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VOLUME 6 EDITION 39 THURSDAY, SEPTEMBER 26, 2019

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A carving frenzy

Ed and Wanda Krupnik of Fraserwood were selling Ed's original woodwork creations that he carves from old cedar hydro poles with a chainsaw.

EXPRESS PHOTO BY JO-ANNE PROCTER

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'Algae soup' blankets subdivisions on west shore of Lake Winnipeg

By Patricia Barrett

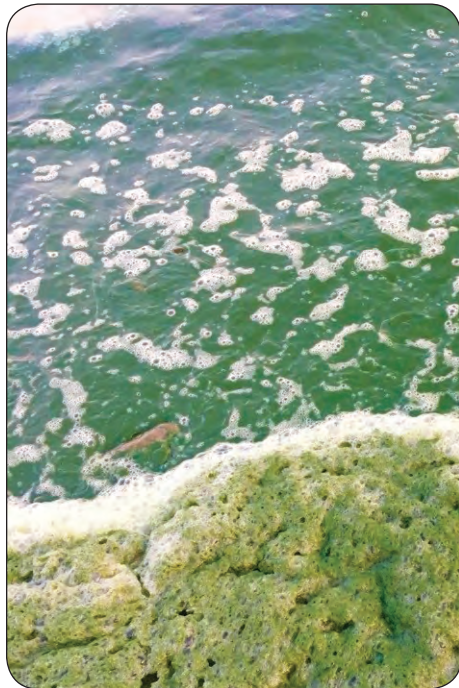
Algae turned Lake Winnipeg green in a number of communities north of Gimli as well as in the community itself last week, leaving residents concerned about an ongoing lack of resolve to deal with phosphorus loading, which spurs on the growth of algae.

An algal bloom inundated Lake Forest, said former Gimli mayor and retired provincial conservation officer Randy Woroniuk, who lives in the subdivision about 13 kilometres north of Gimli.

Woroniuk said he discovered what appeared to be blue-green algae — a deadly form that can kill humans, wildlife and fish — when he went down to the beach Sept. 16.

"I was literally stunned. I've never seen this beach covered in that type of algae before, and to this extent, and I've been here for over 20 years," said Woroniuk. "I've never seen the water that green. And the smell — there was a rotten sweetness to it in the air."

The bloom extended across the water and to the north and the south as far as he could see, he said, and the colour of the foam along the shoreline looked like pistachio ice cream.



The green water and foam had a rotten smell.

"It was a not a windy night, but there was a bit of a ripple on the water and you could see it was green," said Woroniuk. "I went down there the next day in the afternoon when it was a little windier, but the water was still green. It was horrible."



EXPRESS PHOTOS BY RANDY WORONIUK

The Lake Forest subdivision was inundated with algae as far as the eye could see on Sept. 16.

He and his kids used to swim in the lake but after this incident, it's off limits even if the water is clear, he said. He also won't be allowing his grandson in the water nor his dog because he doesn't know what the "residual effects of this stuff could be."

Phosphorus contributes to blue-green algal blooms that are toxic enough to kill humans and animals if ingested. Blooms also create dead zones in the lake where fish and other organisms can't get enough oxygen to live.

Kristine Dubois, who lives in the Lake Forest area, said she was shocked to discover "algae soup" blanketing her cove and the shoreline covered with green foam.

"I've been coming to Gimli since

1967, where we had a cabin at South Beach," said Dubois. "We've lived here since 2011 and I've only seen this algae soup twice — and that's in the last week."

Blooms had also been spotted last week in other areas along the west shore. Seven kilometres north of Lake Forest, a resident in Spruce Bay posted photos on Facebook of the algae there, and a resident seven kilometres to the south of Lake Forest, in the vicinity of the Aurora Recovery Centre, told the *Express* he saw algae there mid-week. A Gimli resident also found a bloom along the shore of her South Beach neighbourhood.

