of my plans is to bring classical music," said Hammer, who has a university degree in classical and medieval music and has a wealth of connections to performers.

That may include singing and cabaret. "I want to get people exposed to classical, but with music they're familiar with."

One of the challenges a SCAPE arts centre may help solve is awareness — both locally and throughout the Interlake — of what programs are available both in summer and winter. Hammer said "it is word-of-mouth" for many activities.

"A lot of people still don't know we teach, play and arrange concerts," said Hammer, who teaches at the Winnipeg Conservatory of Music.

The Hammers' local students are between six and 80 years old.

"I talked them into it, thinking I did some terrible deed," said Paul Hammer, who taught

classical guitar at the University of Manitoba before taking up the fiddle. "They end up liking it."

The couple hosts informal jam sessions every Wednesday evening in which they — and whoever wants to join in — play traditional and modern-day songs.

"It's a natural resource yet to be tapped by the town," said Hammer, referring to local interest in the arts. "We can encourage others to come out for a retreat."

Once SCAPE finds a space, it will meet with other non-profit arts groups to discuss the best way to co-ordinate their activities.

SCAPE will hold its Annual General Meeting Oct. 5 at 7 p.m. at the Winnipeg Beach United Church. For more information, visit the SCAPE at www.scape.name/home.

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getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL Using a hammer and string for the catch of the day

Hi folks. Gosh, I sure met some fascinating characters this week.

I was wandering along the shore between Halcyon Cove and Balsam Harbor last week looking for signs that would show separate swimming and angling areas when I saw a small slim lady with short, curly brown hair trekking up the beach using a driftwood pole as a walking stick. As we came up to each other, she broke into a friendly smile and we fell into a casual conversation. As we chatted, our new friend, Trinity Klassen of West St. Paul, proved to have quite a sense of humour.

I couldn't help chuckling when she said that although her husband, Ray, loved to fish, he couldn't catch one in a barrel full of them. She also mockingly lamented the fact that she had to keep a picture of him handy so she wouldn't forget who he was when he walked in the door. Except for three weekends last winter, he was on the ice in his shack with his buddies fishing.

Well, some of us feel your pain, honey, but I've got to admit I would want to be right out there with him — sorry.

Towards the weekend on the shore by south Sandy Hook and the beach, I met Brenda Martynuk along with her son Trevor and his fiancé, Melanie Simkin. The newly engaged young couple was from St. Adolphe, down to visit with mom. As we talked, Melanie was thrilled to catch a nice fish.

Now here's a funny fishing story for you, compliments of Ray (another Ray) and Bobbi Asselstine of Winnipeg, who I met last weekend on the Selkirk pier.

Ray and Bobbi are two of the most jo-



EXPRESS PHOTO BY ARNIE WEIDL
Melahie Simkin with her catch by the south Sandy Hook/Winnipeg Beach shore.

vial really close couples on the smarter side of 50 I have had the pleasure of meeting lately. Ray is a guy of full build with a constantly smiling round face, and Bobbi is a gal always making jokes. These two had a humorous way of finishing each others' sentences.

Ray began their story, saying they were out fishing at Dorothy Lake in the Whiteshell. It was a bit rainy, windy and cold on the dock so they left their new shiny bright white folding chairs and jumped into their car to warm up. The wind gusted, picking up Ray's bright shiny new chair and dumped it into the dark water. Well, necessity is

the mother of invention and Ray was a pretty inventive fellow. After thinking a bit, he got a piece of rope and a hammer from the car and tied the hammer to one end of the rope then began dragging the water where his new fancy chair had disappeared.

Then a chap came wandering by and stopped to watch Ray's dragging labours. Peering over the side of the dock at the water, he idly offered the observation, "I don't think you're going to catch anything with that rig."

Ray, half smiling while concentrating on his task, remarked, "I think it might get me what I'm trying for."

Our walker-by now realizing Ray was after something lost, played along saying, "The fish are pretty tough here, I guess."

Ray came back, "Yep, here you've got to hit them over the head with a hammer if you want to catch them."

The chap walked away grinning. Soon, another guy came by and stopped to observe Ray's efforts. Passer-by No. 2, seeing only the rope in the water, piped up and exclaimed, "You realize the fishing gear you're using is illegal."

Just as he said that, Ray felt a catch on his submerged hammer, and with a knowing smile at the visitor, he pulled up his wayward chair, saying, "It's pretty legal for what I'm after."

As the second guy walked away, Bobbi gleefully jumped up and took a picture of the chair now hanging from the hammer. Later, she titled the picture the "catch of the day" and then put it on their fridge at home.

Well, my friends the leaves are starting to turn and ahead looms the joys of ice fishing! See you soon. Bye.

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Lundar mourns the loss of exceptional volunteer

By Jeff Ward

As the town of Lundar is mourning the loss of one of its most selfless volunteers, her friends and family are coming forward to share their memories of her.

On Sept. 1, 2015, Isabel Troy (84 years old) passed away suddenly, leaving a wake of grief for those who knew her. And those who knew her are not small in numbers as Troy made her presence known most everywhere she went — always offering help to any person or cause that needed it, and always doing so with no cause to be thanked.

"She wouldn't have let you write this story about her," said her daughter Cathy Johnson, recalling her mother's modest nature.

"She would have told you, 'Don't be so silly. Who'd want to read about an old woman like me?'"

Troy moved to Lundar in March of 1966 with her husband after they decided to buy a farm in the area. No

one in the family knew exactly why he had decided to buy this farm and Troy certainly wasn't pleased about the move. But not one to let the world come to her, Troy got out immediately and starting working at the Lundar Hotel Restaurant with Pat Cook.

It was during this time that Troy would meet new people every day and quickly became involved in the community.

"She was working and managing the restaurant and working on the farm and raising a family, so she was very busy. None of us really knew how she made the time to do all she did. She was kind

of like the Energizer Bunny; she just kept going," said Johnson.

Even into her old age, Troy was constantly moving. Settling down for her tea — her favourite drink — only occasionally and watching shows on television with her daughter like *Murdoch*

Mysteries and *The Mentalist*. Most of the waking hours of the day, she was working, preparing for events or just looking to see where she could lend a hand. Even in her final few hours, she was working to help plan a wedding supper.

"During the day, she would do all of her volunteering, wherever that would be. And then she would do her visits in the evening. If she figured visiting time wasn't over at 9:30 when we were getting ready for bed, she'd go to a friend's house and chat into the morning," said Virgil Johnson, Troy's son-in-law.

Maybe the most incredible aspect of Troy's giving nature was her dedication to the community as a whole, not just causes and organizations that benefited her. Whether the job was tearing tickets at a function or helping to make sandwiches for a catered event, Troy was there.

"She felt that if this is your community, it's up to you as member of that community to step up and work for it. No one else will do it for you," said Cathy Johnson.

A funeral was held at the Lundar Legion for Troy on Sept. 9. One of Troy's grandsons read the eulogy, and Pastor



EXPRESS PHOTO
COURTESY OF CATHY JOHNSON

Isabel Troy passed away suddenly on Sept. 1 after years of giving her time volunteering around the community.

Bill Watson read messages written by her grandchildren. The funeral was very personal and helped celebrate the life of a woman who gave selflessly and never expected anything in return.

Habitat for Humanity donation



EXPRESS PHOTO BY MATTHEW LAKE

The Band Together Committee presented a check for \$1,502.35 to Habitat for Humanity on Sept. 20. The funds were raised during a benefit concert, which brought 10 church groups together Aug. 23. Habitat for Humanity hopes to build the house in Gimli next summer.

Pictured, left to right: Chris Magnusson, Rose Marie Hess, Anders Kuusselka, John Bucklaschuk, Sam Sekhon, Gayle Shmelinski, Dan McKelvey and Signe Holstein.

PUBLIC CONSULTATION

Share Your Views on the Proposed Ecosystem Protection Zone for Alvar

The Manitoba government is proposing to designate an Ecosystem Protection Zone (EPZ) for alvar.

Alvar is a habitat characterized by a thin or absent layer of soil, over limestone or dolomite bedrock pavement. Manitoba alvars have variable features, including open perennial grassland, shrub land, savannah and limestone/dolomite flat-rock substrate dominated by lichens.

Manitoba's alvar ecosystem is considered extremely rare and has been designated as endangered. The proposed EPZ for this rare land type will restrict certain types of activities that may contribute to further degradation of alvar on Crown land.

Make Yourself Heard

For more information, or to submit your comments, visit manitoba.ca/conservation/wildlife, email wildlife@gov.mb.ca, or call Manitoba Conservation and Water Stewardship at 204-945-7775.

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Your comments must be received
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Manitoba 

Local physician celebrating 40 years serving Lundar

Appreciation evening being held Sept. 26

By Jeff Ward

The RM of Coldwell Council is holding an appreciation evening this Saturday to celebrate 40 years of service by local physician Dr. Neil Burnet.

Burnet moved to Lundar from Sydney, Australia, and jokingly tells people who ask him why he moved to Lundar, that “everyone makes mistakes.” However, Burnet tells people that working in a small community is what he’s best suited for. Dr. Burnet is a jack of all trades and handles everything from regular appointments to daily emergencies, including the flu, heart problems or diabetes. Burnet enjoys the variety of work as it’s always something different and that keeps the job from becoming boring.

“I like that broad approach and that knowledge you have to have which is not specialized in any one area,” said Burnet, who even after 40 years is still working late on a Friday night at the clinic and is also on call.

“In big hospitals, if you walk in with a heart attack and I’m working in emergency, I treat you and get a cardiologist. But here, I am the cardiologist, and I’m responsible for the patient right up until they get into the ambulance. Sometimes in extreme cases, I’m also going with the patient to Winnipeg.”

During Burnet’s career, he has seen the entire field of medicine change drastically with the application of more advanced technology that continues to improve at an exponential rate to the way that preventative

medicine has become the way most doctors work.

“Forty years ago when people came to the doctor, they often came in with things like sore throats or some injury or illness. Now it’s moved much more into preventative medicine — blood pressure and cholesterol checks, controlling diabetes,” noted Burnet.

He also mentioned how drugs have become much more common and necessary.

Burnet has enjoyed his years in Lundar and the freedom his clinic has allowed him. His work has been fulfilling and he’s enjoyed it quite a bit, although he’s admittedly getting tired of winter. He’s not retiring but he’s starting to see the writing on the wall and wonders how much longer he’ll be doing this.

“I think I’m sort of wrestling that [retiring] myself. I’d like to see the medical services [in Lundar] continue, but this sort of practice that, in a little town by yourself, is obsolete. Nowadays people want to work in a big hospital, but this has always been a pretty good place for me.”

Friends, patients and associates are invited to attend the Dr. Burnet appreciation event and to come out and thank him for his years of service this Saturday, Sept. 26 from 7 p.m. until 11 p.m. at the Lundar Curling Rink.

The event is free of charge and will include hors d’oeuvres and a cash bar along with the live band The Third Chin.



EXPRESS PHOTO SUBMITTED

Lundar physician Dr. Neil Burnet still enjoys his local practice and the community even after 40 years while still seeing on Fridays. The RM of Coldwell council is hosting an appreciation evening in honour of his 40 years of service on Sept. 26 at the Lundar Curling Rink.

Gimli runs for Terry Fox

By Patricia Barrett

The 35th Annual Terry Fox run had Gimli residents setting off from the Gimli Park Pavilion last Sunday morning to raise funds for cancer research.

“There was no set time for them to run,” said local resident June Isfeld, one of the event’s co-ordinators. As soon as participants registered, they were off.

The event had 32 people take part, running either a 2K, 5K or 10K route around town.

“Local businesses have been really supportive,” said Isfeld, who lost her husband and daughter to cancer. “We’ve had about 40 contribute to our silent auction.”

It was set up in the Credit Union for two weeks prior to the event and was brought to the pavilion Sunday, she

said. She and Carol Gwizdak, another co-ordinator, staffed the auction.

The run raised \$4,367.75.

“Contributions from local schools will be added to that total,” Isfeld said.

Since 2014, over \$650 million has been raised to support cancer research, according to the Terry Fox Foundation website.

After having lost a leg to cancer, Winnipeg-born Terry Fox undertook a cross-Canada run in 1980 called the Marathon of Hope to raise money for cancer research and awareness. He set off from St. John’s, running for 143 days and covering 5,373 kilometres. He was forced stop just near Thunder Bay because cancer had spread to his lungs.

For more about the Terry Fox run, visit www.terryfox.org.



EXPRESS PHOTO BY Alana Bruce.

June Isfeld (left) and Carol Gwizdak helped raise \$4,367.75 at this year’s Terry Fox run in Gimli.

Petersfield truck driver wins National Grand Champion award

By Jonathan Wilson

Truck driving is more than just a career for Ken Wiebe. Once a year, it becomes a competitive sport and he has proved himself to be serious competition.

At the annual National Professional Truck Driving Championships, seasoned veterans from across Canada test their knowledge and skills of the industry.

Wiebe, a resident of Petersfield since 2001, was one of five representing Manitoba after winning the provincial competition, and earlier this month, he earned the title of National Grand Champion.

"I get lots of congratulations," Wiebe said. "All the customers I haul to, they are pretty excited about it too."

Despite the fact it was his 11th time heading to nationals, Wiebe is never calm going into the competition.

"Every time you're a ball of nerves. You get into the competition and your heart is jumping out of your chest. I thought maybe it might go away after a while, but it doesn't," Wiebe said with a laugh.

The competition starts with a timed written test consisting of 50 questions on driver safety and general knowledge of trucking. Next, the competitors hit the road course where they conduct a pre-trip inspection of their vehicles to find the five planted defects within eight minutes. Lastly, they attempt to manoeuvre their vehicle cleanly through a tight obstacle course.

Any bump, scrape, defect missed or

wrong question counts against a competitor's point score used to decide the winners in the five vehicle categories.

"It's really good for the industry," Wiebe said. "I think it gives the truckers a chance to show what they do in everyday work and the challenges they go through."

"It gives them a chance to show off their expertise and what they learn."

Wiebe has taken first place in the nationals five times now, but this was his first time earning the National Grand Champion award, which goes to the contestant with the highest point differential between their scores and the category average.

The national championship is hosted by a different province every year. This year it took place in Regina and was hosted by the Saskatchewan Trucking Association. Wiebe was happy to take home some trophies and a nice gold watch for his efforts, although he said one of the biggest things for him is just being at the nationals.

"It was done on a really professional level and a lot of people put effort into putting it all together, and it got a lot of great sponsors. It all helps," Wiebe said.

Everyone involved in the competition stays for the weekend for a Friday night gala and is given a tour of some of the attractions of the host province. This year they visited the RCMP Heritage Centre, known as the "Depot."

To enter the competition, a driver has to have been completely accident free for the 12 months prior. When



EXPRESS PHOTO SUBMITTED

Ken and Madelyn Wiebe of Petersfield at the National Professional Truck Driving Championships in Regina, Sask, after Ken won his first place award.

asked for any tips for those who want to succeed in the competition in the future, Wiebe said "just have fun with it and try to relax."

The 39th annual Lundar Goose Shoot sold out

Lundar Goose Shoot organizers are gearing up for the Oct. 9 and 10 weekend

By Jeff Ward

The Lundar Goose Shoot continues to be one of the most popular fall events in the Interlake and this year will be no different.

It's been 38 years since the first goose shoot in 1977, and in that time the goose shoot has not only skyrocketed in popularity but also become well known for bringing in hunters from all over the country. Hunters from as

far west at British Columbia and even some from the U.S., including Minnesota and South Dakota, have been known to make the trip north to Lundar to participate in the annual event. This year's sold-out event takes place Oct. 9 and 10 and is being put on by the Lundar Elks.

"We could likely have more teams but it's a space thing. We don't have enough fields," said Elsie Johnson, treasurer for the Lundar Elks.

"We go all the way to Poplarfield and even Narcisse, and most of them [hunters] get their limit. A lot of them get their 20 [geese] for each team."

Each of the 20 teams is made up of four hunters and two guides. The guides are there to help lead the hunters to their hunting areas and to help check the birds. The fields are rented from local farmers, so there's natu-

rally a lot of co-ordination involved. There are 100 hunters and another 20 guides and potentially 20 farmers. Fortunately, after all these years, the event runs like a well-oiled machine.

Of course, the hunt is only half the fun of the event. There's a big supper the night before the shoot and a calcutta. The calcutta is one of the more exciting aspects of the goose shoot because if you buy the team that wins, you have the potential to win a huge cash prize.

"Last year, the winner took home \$10,000, and the year before that the top prize was \$15,000," said Johnson.

Participants in the calcutta have a 1/20 chance of winning the big cash pot.

Hunters aren't allowed to compete two years in a row to allow others to take part in the event. This year the

shoot has four more teams than it could handle, so those four teams are guaranteed spots for next year's event.

The winners of the shoot are chosen by the total weight of all birds shot during the event.

"LAST YEAR, THE WINNER TOOK HOME \$10,000, AND THE YEAR BEFORE THAT THE TOP PRIZE WAS \$15,000."

Eriksdale Bullorama date change

Staff

Due to conflicting events in the Eriksdale area, the 19th Annual Boyz & Bullz Bullorama has been re-scheduled to Oct. 17.

The extremely popular one-night bull-riding event will take place at the Eriksdale Arena. In the past, the event has had more than 300 people in attendance. There will be junior bull riding, wild pony races and a high-energy pyrotechnics-filled rider entrance, as well as the main event.

Tickets are available at the door for \$15 for adults and \$10 for youth. Doors open at 4:45 p.m. for dinner and the show starts at 7 p.m. sharp.

For more information, you can contact Ben Kinked at 204-739-3276.



Lundar to host Awareness Luncheon promoting services for seniors

By Patricia Barrett

The Lundar Community Resource Council, Services to Seniors will be holding an Awareness Luncheon Sept. 25 at the Community Hall to help spread the word about services available to older adults, seniors and persons with disabilities.

"We're letting the community know what services are available," said Cindy Thorkelson, senior resource co-ordinator. The council has held the event for about 20 years.

Displays containing information about various programs will be set up in the Community Hall.

Older adults who find day-to-day tasks burdensome can contact the council for assistance. Co-ordinators connect them to services such as house cleaning, yard maintenance, errand-running, income tax preparation and transportation for shopping and appointments. It also offers a Meals on Wheels program.

All the services help them remain

independent in the community.

Census profile data from 2011 show that 38 per cent of the community of about 500 people is 60 years and older.

Lunch will consist of a salad bar (\$6), which will be provided by the council, and soup (\$2), sandwiches (\$2), and desserts (\$1) prepared and donated by local residents.

"Then they come and buy it," said Thorkelson, referring to the community's show of support. "It's amazing."

The funds raised by the luncheon

will help the council pay its office expenses, such as telephone bills, said Thorkelson. It functions on grant money that goes towards co-ordinator salaries.

The lunch will be held at the Lundar Community Hall, 28 First Ave., between 11:30 a.m. and 1:30 p.m. Sept. 25.

For more information, call the town office at 204-762-5421 or visit www.lundar.ca.

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2015 federal election

NDP candidate sets up shop in Selkirk



EXPRESS PHOTO SUBMITTED

Community members and supporters gathered to celebrate the grand opening of Selkirk-Interlake-Eastman NDP candidate Deborah Chief's campaign office grand opening in Selkirk at 218A Manitoba Ave. last Wednesday evening. Free hotdogs, hamburgers, coffee and Orange Crush were enjoyed by those in attendance.

Winnipeg Beach Show 'N Shine car show dazzles crowd

By Patricia Barrett

Under the Boardwalk Show 'N Shine car show last Saturday in Winnipeg Beach had nearly 200 vintage and custom vehicles cruise into town.

Don Swaffer displayed his 1956 Mercury Monterey station wagon with faux wood panelling.

"It was known as a woody wagon," said Swaffer, who lives in the Winnipeg Beach area and was one of show's judges. The wagon, which seats eight, is one of only 9,000 produced. It has appeared in a number of movies, including *Keep Your Head Up, Kid: The Don Cherry Story*.

In keeping with his fond memories of the 1950s and California surf music of the early 1960s, Swaffer had the interior done up in turquoise, daubed turquoise paint onto dice which he affixed to the push-button door locks, and bought a 11-and-a-half-foot surfboard, which he mounted on the roof.

"I just about went to heaven when I opened it up," said Swaffer, referring to the day he received the turquoise surfboard from California. It was signed by the original owner. "You can see his heel marks on the board."

When he was in Florida, he bought turquoise beach towels to round out the beach theme.

He takes the car to various shows. When he was in Wisconsin one year, a fellow with a camera stuck his head in the car and asked to purchase it.

"We became friends over a car," laughed Swaffer. His American friend still wants to take it off his hands.

"They're fun to drive," said Swaffer. "But there's lots of maintenance to keep it up." Because he's a judge, his car was not part of the competition.

While hundreds of car enthusiasts strolled down Main Street and checked out Thunderbirds, Studebakers, Mustangs, Edsels and Fairlanes, Winnipeg-based band Beg, Borrow and Steal provided the afternoon's musical entertainment.

Comprised of Brian Harrisko (drums), George Walichnowski (guitar) and Evan Muzychuk (bass), the versatile classic rock and blues band covered songs from the '50s, '60s and '70s. The band plays at weddings and bars and hosts a jam every second Thursday at the Belgian Club in Winnipeg.

Randy and Sandy Klym from Lockport have won many people's choice awards for their 1957 GMC school bus.

They found it in a Dryden, Ont., field in 2003 when they went to check out a car for sale. The owner was using it as a greenhouse.

"It had a wood stove and a sandbox," said Randy. "He said, 'It's for sale — at a price.'"

The Klyms had crowds of people checking out the interior of the bus, which they turned into a '50s-style diner, complete with an old Coke machine and checkerboard floor.

"It's so retro, so fabulous," said one woman who stopped to admire the bus.

"We got the booth from the Half



EXPRESS PHOTOS BY PATRICIA BARRETT

Don Swaffer's 1956 Mercury station wagon appeared in the movie *Keep Your Head Up, Kid: The Don Cherry Story*.

Moon in Lockport," said Sandy.

The working Coke machine came from a friend who was "very reluctant to part with it," said Randy, who's a welder by trade and did a lot of the work himself.

The couple takes their two dogs, Tara and Maxie, to various cars shows around the province, including Carman, Holland and MacGregor.

Car registrants paid no fee to enter the show but were asked to bring canned goods to help out Evergreen

Basic Needs in Gimli, which runs a food bank.

"We filled a pickup with milk crates full of food," said Allan Sulyma, recreation director for the Town of Winnipeg Beach. He said 196 cars registered for the show.

Total Performance — a Winnipeg-based performance and specialty parts automotive store for cars, trucks, hot-rods, muscle and luxury cars — was one the sponsors of the event, along with the Gimli Car Club.



Sandy and Randy Klym, with their dogs, Tara and Maxie, have won a lot of people's choice awards for their 1957 school bus.

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New outdoor classroom for Alf Cuthbert school

By Jeff Ward

Students at Alf Cuthbert will now be able to breathe deeply of that fresh Interlake air while doing their studies in their all new outdoor classroom.

Construction of the new classroom was finished on Sept. 16 and was just one of three major projects that the local Parent Advisory Council (PAC) have been involved in. Last year was the addition of the new playground structure and this summer was the outdoor classroom and a walking trail. Next year the school will have a new volleyball pit and net. The outdoor classroom will likely pay dividends early as the teachers and principal of Alf Cuthbert are already excited about the opportunities.

"Fresh air and kids is a must and it gives them a chance to get outside their regular classroom," said Alann Fraser, principal at Alf Cuthbert.

"We've always done some outdoor

classes, but this gives us a place to be set up. It gives students a chance to use their other senses while doing their writing. It's certainly a good add-on to the curriculum."

Fraser also mentions that the curriculum can be personalized to include the outdoor classroom as a part of the learning process. She uses the example of hearing the birds chirping while you're writing as a valuable asset to introduce environment into a story.

The inside of the school is often quiet during classes, with the low drone of fluorescent lights providing little stimulation to a developing mind. But outside, fresh air combines with the soft sounds of nature, and that rush of endorphins could be all a student needs to be engaged.

The outdoor classroom is simply a 10x10 concrete pad with a high red tin roof, and all four sides are open. The classroom will eventually have seating, but those will be decided based

"FRESH AIR AND KIDS IS A MUST AND IT GIVES THEM A CHANCE TO GET OUTSIDE THEIR REGULAR CLASSROOM."



EXPRESS PHOTO BY ALANN FRASER

The Alf Cuthbert PAC has completed some impressive work at the school over the last few years and this new outdoor classroom is just one of many other exciting projects that will benefit the students in Moosehorn.

on needs. Each teacher will have an opportunity over the next few months to figure out what works best for them in terms of seating and then decisions will be made based on those preferences. Fraser also mentioned that they might be looking to add removable canvas siding to help keep wind

and other elements out.

The classroom hasn't seen any official learning yet as it was only built a few days ago, but the area will be seeing many happy students getting the last bit of good summer and fall weather in them before the winter hits.



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- Celebrate Gimli and the people who live here!



The Icelandic Festival is hosting another Community Information Session about Viking Park at 1 p.m. on Saturday, September 26 in Johnson Hall, Waterfront Centre

Make History with Us

Cavalia's Odysseo mesmerizes audience members in Winnipeg



EXPRESS PHOTO BY LINDSEY ENNS

Riders and their horses form a line on stage during the opening night of Cavalia's Odysseo under the White Big Top along Kenaston Boulevard in Winnipeg last Thursday night. Shows have now been extended to Oct. 18 due to high demand.

Staff

Cavalia's larger-than-life production, Odysseo, recently opened in front of an audience of 2,000 in Winnipeg.

Under the White Big Top along Kenaston Boulevard, spectators of all ages were mesmerized by the show's blend of equestrian and performing arts and special effects. Sharing the stage with 45 riders, acrobats, aerial-

ists and musicians, the 65 majestic horses stole the spotlight during the show.

Presented for the first time in Manitoba, Odysseo is a show unlike any other. Matinee and evening performances are now scheduled through Oct. 18. Following its run in Winnipeg, Odysseo will continue its North American Tour in San Francisco, starting Nov. 25.

Culture Days Manitoba coming to the Interlake

By Natasha Tersigni

A national initiative aimed at promoting Canadians appreciation for culture and the arts is coming to the Interlake. Several local community organizations are opening their doors for the province's 6th Annual Culture Days Manitoba, part of the national campaign, on Sept. 25, 26 and 27.

The South Interlake Regional Library branch in Stonewall will be hosting a special art exhibit in honour of the weekend, *Out in the Open: The Beauty of the Interlake*. The library's artist of the month, Gunton photographer Robyn Brown, will be hosting the exhibit that will feature her photographs taken throughout the Interlake. On Saturday Sept. 26, Brown will be at the library from 1 to 3 p.m. to meet the public and speak about her artwork.

Over at the Teulon & District Museum on Sept. 27, the museum will be hosting a tea from 1 to 3 p.m. and will

be offering free admission to all of the museum's exhibits and buildings for the day.

Winnipeg Beach artist Heidi Hunter will be opening her studio, *Runs with Scissors*, on Sept. 27 from 1 to 4 p.m. where there will be many local artists sharing the joys of art journaling. Anybody interested in learning the finer points of art journaling is encouraged to come to the event and no experience is necessary.

Several organizations have come together for Gimli's second year of *Nuit Blanche Gimli*, held in conjunction with Manitoba Culture Days. There will be everything from live jazz performances to art gallery openings and even theatre productions on Sept. 26 starting at 7:30 p.m.. with all event venues just a short walking distance from each other.

For more information on any Culture Days Manitoba event, go to www.culturedays.ca.



EXPRESS FILE PHOTO

Winnipeg Beach artist Heidi Hunter will be opening her studio *Runs With Scissors* this weekend as part of Culture Days Manitoba. Local museums and libraries will be opening their doors for special events to help celebrate the vast diversity of art and culture in the province.

Bandits move into Poplarfield



EXPRESS PHOTO BY CHRIS LEDOHOWSKI

A couple of raccoons check out the view from their new summer lodgings in an abandoned house in Poplarfield, perhaps wondering if frogs and mice are on the menu at the King Buck Inn just down the road. Chris Ledohowski took a photo of the enterprising pair last summer when he made a pit stop at the inn on the corner of highways 17 and 68.

Raccoons build dens in tree hollows, haystacks, thick patches of cattails, barns and abandoned buildings. In addition to amphibians and rodents, they also eat fruit, nuts and corn. Kits spend about a year with their mothers.

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A potato in time will feed nine

By Patricia Barrett

An Arborg farmer with a profound potato-growing secret has finally come clean in this exclusive *Express Weekly News* tell-all.

Albert Shewchuk grew a spud that's destined to become the envy of potato farmers from Arborg to Winkler and beyond.

"This potato here, 'Oh boy,' " said Shewchuk. "It's three and a half pounds."

It also measures eight inches long. Shewchuk, who moved to Arborg about five years ago, is the kind of man who likes to give credit where credit is due. He named Mother Nature as one of the most important contributors to his small potato-growing operation.

"We had this year about 12 inches of rain," said Shewchuk, who grows nearly every vegetable under the sun. "With all the heat, that really helped out."

But part of his success is down to diligence in the potato patch. He said he planted them in shallow plots and "hilled the plant all around," building up a barricade of soil that provides a secure environment in which to flourish. And he's out every few weeks or so pulling up noxious competitors that just can't help but interfere with food production.

"It has got to be weed-free," he said. "It takes a lot of time and work to produce a good garden."

It's not only potatoes that are figuring large in Shewchuk's garden. His watermelon and beets have gotten into the act in an ill-disguised attempt to upstage his carbohydrate-rich star.

"One weighed 16 pounds," said

Shewchuk, referring to a watermelon. "Others on the same plant averaged about nine pounds."

As for his beets (he grows the cylindrical variety), they've come in at 20 inches long.

Since Shewchuk doesn't use fertilizer or chemicals on his garden, there must be something magical about Arborg's soil. His farm contains sand and some peat.

Or perhaps it has to do with something he does apply to the soil.

"Some good rotten manure," he said.

The amiable farmer gives most of his vegetables to friends and family rather than sell them. And he's just as generous when it comes to sharing his deepest horticultural secret.

"Before I plant the potatoes," said Shewchuk, dropping his voice, "I wrap them in a paper towel so they don't get dirt in their eyes, and they can see how fast they're growing."

A clerk at Arborg's Co-op, who knows a thing or two about food staging, kindly helped Shewchuk arrange a photo shoot for his star's debut performance on the Interlake potato circuit. The potato almost toppled over at first (possibly a touch of stage fright) and got a little flushed under the lights, but it managed to strike a pose as cool as all get out beside its more seasoned co-star, a bottle of Kraft BBQ Sauce.

The 2011 Census of Agriculture put Manitoba hot on the heels of Prince Edward Island with regard to potato production. The Keystone province was the second largest potato grower in the country with 72,043 acres.

After rice, wheat and corn, potatoes



EXPRESS PHOTO SUBMITTED

Albert Shewchuk of Arborg is harvesting more than the usual vegetables in his garden this year. With the near-perfect growing conditions this summer, he had a watermelon that weighed 16 pounds, a beet that measured 20 inches long and this potato weighed in at three-and-a-half pounds.

are the fourth most important food crop on earth. They make up 52 per cent of all the fresh vegetable consumption in Canada, according to the Canadian Encyclopedia online. They are chock-full of vitamin C, B6, potassium, fibre and protein.

Although roasting, pan frying or

deep frying are future paths down which his star potato could travel, Shewchuk said he doesn't yet know where it will end up.

"It will feed one person for a week," he said, postulating.

His potato declined to comment.

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FRIDAY, OCTOBER 23RD
7:30 p.m. - Grettir's Saga
- a solo play at the Aspire Theatre
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Ingredients

1 Smithfield Garlic & Herb Seasoned Pork Loin Filet, cut into 3/4-inch thick slices
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1 large cooking apple (like Rome or Granny Smith), cored and thinly sliced
1 small sweet yellow onion, thinly sliced
1 teaspoon apple pie spice or cinnamon
1 cup apple juice
Preparation

Garlic Herb Pork Medallions with Apples

1. In large skillet, saute pork slices in oil over medium-high heat until browned. Remove from skillet and keep warm.
2. Add apple, onion and apple pie spice to skillet; saute over medium-high heat until onions are tender.
3. Return pork to skillet; add apple juice. Cover and simmer until internal temperature of pork reaches 150°F, about 5 minutes.

Preparation Time
10 minutes
Cook Time
15 minutes
Serves 6



Bubbly Cheddar Pesto Tomatoes

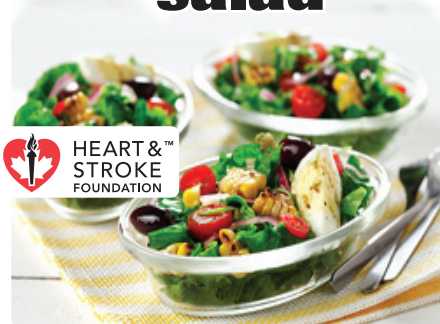
Ingredients

40 large cherry tomatoes
1/4 cup prepared pesto
3 ounces (1/4-inch cubes) aged cheddar cheese
1/4 cup crushed herb croutons
1 tablespoon butter, melted

Preparation

Heat oven to 450°F.
Cut small piece off the bottom of each tomato to sit flat on baking sheet.
With sharp knife, cut top off each tomato; remove seeds with small spoon.
Spoon pesto into tomatoes and top with cheese, dividing equally.
Combine crumbs and butter and sprinkle over tomatoes. Bake 5 minutes or until bubbly. Serve warm.
Makes 40 appetizers

Grilled corn and tomato salad



Vinaigrette

1/2 tsp (2 mL) ground cumin
1/2 tsp (2 mL) ground coriander
1 1/2 tbsp (22 mL) canola oil
2 tbsp (25 mL) lime juice
1 tsp (5 mL) lime zest
1 garlic clove, minced
Salad

2 ears corn on the cob, shucked and grilled*
2 cups (500 mL) cherry tomatoes cut in half

The Skill: Putting Time on Your Side



You can take several shortcuts to healthy eating. With a precooked rotisserie chicken (skin removed), shredded low-fat cheese, whole-grain tortillas, precut frozen veggies, and canned beans – you'll have everything you need to "assemble" fajitas at home. Or you could toss that cut-up chicken onto a salad and call it a meal. Throw together a quick stir-fry with (defrosted) frozen shrimp, edamame, other veggies, and precooked brown rice. Or you could make a one-dish meal – such as an omelet of eggs, skim milk, spinach, (defrosted) frozen peppers and onions, and low-fat cheese.

For something completely different, you can also combine cooking with socializing by taking turns having healthy potluck meals with your friends and family. The idea: Each of you brings a healthy dish to share, and leftovers are divided among the guests. Along with good food, you can enjoy one another's company, swap recipes, and encourage one

another to keep on eating the healthy way. It's positive reinforcement, healthy nutrition, and a good time all rolled into one experience.

Whether you want to learn how to cook healthfully or you simply want to broaden your repertoire, it pays to invest in some good cookbooks. Weekends are a great time to peruse recipes and perhaps cook one or two meals ahead of time to make the coming week easier.

From the Things-You-Never-Knew-You-Never-Knew Files

Cooking at home could enhance your lifespan. After following a group of 1,888 men and women over age sixty-five, researchers found that people who cook up to five times a week were 47 percent more likely to still be alive after ten years, according to a 2012 study in Public Health Nutrition.

Disease-Proof: "The Remarkable Truth About What Makes Us Well"
by David L. Katz, MD, MPH, FACPM, FACP

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1/8 red onion, thinly sliced
1/3 cup (75 mL) Kalamata olives whole and pitted
1 head leaf lettuce, shredded
3 hard-boiled eggs, quartered
Directions

In a small bowl, whisk together cumin, coriander, canola oil, lime juice, zest and garlic. Set aside.

In large bowl, gently combine corn, tomatoes, onion, olives and vinaigrette.

Divide lettuce among four plates, top with salad and garnish with egg.

*You can replace the fresh shucked and grilled corn with 1 cup (250 mL) frozen or low sodium canned corn.

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Whole-Grain Apple Crumb Muffins

12 to 15 servings
INGREDIENTS
For the topping
2 tablespoons packed light brown sugar
1/3 cup finely chopped pecans
2 tablespoons whole-wheat pastry

flour
1 tablespoon canola oil
1/2 teaspoon ground cinnamon
For the muffins
2 cups whole-wheat pastry flour
2 teaspoons baking powder
1/4 teaspoon baking soda
1/2 teaspoon salt
1/2 teaspoon ground cinnamon
1/4 teaspoon freshly grated nutmeg

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Eriksdale Creamery Days honoured with Interlake Tourism Award

By Jeff Ward

The Interlake Tourism Association (ITA) held its 14th Annual Tourism Awards, which were presented in six different categories, and Eriksdale's Creamery Days Fair and Rodeo was given a big honour.

Winning the award for Event of the Year was surprising and humbling for the group behind Creamery Days Fair and Rodeo, and one they're extremely proud of. The award was presented during a dinner Sept. 10 at the Lakeview Hecla Resort that had representatives from all over the Interlake get together in hopes of winning one of the half-dozen awards presented that night.

"It was quite an honour," said Andrea Sweetland, who's one of the organizers of Creamery Days and was at the dinner to accept the award alongside Scott Kinkead, who helps organize the rodeo side of the three-day event.

"It was a really wonderful feeling and what I enjoyed most of it was that the rodeo committee was so excited about the award as well. They were absolutely thrilled, and any time you get the younger generation excited about the area, it's win-win."

It's only been two years since the



EXPRESS PHOTO BY GAIL MCDONALD

During an award dinner on Sept. 10 Andrea Sweetland and Scott Kinkead (middle-right and far right) are presented with an award for Event of the Year for Creamery Days Fair and Rodeo from the Interlake Tourism Association.

rodeo committee came aboard and attached their rodeo event to Creamery Days. And it's worked out well for both parties and Eriksdale residents. Not only does the event go from one day to a full weekend, but it brings in more tourists who enjoy the rodeo. As Sweetland puts it, it becomes a multi-generational event. You get the young kinds involved with fun activities dur-

ing the day and the rodeo that appeals to all ages. The museum benefits from extra exposure from people who've maybe never been to Eriksdale before, or haven't been back in a long time.

The extra work that it takes to put on the event, which was held Aug. 14-16 this year, is worth it because of the extra foot traffic the town receives. Of course, the award also helps out in

bringing a bit more notoriety to the event. Once you're labelled as "event of the year," that definitely piques the interest of people all over the province.

"I think there are a lot of people who haven't heard of Eriksdale and don't know they have a creamery there," said Gail McDonald, manager of ITA.

"Our region is so huge that there are many people that don't travel from one side to the other. They don't know the things that are going on. That's one of the things this award process does is prove to be a significant factor in educating our members about other areas."

The group behind Creamery Days Fair and Rodeo will ride this momentum and continue to build on their event each year — perhaps not hoping to repeat their award-winning success, but at the very least live up to that success by providing one of the best weekends in the Interlake or, in this case for 2015, the best weekend.

The creamery museum was also a part of the group of museums that won the award for partnership of the year by being apart of *Unlocked: Stories of the Interlake*. Both awards will go on to next year's Manitoba Tourism Association Awards as nominees.

Local Swedish settlers included in new history book

By Jennifer McFee

Swedish settlers in the Interlake are having their story told through a new book that is already earning recognition for its sales.

At 83 years old, author Elinor Berglund Barr visited Manitoba from her home in Thunder Bay to launch her book *Swedes in Canada* on Sept. 16 at McNally Robinson Booksellers.

For that week, her book was ranked fourth for best-selling paperback non-fiction at the Winnipeg bookstore.

"The book is a history of Swedes all across Canada. It's the first one that has ever been written. There has never been a history of Swedes in Canada done before," Barr told the *Tribune*.

"It all began when I got a phone call one night in my lonely office room. The man on the other end had read my bibliography in which I had said there'll probably never be a history of Swedes in Canada written because there's no university course. There's no archives. There's no national organization, nothing like that for Swedes."

Don Sjoberg, the man on the phone, told Barr he thought she was wrong. He offered to raise the money if she would do the work, and Barr agreed.

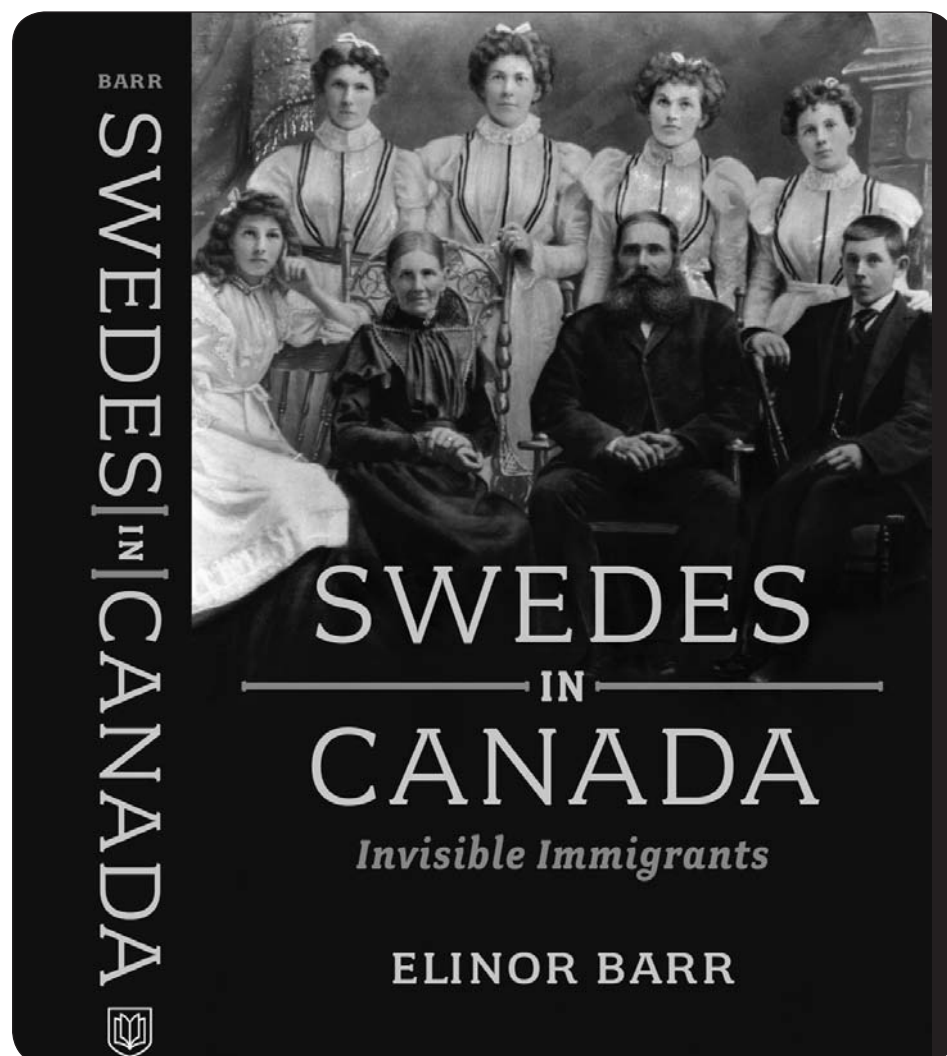
"It isn't very often that you get an offer like that," she said, adding that Sjoberg raised \$65,000 from the Swedish community in Canada, the U.S. and Sweden.

With the funds, Barr was able to embark on an extensive research project in Alberta, Manitoba, Saskatchewan, Ontario and Nova Scotia.

"When I travelled to these various places, meetings were arranged among Swedes who were interested. They kept sending me family histories and loaner books," said Barr, whose father came from Sweden.

"There were so much coming in, the job had to be extended from five years to eight years. We had to hire a lady to do databases."

Helen Kletke was one of the local people to meet with Barr during her



Continued on page 18

Swedish settlers in the Interlake are having their story told through a new book called *Swedes in Canada*. EXPRESS PHOTO SUBMITTED

Like little bandits: Red Bartsia roving the Interlake

By Patricia Barrett

Considered an invasive species by the provincial government, Red Bartsia is spreading like wildfire through the Interlake, popping up in hay and pasture land.

One Teulon farmer who fought it 10 years ago is facing another onslaught.

"It's very sneaky," said Leonard Carlson, who farms about 560 acres near Teulon. "You don't see it. Most plants bloom in spring."

Red Bartsia doesn't germinate until late August when it turns a purplish-red colour. Because it's green throughout the summer, it's hard to spot.

"I came across a big patch the size of your kitchen," said Carlson to a neighbour, with whom he stopped to chat on the way to one of his outfields where he noticed the weed last week.

When it first appeared on Carlson's cattle and hay farm a decade ago, the RM of Rockwood sprayed his pasture and billed the railway.

"It was trickling off the grain cars," said Carlson, a third-generation farmer. His grandfather acquired the land in 1898 and passed it down to Carlson's father. After working with his dad for many years, Carlson took over the farm in the 1970s.

Hopping the rails is one means by which the plant's 1,400 seeds get around. They will also hitch a ride on deer's hooves, farmers' and poachers' boots, tractor and car tires and hay bales. The seeds are covered by coarse hairs that can latch on to unsuspecting hosts. They can even be conveyed from field to field by flowing water.

Seeds transported on all-terrain vehicles used by hunters is one probable cause of new infestations, according to the Alberta Invasive Species Council (AISC).

Red Bartsia was brought to the Interlake from Germany. Gimli airport, a former Royal Canadian Air Force base that operated for a few years in the 1940s, reopened in 1950 as a flight training school. German crates carried the plant in.

"When they were building the airport," said Carlson, standing at the edge of a vast field where the weed is growing among the stubble, "the farmers cut the hay between the runways and that's how it spread."

The lovely magenta hue might make for a very picturesque countryside, especially when the trees and grasses are just beginning to mottle the landscape with vibrant colour, but to some, it represents a never-ending battle.

"I've been dealing with it for 20 years," said Fred Paulson, weed supervisor for the Interlake Weed Control District. "It's not pretty."

The weed doesn't thrive on cultivated land, but in pasture and hay fields, it chokes out vegetation.

"It's very serious in the Interlake," said Paulson, who is responsible for implementing weed control programs. "It will attach its roots to other plants like a parasite."

And the extent of its spread is quite substantial, he said.

It has invaded the entire RM of Gimli and most of the RM of Armstrong. It's also present in the RMs of Bifrost-Riverton, Fisher, Grahamdale, Eriksdale and has sprung up near Lundar and St. Laurent on Highway 6, he said. In the southwest corner of the province, it has travelled to and made a stop in Boissevain.



EXPRESS PHOTO BY ROBIN CHESTNUT

Leonard Carlson in one of his hay fields where Red Bartsia appeared a few weeks ago.

Other than farmers, RMs and weed control boards, Red Bartsia has no enemies in Canada. "There's no biocontrol," said Paulson, referring to natural agents such as insects or parasites that prey on certain plants.

Because livestock won't graze it, it overtakes forage grounds and causes losses of 50 to 70 per cent, according to the AISC.

It's not toxic but has no nutritional value for livestock. "They won't graze it," Paulson said. "It's like wire."

Perhaps the biggest battle is taking place along roads rather than in fields. "Roadsides are the biggest vectors," said Paulson. "Mowers drag it along," which allows wind and water to disperse the seeds onto fields.

In 2014, Paulson said 1,482 miles of Red Bartsia (one side of the road) for the entire Interlake district was sprayed at a cost of \$100,000.

In the RM of Armstrong alone, 665 miles (one side of the road) was sprayed in 2008. But because the RM stopped spraying roadsides (because of budget considerations), the weed has nearly taken over the RM, said Paulson.

Roadsides and fields should be sprayed in early spring, he said. "Spraying it once it turns red is useless."

That said, he recognizes the difficulties farmers have trying to find it in spring. It would require having to map their fields every year.

The problem is further compounded by some farmers who are reluctant to spray marginal land (stony or low value) because of cost, he said.

To Carlson, cost shouldn't factor into the long-term sustainability of the land. It would cost farmers more money in the long run if they left the weed to flourish unabated for a few seasons then tried to deal with the problem later.

"You'd be ripping it up several times to get it under control," he said.



EXPRESS PHOTO BY PATRICIA BARRETT

Red Bartsia in a field near Silver, south of Arborg.

A 20-litre jug of 2,4-D (a herbicide) is just over \$100, but it goes a long way, he said.

Despite Red Bartsia's resurgence on Carlson's land, it hasn't affected his hay yield because he said he keeps the weed under control. Last year he sprayed about 20 acres.

Despite those efforts, long lines of the wiry-stalked weed were growing along the grooves made by the baler, and it has appeared in an unused cow pasture that Carlson had sprayed last year.

It has spread to other farmers' fields east of Teulon. He said his brother's land is "polluted" with Red Bartsia.

"It hides in the bush," said Carlson. "It's sneaky like little bandits."

Historic women's wrestling tour to show Gimli the ropes

By Patricia Barrett

Four years of professional wrestling has landed Samantha Hall (a.k.a. Bambi Hall) in high demand on the women's professional wrestling circuit.

And she and seven other women will be part of the Girls, Girls, Girls wrestling tour coming to Gimli Sept. 26. It's the first time a women's wrestling show has toured Manitoba.

Part of Hall's wrestling career success may lie close to the home front.

"My mom used to wrestle," said the 23-year-old from Vancouver. "I grew up with it in my family, watching my mom."

After high school, Hall went to a trial at All Star Wrestling and was invited to join its training program.

"Michelle Star put me through hell," laughed Hall. She said she had to go through a number of different drills. "As you progress, your body gets used to hitting the mat and your cardio gets better."

She was ready for the ring after a year.

"They had me in a mixed-tag match," said Hall, referring to her first fight. "I was Waspette and my male partner was Disco Fury."

Her opponents were her mom, Raven Lake, and her male partner Bruiser Joe. Hall said she used to train with her mom, but going up against her in the ring was an unusual experience.

"It was kind of crazy," said Hall, who trains at a mixed martial arts facility in Vancouver. "You're beating your mom up and she's beating you up."

For the first three years, she wrestled her mom — who held the CNWA Women's Championship — before stealing her title.

"It was a happy and sad thing," said Hall. "But she was proud of me."

Hall's wrestling resume got the attention of a Winnipeg-based wrestling promotion company.

"She has good energy and dedication," said Danny Warren, owner and manager of Canadian Wrestling's Elite (CWE). He said he saw Hall wrestle in Alberta and invited her to tour.

"Some wrestlers, when they come out of training, think they're done learning," said Warren, who has run CWE for seven years. "But she strives to get better each show."

The popularity of women's wrestling is at all-time high around the world, said Warren, which wasn't always the case.

"Women were used for their sex appeal," he said. "Now they're on the same level as the boys. A lot of girls are just as capable — if not better — than the guys."



EXPRESS PHOTO BY DANNY WARREN

Samantha Hall (a.k.a. Bambi Hall) will be one of the women wrestlers in Gimli on Sept. 26.

That prompted Warren to provide a means by which to showcase their talents.

"We're the first to do a women's tour in central Canada," said Warren, who is a 13-year veteran of the professional wrestling circuit. Wrestling under the stage name Hotshot Danny Duggan, Warren does about 150 matches a year on top of managing his company and organizing tours.

"I work from the moment I wake up to when I go to bed," said the 28-year-old wrestler, who also finds time to host his own podcast/interview show.

As to why there's no tour bus for the women, Warren only laughed. Wrestlers usually drive to events.

The performances may look staged, but wrestlers don't actually plan their match. What they do in the ring is dictated by fan participation.

"It's a lot like improv," said Warren, who also runs an elite wrestling academy that's in the process of relocating to a new facility in Winnipeg. "We feed the people what they want."

Based on some of the televised wrestling events, fans may try to push wrestlers to the limit. Sometimes they can get hurt in the ring.

Warren said he has suffered a few stingers — medical speak for a neurological injury — in which he landed on his neck and suffered paralysis for about 30 or so seconds. "I couldn't feel my hands or feet," he said. "It's dangerous when you've got other lives in your hands."

Managing his pool of talented wrestlers is part of the touring process. "I've dealt with testosterone and ego on men's tours," he said. "I'm curious to see how the girls are in comparison."

It may look downright mean in the ring, but there's a certain wrestlers' etiquette that performers follow — or should follow. Hall said it's all about "being polite and respectful."

"I wouldn't put on a bad show or disrespect an opponent," said Hall, who prefers a "technical" style of wrestling over more showy performances.

Her biggest challenge right now is not being in demand and suffering tour fatigue but being constantly creative.

"You have to fight for your spot," said Hall. "I have to think of new moves or different promotional photos."

She said it's primarily men who attend women's wrestling, but she said women do come out to watch matches.

"I'm hoping with the girls' tour, it will bring out more girls."

The Girls, Girls, Girls match is Sept. 26 at the Gimli Dance Pavilion, 1 Fourth Ave. Doors open at 6:30 p.m. Advance tickets are available at the Ship & Plough Tavern, Gimli. For more information, including other Manitoba tour dates, visit www.cwe-canada.ca.

> NEW HISTORY BOOK, FROM PG. 16

research stint.

"Years ago, she came to my house and I gave her some material that I had," Kletke said.

"My dad came from Sweden in 1911 with his aunt and uncle. They lived in Winnipeg first. Then they came to the Interlake and they started farming, but it was tough farming back in those days."

Thanks to Kletke and other people who contributed to the research, Barr was able to include information about the Interlake in her book.

"After the railway reached Teulon in 1898, 13 Win-

nipeg families decided to move to nearby Norris Lake. A homestead offered a base where they could build a house and stables, cut cordwood and clear land while they were unemployed during the winter and work in Winnipeg during the summer," Barr read from the book.

"By 1907, Township 17 was almost entirely settled by Swedes so that they overflowed beyond Inwood to the northwest."

In 2004, a plaque was unveiled at the Norris Lake pioneer cemetery to commemorate 61 Swedish pioneer families and the 42 people buried there from 1904 to 1923.

Barr also wrote about Eriksdale in her book and mentioned the community at the recent book

launch.

"Temperance was a big deal for Swedes. You were either temperance supporters or you drank a lot. Usually that meant you either went to church or you didn't go to church," she said.

"And in Eriksdale, there was a lady who was a temperance supporter and she even started a temperance lodge there. There was a big long list of the kind of homemade hooch that people made, so she was fighting an uphill battle."

Swedes in Canada, published by University of Toronto Press, is available at McNally Robinson Book-sellers for \$35.95 for soft cover or \$80 for hard cover.

More information is also available on the project's website at www.swedesincanada.ca.

Interlake nurse shares stories from Africa



EXPRESS PHOTO SUBMITTED

IERHA nurse Mariam Entz left Canada in May 2014 to volunteer with Doctors Without Borders. Entz spent eight months in Mali and four months in South Sudan and will be sharing her African adventures Sunday, Sept. 27 at the Stonewall United Church.

By Jennifer McFee

After a yearlong experience with Doctors Without Borders, a local nurse is ready to share stories from her African adventures.

Mariam Entz, a nurse at the Stonewall hospital, left Canada in May 2014 to volunteer with the aid organization. After training in Spain, she spent eight months in Mali and four months in South Sudan.

"Both of them great, very eye-opening powerful experiences. It's amazing what local practitioners could do with the resources that they have and the knowledge that they have," Entz

said.

"It was just amazing to me how these nurses could get an IV in a severely dehydrated malnourished baby that here would be an immediate admission to ICU where a huge trained team would be treating them. There, the nurses just constantly do what they needed to do."

Through her placements, Entz gained experience managing a nutrition centre with outreach clinics to treat malnourished children. She was involved with providing acute care to kids with more serious afflictions, such as a chest infection or malaria.

She also participated in day trips to visit the ambulatory care clinics in small villages to make ensure patients were gaining weight and to provide nutritional supplements.

She came face to face with water shortages, knee-deep mud, a cholera outbreak and even a few cases of Ebola.

In South Sudan, she communicated through a translator, who had her own harrowing tale of her escape from conflict.

"She had run for her life while she was pregnant, and then she came back to work the month after she had this baby because she had to supply for her two-year-old," said Entz, who has been thinking about that baby since she returned to Canada.

"She brought her baby with her sometimes, but usually she left her baby with her aunt who would come to babysit in her shack. Her house was entirely a grass shack that they had put up themselves. They were so proud of it. They slept on the ground on a mat and blankets and the entire room was super tiny."

It wasn't unusual for Entz to hear stories about circumstances that are almost unfathomable, which leads her to reflect on the Syrian refugee situation.

"It made me think how complicated it is because I've now seen that refugee sitting in a camp waiting to see you, to find out what that future might look like, be it internally displaced like the people I was hanging out with or

people in the neighbouring countries of Somalia or Ethiopia and people who had run away," she said.

"As a refugee, you're like at the bottom. You just have really no options. Your chance of even having food tomorrow is questionable. Your ability to find a bathroom is nil. To find healthcare if you have a situation is next to nothing."

She recalls one mom who walked 20 kilometres through thick mud get help for her sick child. She had to cross political boundaries, getting permission from her king and other leaders to cross borders and enter certain areas.

"It was beyond complicated. So you have not only no resources available to you, you've run and you lost everything you have. You've probably lost family members. But even the cultural system is this huge barrier where women are driven to go to extreme measures just to supply some medical care for their kids," she said.

"It's just so heart wrenchingly impossible to think of the resilience they must have to survive against all those odds. I came back thinking I am such a privileged person to have the ability to journey with these people for a little bit of time but then come back. Their request is to share their story so they're not forgotten and it might make a difference."

Entz will be sharing more stories in a presentation on Sunday, Sept. 27 at Stonewall United Church during the morning service.

No horsing around at the Tumbleweeds horse show

By Patricia Barrett

Tumbleweeds Ranch near Fraserwood hosted the last horse competition on the North Interlake Show Circuit this weekend.

Garth and Heidi Helstrom, who run Helstrom Performance Horses, a boarding stable and horse training facility in Winnipeg Beach, watched their three children compete in various events on Saturday.

Vilena Helstrom, 6, competed in the Pee Wee division of the Western Pleasure event. She led her pony, Pal, into the paddock, marshalled him around a cone and trotted him over to the judges. Her older brothers Cade and Bryce also competed in the event.

"They've been training since they were babies," said Heidi, who has trained horses for about 25 years and has competed in various shows.

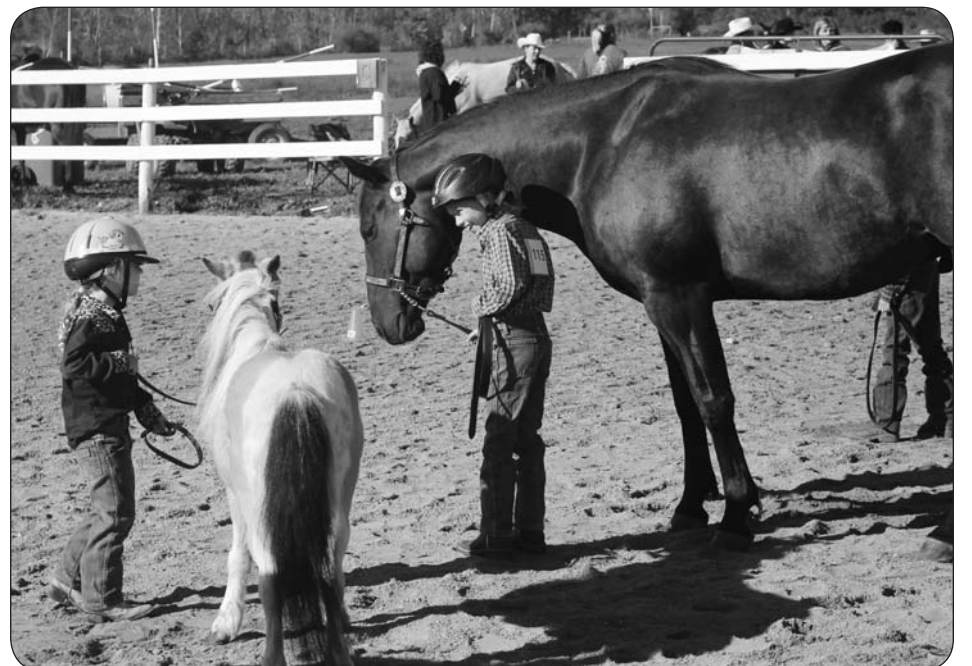
Western Pleasure competitions look for horses that are relaxed, responsive

to their handlers and show good manners – qualities that would make them a pleasure to ride.

The lunge line competition evaluated yearlings (two years old and under) on their ability to follow voice, rope and body language commands. Attached by a long tether to their trainer, they moved at different speeds and in different directions in a circle. Lunging is a method of training a horse to obey riding commands.

"The yearlings are not old enough to ride," said Megan, who competed with her horse, Prince. "But judges are looking for how they're supposed to be moving when you're on them."

Saturday's event tested horses and riders in five areas – halter, showmanship, Western and English pleasure, trail and rookie reining. Rockwood Lumber and Gimli Veterinary Services were two of the sponsors of the show.



EXPRESS PHOTO BY PATRICIA BARRETT

Vilena and Cade Helstrom from Winnipeg Beach competed in the Western Pleasure competition.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Thunder Atoms keep on rolling to wins

By Brian Bowman

The Interlake Thunder Atom team continues to play good football – and the wins keep piling up – after a convincing 49-14 victory over the North Winnipeg Nomads on Saturday in Stonewall.

“The boys started out a little rocky on defence (as) the Nomads had some Atom boys that were bigger than most men,” said Thunder head coach Darcy Gascoigne in an email. “But once the Thunder defence concentrated on good tackling technique, led by cornerback, Aiden Miller, they found they were able to bring down the big guys and use their athletic ability to get into position to make tackles.”

Offensively, the Thunder moved the ball well as quarterback Brett Gascoigne and running backs Lucas Kmet and Jackson Doak each ran the ball effectively.

Interlake scored 49 points despite having two

touchdowns called back for holding penalties.

The special teams also played well with Marshal Kitley recovering two consecutive kickoffs. Right guard Myles Snell had an amazing game, blocking a defensive lineman at least three times his size, according to Darcy Gascoigne.

The Thunder (5-1) will play this Saturday at 10 a.m. in Fort Garry against the Lions.

“The Lions are another top team in our division, (so) this should be a good contest,” Darcy Gascoigne predicted.

In Bantam action, Interlake cruised to a 33-3 victory over Corydon/Charleswood.

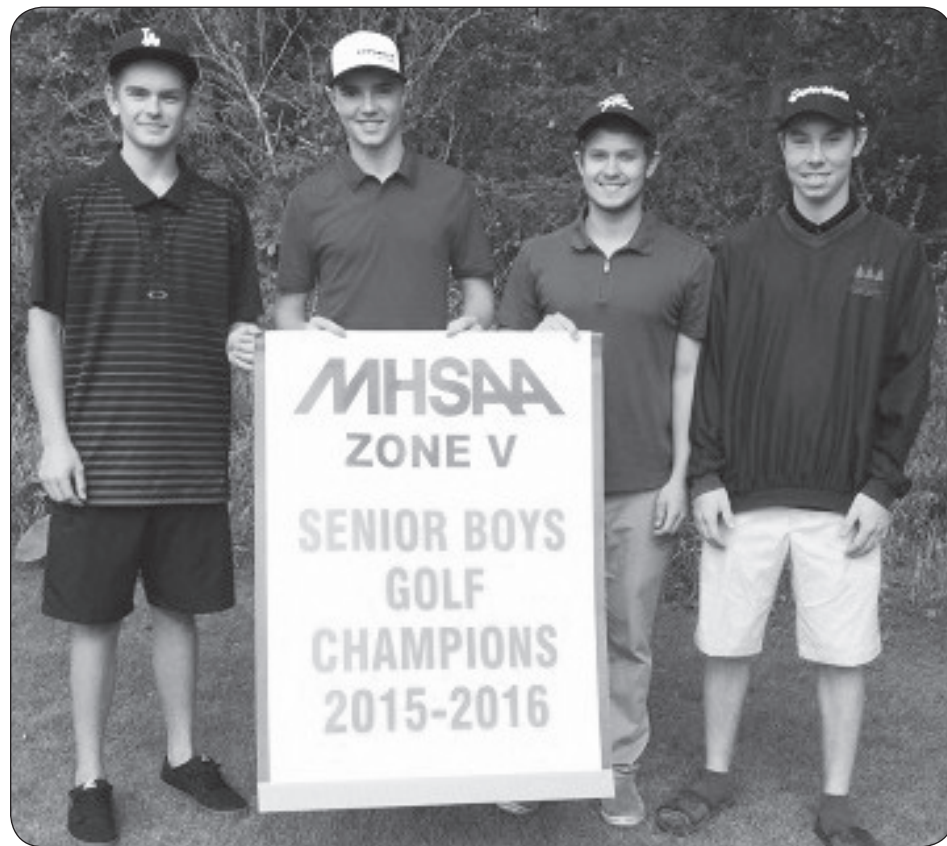
The Thunder Bantams will play at the Transcona Nationals this Saturday (9 a.m.) while the Interlake Cruncher team will visit Transcona at 4:30 p.m.

After a much-needed bye, the Midget Thunder will battle the Mustangs at St. Vital. Kickoff is 7 p.m.



EXPRESS PHOTO BY BRETT MITCHELL
The Thunder's Lucas Kmet heads upfield with the ball.

Zone V high school golf champions



EXPRESS PHOTOS SUBMITTED

Gimli High School won both the boys' and girls' Zone 5 golf banners. Carley Matkowski, Alexis Bahuaud, Lexie Kopp, Kadrianna Sahaidak and coach Ms. Burns will now represent Gimli at the MHSAA girls' golf provincials.

Jack Einarson, Blaine Wishnowski, Devun Groot, Brent Wishnowski and coach Mr. Hildebrandt will compete at the boys' golf provincials. Both provincials will take place in Shilo this Friday.

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I'm looking for accommodations in & around Gimli for the upcoming season Oct./Nov. to Mar./Apr. If anyone has a condo or a house they would like cared for, please call Patricia at 204-914-1293.

HOUSE FOR SALE

Private sale - newer 1400 sq. ft. house with attached 2 car garage & indoor pool. Includes 40 acres, large metal work shop with 12 ft. ceilings. Close to beach & town, walking trails, nice hay crop each year, lots of wildlife, no gravel roads, quiet. \$238,000. Ph 1-204-768-2545 or 204-768-2221 days; evenings 1-204-768-0610 or 204-768-0242. Ashern area.

OFFICE SPACE FOR RENT

Office building on Main Street Selkirk, 400 block. Great location, currently occupied by Accountant. 1200 sq. ft. Avail. January 1/16. \$1600/ per month. Negotiable for long term lease. Ph. 1-204-785-0105.

HELP WANTED

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

BUSINESS OPPORTUNITY

Get free vending machines. Can earn \$100,000 + per year. All cash - locations provided. Protected territories. Interest free financing. Full details call now 1-866-668-6629 website www.tcvend.com

BUSINESS OPPORTUNITY

Great Canadian Dollar Store franchise opportunities are available in your area. Explore your future with a dollar store leader. Call today 1-877-388-0123 ext. 229; www.dollarstores.com.

CAREER TRAINING

Medical Transcriptionists are in huge demand! Train with Canada's top Medical Transcription school. Learn from home and work from home. Call today! 1-800-466-1535 www.canscribe.com. info@canscribe.com.

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

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HEALTH

Canada Benefit Group - Do you or someone you know suffer from a disability? Get up to \$40,000 from the Canadian Government. Toll-free 1-888-511-2250 or www.canadabenefit.ca/free-assessment

POTATOES FOR SALE

NEW POTATOS avail. Corn, onions, cabbage, beets, turnips & carrots as well. Call 204-886-2676, Interlake Potato Farm.

STRAW/FEED

Rye grass straw for sale. 5x6 round bales. Variety is endophyte free, safe for cattle. \$30 loaded in field. Ph 204-461-0706, Nick Matheson.

Flax straw bales for sale. Regular sq. bales, \$3 each; larger round bales, \$20 ea. Call 204-664-5447.

HAY/FEED

5x6 alfalfa bales. 1st & 2nd cut. Call Barry 204-633-4783 or 204-792-2918.

FEED AND SEED

Looking for organic grain from organic certified growers, contact Jason Charles at 1-763-999-7550 or Tom Sawatzky at 1-204-272-5514.

UPCOMING EVENTS

Separated - Widowed - Divorced. Beginning Experience (BE) is a non-profit, peer support grief resolution program helping single-again persons deal with the natural grief process and offers an opportunity for turning pain from loss into an experience of positive growth. We offer a program of 10 weekly cont. on next column

UPCOMING EVENTS

sessions, 3 times per year. Next 10 week program starts Sept. 9th, 2015. We also offer a week-end retreat, 2 times per year. Next weekend retreat to be held Oct 30th - Nov. 1st, 2015. For more information - please call 204-275-3090 or visit www.begginningexperience-winnipeg.ca

UPCOMING EVENTS

Antique & Collectible Sale! Huge fall event!! Largest of the season. Over 220 tables! Fri. Oct. 2nd, 5 p.m. - 9 p.m. and Sat. 3rd, 10 a.m. - 4 p.m., \$5 per person, Assiniboia Downs, 3975 Portage Ave., Winnipeg. Great selection. Free parking.

LAND FOR SALE BY TENDER

Land for sale by Tender in the RM of Fisher
SE 4-25-2W, 151.96 Acres
(Yard site not included)

TERMS:

- It is the bidders responsibility to inspect the parcel of land for accuracy & condition.
- The highest or any bid not necessarily accepted.
- Submit bid by mail to:
Irene Wallack
Box 88, Poplarfield, MB R0C 2N0
204-664-5440

All bids must be received by October 2, 2015.

Notice to the residents of the RM of Gimli regarding the North Forcemain to service Diageo

Gimli recently entered into agreements with Diageo Canada Inc., the owners of the Crown Royal Distillery, to accept and treat their wastewater at the Gimli wastewater treatment plant (WWTP). Crown Royal Distillery has been a fixture in Gimli for almost 50 years. With the recent changes to the Environment Act to protect Lake Winnipeg, Diageo's 50 year old sewage treatment plant could not be upgraded cost effectively. Gimli's wastewater treatment plant meets and exceeds the new provincial and federal environmental regulations and has available capacity to service Diageo. Gimli has done their due diligence to ensure the WWTP can manage the waste that will be discharged from the Distillery.

Gimli recognizes the importance of protecting our most valuable resource, Lake Winnipeg, for all of our future generations. The WWTP was built with sufficient capacity to allow all of Gimli's lake fronting developments to be treated at the plant. With excess capacity available, Diageo can connect immediately.

How does the community benefit?

- Diageo will cost share on all of the sewerage capital works, including the north forcemain and future expansions at the sewage treatment plant.
- Utility customers will see a substantial reduction in their quarterly sewer rates with Diageo becoming a sewer utility customer.
- The north forcemain has the capacity to service future expansion to the north.

This project is being developed in 2 phases, as follows:

1. Phase 1 (short term):

This proposal is to use Gimli's unused capacity at the wastewater treatment plant to treat the wastewater from Diageo. The sewerage works will include, primarily, the construction of a 6.6 Km (4 mile), 400 mm (16") diameter forcemain from Diageo distillery to the Gimli wastewater treatment facility at the Gimli Business Park. Phase 1 costs will be shared equally by Gimli and Diageo. Gimli has recently awarded the forcemain construction contract to E.F. Moon Construction Ltd. of Portage la Prairie. As you have probably noticed, the pipes have started to arrive in Gimli and the installation work will likely begin in a few days. The forcemain is to be installed using a horizontal directional drilling or tunnelling method and weather permitting, the works will be completed by end of November.

2. Phase 2 (Intermediate to long term):

This phase will entail the expansion of the Gimli wastewater treatment facility, and associated works, to "build back" the excess capacity that was assigned to Diageo in Phase 1. A new cost sharing agreement will be developed over the next year, wherein Diageo will pay a fair share of the expansion costs.

Dated in Gimli, MB, this 18th day of September, 2015

Mayor and Council
Rural Municipality of Gimli



Providing quality mineral sod for commercial and residential applications

Both field pick up and convenient delivery available. Farm located 15 minutes NE of Stonewall on Rd 84N

For pricing and information, please contact our office at 204-895-4329

Sigfusson Northern Join Our Team! Employment Opportunity Welder/Fabricator

Sigfusson Northern is a Manitoba owned and operated heavy construction firm that provides clients with high quality service and personnel. We are currently accepting applications for the above posted position to work out of our Lundar Shop.

Qualifications:

- Journeyman, or 2nd or 3rd level apprentice
- Demonstrated experience with Heavy Equipment repairs and modifications
- Complete understanding of Fabrication and Welding processes
- Proficiency in Oxy Fuel cutting, MIG, and stick welding
- Ability to Multitask without compromise to quality or productivity
- Ability to identify and solve problems using available resources
- Highly self motivated with the ability to work independently as an effective team member

We offer:

- Full time employment
- Competitive wages
- Merit Benefit Plan with Dental
- RRSP/DPSP Program
- Company supplied uniforms
- Opportunity for further training and development in the Fabrication/Welding field

If you would like to apply for this position and join our team, please send your resume to:

Attn: Jackie Le Strat
Human Resource Coordinator
Sigfusson Northern Ltd.
Box 51, Lundar, MB, R0C 1Y0
Fax: (204) 762-5107
Email: jlestrat@sigfusson.ca



McSherry Auction Service Ltd

CLOSE OUT AUCTION SALE EARL THOMAS TRUCKING

Sat October 3rd, 2015 @ 10:00 am

Beaconia, MB
Jct Hwy #59 & 500
1 Km Weston PR 500 39029
(Approx 1 Hr 20 Min. North of Wpg MB)
Contact: (204) 880-1214

Construction Equip 05 Hyundai 210LC7 Excavator w Hyd. Thumb 7190 Hrs * 5' Twist Bucket (sold after Excavator) * Fiat Allis FL 5 P. Shift Crawler 3000 Hrs * 64 CAT D6 Hyd Dozer * 76 JD 544-B Wheel Loader Gd Rubber 3925 Hrs sold w 2 Yrd, 3 Yrd, +3 in1 Bucket * 3 Way Screener, Grizzley w Hopper * Sheet Foot 9' Pecker * 48" Asphalt Packer * Generator Cyl Dsl on Trailer * **Heavy Trucks** 98 Freightliner Cummings MII Fuller 10 Spd 42" Bunk Wet Kit 1.1M Km Sft. * 97 Freightliner FL112 Cummings MII Fuller 10 Spd Tandem w 14' Gravel B & H 770,73 Km Sft * 99 Ford F550 Dually 4 x 4, 7.3 Dsl 327,000 Km w 9' Gravel B & H * 79 Int Mdl. 466 Gas 13 Spd Tandem w 14' Gravel B & H 523,000 Km * 74 Mack RS 600 L 237 Engine 6 Spd 313,000 M * 9' Steel Deck for 1 Ton * 14' Gravel B & H w End Gate * Trailers 85 J.C. 25 Ton Tandem Lowboy Hyd Detach Neck Self Contained 25' w Out Ext. * 83 Arnes 16' Pup Trailer * 83 Arnes 24' End Dump Tandem Trailer * 98 Pintle Hitch Tandem Dually 22' Deck 5' Equip Hauler * Pintle Hitch Triaxle 18' Plus 5' Beaver Flat Deck Trailer * 93 Haulmark Elite Enclosed Tandem 24' Trailer w 3500 Watt Generator, Roof Top Deck * W.W. 16' B & H Tandem Stock Trailer * **Storage** 48' Freight Semi Trailer * Great Dane 54' Freight Semi Trailer No Undercarriage * 16' Freight Box * 50's 36' Al. Bus (Storage) * 12' x 16' Insulated Building Wired * **Saw Mill / Agerage Equip** Woodmizer LT 40 G 18 Port Bandsaw w Power Sharpener * Woods 3PH M5 Rotary Mower * JD 14T Square Baler * JD Side DelivRake * Int 7' Sickle Mower * 4 Wheel Farm Wagon 1) 22' Deck * **Race Car/ Light Trucks** A Modified 750 HP 350 Alcohol Engine Race Car * 03 Dodge 2500 Dsl Crew Cab 340,000 Km Sft * 98 Chev 1500 Ext Cab 260,449 Km * 94 Chev 1500 Ext Cab 342,215 Km * 95 GMC 2500 4 x 4 * Misc Gas Vib Compactor * Pallet Jack * 7' Truck Mt. Dozer * 2) Fuel Slip Tank 12 Volt Pump * Truck Tool Box * Ripper Teeth * Highways Construction Stands * Tool Cabinets * Shelving * 2) Western Saddles * Australian Harness * Bridles * Halters * Calf Pullers * Lumber Masonary Glass Blocks * Sheet Metal * Lazer Level Kit * Load Ratchet Strapping * Chains & Hooks * Various Tires * Shop Supply * 7500 BTU Kerosine Heater * Wood Heaters * Reynold Mdl CF636 Ice Machine * Pearl Drum Set * Tools Craft 101 Metal Lathe 48" Bed, 3 Saw Chucks, Centre Rests Knarling Tools * Miller 225 AC/DC Welder * 230 Amp Welder * Drill Press * Acetelyne Torches * Metal Cut Off Saw * Generators 1) 5000 Watt 1) 2875 Watt * Pressure Washer * 20 Ton Hyd Press * Bench Grinder * Power Tools * Tap & Die Set * 3/4" Socket Set * Air Tools * 3/4" Impact Yard & Recreation Sea Sprite MS 19 1/2' Cutty Cab, V8 Inboard w Trailer * JD 316 Hyd Garden Tractor w FEL * Honda 300 4 x 4 Quad Rev NR * 60's Polaris Mustang Snowmobile * 74 Dodge Titan 24' Motor Home 440 Engine NR * Bajo 50 cc Dirt Bike * G Folding Gas Scooter * Snowmobile Sleigh * 2 Wheel Trailer * **GUNS** Pellet Gun * Cooley 39 22 Single Shot * Cooley 60 22 BA * Rem 700 25-06 BA * Boito 410 3" Dbl Barrel * Win 70 300 Magm BA * Ranger 22 Cal S.S. * Mossberg 835 12 GA PA * Enfield Mark 3 303 British * **Antiques** Locomotive 16" Solid Brass Bell w Cradle # on Bell 3825 * Cast Bath Tub * Trunks * Pot Belly Wood Heater * Inkwell Ornate Cast * Williams Space Pilot Arcade Game * Midways Deluxe 60's Baseball * Arcade Game * CCM Pedal Bike * Wood Barrels * Ice Cream Maker * Cream Can * Metal Butterchurn * Viking Fanning Mill * Horse Shoes * Snow Shoes * Aladin Lamp * Railway Lantern * License Plates * Goodyear Sign * Bottles * Anvil * Scythe w Cradle * Saws * Scale * 50) Various Bells * Valvoline Sign *

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Classifieds

THE **EXPRESS**
WEEKLY NEWS

HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewall Elk Products Ltd., 204-467-8428 or e-mail stonewoodelk@hotmail.com

McSherry Auction Service Ltd

CLOSE OUT AUCTION NORTH INTERLAKE CONTRACTORS LTD.

Thurs. Oct 8th @ 10:00 am

Riverton, MB
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Miles on Balaton Rd**
Contact: Eric - (204) 641-1390
Late Model, Low Hours
Well Maintained Equipment!
It All Sells Unreserved!
Internet Bidding - BidSpotter.com

Excavators 01 JD 110 * 09 Hitachi ZX 200 LC-3 * 10 JD 200 DLC * 06 CAT 320 CL * 11 JD 290G LC
Crawlers 98 Cat D6M LGP * 06 JD 750 J LGP * 97 JD 650 G LGP * 08 JD 750 J Crawler * **Graders** 03 Case 885 * 07 Volvo G 960 * 87 Champion 740 * **Wheel Loader / Skidder** 04 JD 648 G Grapple Skidder * 99 CAT 938 G Wheel Loader * **Heavy Trucks (Wet Kits & Safeties On All)** 99 Int. 9200 Eagle * 96 Int 9200 * 02 Int. 9200 I Eagle * 97 Freightliner * 96 Int 9200 * 99 Int. 9200 Eagle * 89 Ford 9000 Tandem * 95 Int. 4900 Tandem 15' Gravel Box * 86 Intl Mdl 1954 w 1800 Gal Water Tank * **Rock Trucks** 06 JD 350 D 6 x 6 Articulate Dump Truck * 06 JD 400 D 6 x 6 Articulate Dump Truck * **Trailers (All with Safeties)** 2) Canuck R12 28' End Dump Trailer 1) 11, 1) 10 2) Clement Scissor Lift End Dump 33' 1) 92, 1) 89 98 Trail Boss Tandem 21' * 97 Dorsey 48' Tandem Highboy * 04 Witzco Challenger RG 50, 50 Ton Tri Axle Lowboy Detach Neck * 00 Deopker 40 Ton Low Bed Tri Axle * 10 16' Flat Deck * 13 ETNYRE Blackhawk 55 Ton Tri Axle Lowboy * 06 H Enclosed 16' Tandem **Light Trucks** 06 Ford F 550 HD 4 x 4 Crew Cab Service Truck w Crane * 95 Ford XLT 350 Service Truck * 11 GMC 2500 Crew Cab 4 x 4 Z71 Dsl * 03 Chev 2500 4 x 4 Dsl Ext Cab * 06 Ford F150 4 x 4 * 95 GMC 3500 Ext Cab Dsl 4 x 4 * 05 GMC 2500 HD Sierra * 00 Chev 350 Dually 18 Passenger Van 6.5 L Dsl * 07 GMC 2500 Ext Cab 4 x 4 6.6 Dsl * **Skid Steer** 12 JD 333 D Skidsteer on Tracks * 13 J.D. 60" Mulcher Attach * 84" Tines & Grapple Attach * **Excavator Attach.** 2) Rippers 42", 50" * 3) Wrist Twist Buckets up to 72" * 6) Buckets 22" to 54" * 2) 52" Bush Cutters * 1) 52" Mulcher * 3) Tree Shear Grapple 24", 29" * Herder 10' Bullrush Cutter * **Misc** 3 Bunk Houses * Culverts * 25KW Gen Set Mounted In Fruehauf 26' Semi Frt Trailer * Blast Mats * Fuel Slip Tank * 2273 Litre Fuel Tanks * New, Over 20 Retreads * Stihl Brush Saws * Stihl Chain Saws * Dolmer Quick Saw * 25) Al. Wind Master Sign Stands * Construction Signs * Glow Posts * Various Construction Related Items Service Maintenance Items * Safety Items *

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**Unreserved Close Out
Construction Auction
Thursday, Oct. 8th
10:00 am**
 Riverton, MB
 Late Model, Low Hours
 Well Maintained Equipment!
 Internet Bidding -
BidSpotter.com

2) Rock Trucks *
 5) Excavators * 4) Crawlers *
 3) Graders * Wheel Loader /
 Skidder * 8) Highway Semis
 w/Wet Kits * 2) End Dump
 Tandem * 2) Service Trucks *
 Water Truck * 1) Trailers -
 3) Lowboys 4) End Dumps,
 Hiboy * Skid Steer &
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 Attach - Both Digging &
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UPCOMING EVENTS

Harvest Moon Fall
 Supper hosted by the
 Arborg Ag Society
 on October 4, 2015
 from 1 p.m. - 3 p.m.
 at Silver Hall. \$15 per
 tickets. Kids 6 years
 & under free. Tickets
 avail. at the door.

Arborg Agricultural
 Society Annual Gen-
 eral Meeting October
 20th at 8 p.m. at Sil-
 ver Hall.

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ANNUAL FALL GUN AUCTIONS

Oct 24th 9:30 am

Stonewall, MB
 #12 Patterson Drive
 Always a Huge Sale
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ANNOUNCEMENTS

IN MEMORIAM



Lenore Williment
 July 1951 - September 2014
 Though her smile is gone forever
 And her hand I cannot touch,
 I still have so many memories of the one
 I loved so much.
 Her memory is my keepsake
 With which I'll never part;
 God has her in His keeping
 I have her in my heart.
 -Sadly missed but never forgotten
 by Andy and his extended family and friends

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MOVING & ESTATE

Wed Sept 30 @ 4:00 pm

Stonewall, MB
 #12 Patterson Drive
 Yard, Tools, Antiques,
 Household, Always Lots
 of Exciting Items!
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RAY & ALICE LANGE

Sunday Sept 27th 11:00 am

Rosser, MB

**Rosser 1/4 mile East on Hwy 221 then South
1 1/2 Miles on Rd 1 E**
Contact: (204) 467-8638

Vehicles * All Kept Inside 89 Jeep Comanche 4
 x 4 177,000 KM w 7' Dozer * 02 Chev Malibu LS
 240,000 KM Sft * **Yard Crafts** 20 HP 46" R Mower
 * Weed Eater * Wheel Barrow * Chain Saw * **Tools**
 New 1200 Watt Generator * Miller 225 Welder
 * 2) Port Air Comp * Battery /Booster Charger *
 Bench Grinder * 1/2" Electric Impact * Power
 Tools * Hand Tools * 4000lb Mower Lift * Floor
 Jack * Tool Box * 2) 300 Gal Fuel Tanks & Stands
 * 8' Bucket for Tractor * Load Binders * Bolt Bins
 * Metal Shelving * Home Repair Items * Various
 Shop Supply * **Antiques** Horse Dump Rake * Stone
 Boat * 2) Magnetos * Wood Propellers * Oil Cans
 * **Household** K Table & Chairs * Dresser & Mirror
 * Ent Unit * Recliner * L. R. Chairs * AC Unit *
 Step Stool * Dehumidifier * Pictures * Kitchen
 Items * RC Toy Tractor *

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THE EXPRESS WEEKLY NEWS

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RETIREMENT AUCTION

For Marc Breton
Old Town of St. Martin, Manitoba
Sunday, October 11, 2015 at 11:00 a.m.
Sale site: From St. Martin Junction - 4 km East on PR #513
(Watch for signs)

Farm Equipment: J.D. #5 Mower 3 pt; Homemade 7ft blade; 3pt Forks; J.D. 14T Square baler; Case side rake on steel; Farmhand 5 wheel rake; 3pt Blade plow; Robin Grain roller; 5 wheel rake; 4" Pencil (elec); Panels & bale feeder

Vehicles, Trailers & Sporting: 1992 Nissan Pathfinder w/set of mactracs; 2000 Ford 350 w/wooden deck, duals, 4 spd w/o.d. standard; 1966 Ford Galaxie 500, 4 dr sedan; 1952 Jubilee w/h&l range; 1994 Polaris Indy Classic; 1985 Polaris SS; Yamaha 175 Dirt bike; Polaris Trailboss 250; Tires & rims - 235-75/15;

Yard & Misc: J.D. EZ Trak 425 w/54" cut, "O" Turn; Poulan 14.5 lawnmower w/38" cut; MTD 5 hp Garden tiller; Saw mandrell w/24" blade; Silver Lake trailer type post pounder; 5 hp Wood chipper;

Shop & Tools: Coleman 5 hp Air compressor (25 gal); 120v Mig welder; 2000 lb 12v Winch; 12v Chainsaw sharpener

Household: 5 pce Sectional (blue/grey); Queen box spring & mattress; 5 boxes pewter silverware;

Auctioneer's Note: There is very little small items so it won't be a long sale. For full listing check out the website.

Lorne (Buddy) Bergner, Auctioneer

Box 721, Ashern, MB R0C 0E0

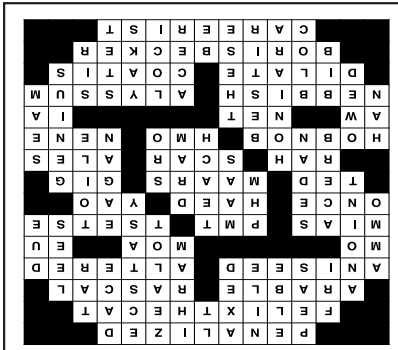
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take
a break
> GAMES



Crossword Answer



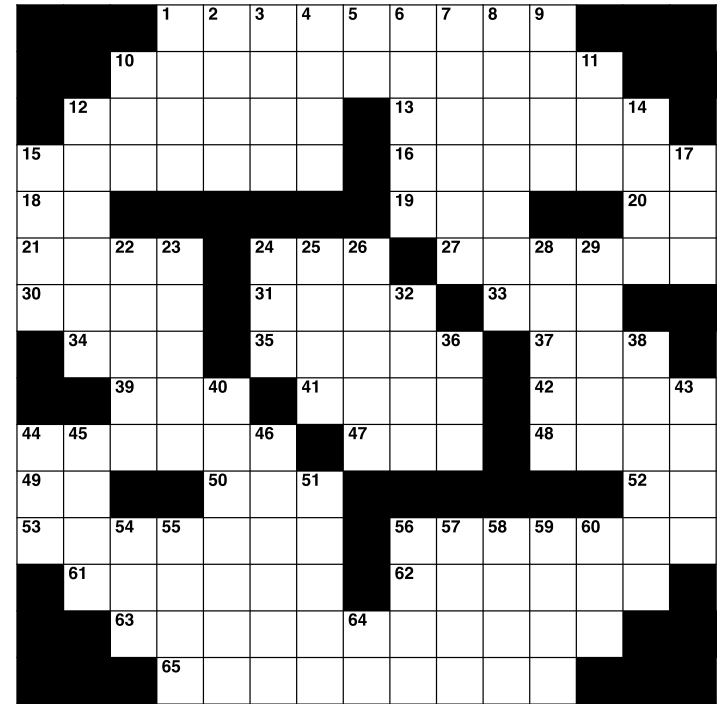
CROSSWORD

CLUES ACROSS

1. Punished
10. Cartoon feline
12. Productive land
13. Playfully mischievous one
15. Liquorice-flavored seeds
16. Changed or modified
18. Used to strengthen and harden steel
19. Extinct flightless bird of New Zealand
20. Atomic #63
21. Missing soldiers
24. Payment (abbr.)
27. Blood-sucking African fly
30. Erstwhile
31. Used to have (Scottish)
33. ____ Ming: Houston Rocket player
34. CNN's founder
35. Volcanic craters
37. 2-wheeled carriage
39. Team cheer
41. Lingering sign of injury
42. Brews
44. Mix with society
47. Type of healthcare plan
48. Spanish baby
49. Expression of sympathy
50. Openwork fishing fabric
52. Farm state
53. Weak-willed (Yiddish)
56. Madwort
61. Cause to expand
62. S. Am. procyonids
63. Former German tennis champion
65. Professional intent on career

CLUES DOWN

1. Black-eyed & sugar snap
2. Czech River
3. World's longest river
4. Canned



5. Giant's Hall of Fame Linebacker
6. Worn to Mecca
7. Fanatical partisan
8. Rapturous delight
9. Southern Redbelly ____ (minnows)
10. Weekday
11. Seaman
12. A way to bless
14. Harper, Bruce and Robert E.
15. Ammunition
17. Scheduled to arrive
22. Sour or bitter in taste
23. Closed automobile
24. Philemon (abbr., Biblical)
25. "Throne of Glass" author Sarah
26. A way to give information
28. 55122 MN

29. Scenic French fabric
32. Apothecaries' unit
36. No seats available
38. Extraordinary intellect
40. Solomon Islands capital
43. Furrow
44. Principal ethnic group of China
45. Collectable
46. Rouse
51. Not those
54. Serviette
55. Coalition with a common purpose
56. Maple genus
57. Localities
58. Asian ox
59. Let it stand
60. Title of respect
64. Exist



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EXPRESS BUCKS

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Visit the Facebook page of every participating advertiser and choose the pages you prefer. Fill in the reply coupon and list your the three favourite Facebook pages — take this opportunity to “like” their pages so you can have the latest news and promos from your preferred advertisers. Send the reply coupon to our office at Send to Express Weekly News Box 39, Stonewall, MB R0C 2Z0. All Reply's must be received by Oct 2, 2015 and earn the chance to win a \$250 Express Bucks that you can spend at any of the participating advertisers. The draw will take place October 5 at noon. Participants must be at least 18 years old. Newspaper employees and their family members, as well as those of the participating businesses, are not eligible to participate.

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