Blue-green algal blooms are a com-

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Bernice Greenberg Memorial Walk raises money for vital community organizations

By Patricia Barrett

Members of the Gimli community stepped up last Saturday to help raise funds for the Gimli Humane Society and Evergreen Basic Needs (EBN) during the 3rd Annual Bernice Greenberg Memorial Walk.

Bernice Greenberg passed away in 2016, and her sister Maryann and daughter Jackie Bergman, along with Mayor Lynn Greenberg, have held the walk in her honour since 2017.

"My wife liked animals and she always wished Evergreen Basic Needs was here when she was raising her daughters," said the mayor before the walk. "There's lots of people that can't get by nowadays on minimum wage. EBN is a much-needed facility in the community."

Despite the relentless downpour, over a dozen people set off from EBN, a food bank and gently used clothing store in the downtown core, and made their way through town and back.

Among the walkers were Coun. Peter Holfeuer and staff from the Gimli Humane Society.

"Both my wife, Susan, and I knew Bernice very well. She was just a lovely, lovely person. Dearly missed," said Holfeuer. "And EBN is such an important institution here in Gimli. It gives back to the community and serves the needs of many."

Holfeuer said the Gimli Humane

Society also provides a vital service for the large numbers of dogs and cats in the community.

"It's so important to make sure these friends of ours, which are so loving, almost part of our family, are well taken care because they mean so much to all of us," said Holfeuer.

Brian Derby from the Gimli Humane Society said the donation will help pay for food and other expenses such as veterinarian services.

"The money will go towards anything from buying dog food and cat food to veterinarian services, which is very expensive," said Derby. "All of our dogs and cats that come in are spayed and neutered before they leave. All our costs are covered through donations from people like Lynn Greenberg and from other organizations — that's the only way the Gimli Humane Society really survives."

The walkers made a pit stop at Robin's Donuts, where owner Cheryl Buhler treated them to coffee before they completed their walk.

Buhler said Bernice used to work at Robin's. "She managed the store before I bought it and stayed on as manager," said Buhler. "She was an amazing woman. We all loved her and we miss her."

A barbecue followed the walk, with the mayor covering the cost of hamburgers and hotdogs.



EXPRESS PHOTOS BY PATRICIA BARRETT

Walk supporters met at Evergreen Basic Needs to raise money for EBN and the Humane Society.



Evergreen Basic Needs has a food bank, used clothing store and restaurant.

Greenberg said people who couldn't make it out to the walk called him and said they'll be dropping off a donation.

Culture and art come together for 5th Annual Nuit Blanche in Gimli

By Patricia Barrett

Gimli's Nuit Blanche gets underway this Saturday evening and features a jam-packed three-hour celebration of local culture and artistic expression that's absolutely free.

People can join a guided tour of the six venues on this year's roster or visit each at their own pace.

Doreen Pendgracs, who founded

a local Toastmasters' club and hosts chocolate-and-wine-pairing events at McNally Robinson Booksellers in the city every year, has been Nuit Blanche's tour guide since its inception in Gimli five years ago.

"Nuit Blanche is a lot of fun," said Pendgracs. "You get people who've been attending Nuit Blanche every year and they know what to expect.

And you also get others who've never been there before and don't know what to expect but are always quite pleasantly surprised at the variety and the quality of the entertainment."

The tour begins at Flatland Coffee Roasters at 7 p.m. where participants can get fired up on a cup of specialty brew and enjoy a 20-minute performance by local artists. The tour

will then head to the New Iceland Heritage Museum (7:25 to 7:45 p.m.), which will be offering a multi-media presentation on family trees.

Participants can express their inner artist and get their hands dirty at the Gimli Art Club (7:50 to 8:20 p.m.), which will have a variety of activities

Continued on page 4

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Inwood School to implement project-based learning

By Evan Matthews

Lakeshore School Division has had a consistent theme this fall, and the innovation has carried through to Inwood.

For the first time, Inwood School will be switching its high school curriculum in the afternoons to a "student project-based learning model," according to Lakeshore Supt. Don Nikkel.

"Inwood School is a smaller (population). Often, people look at small schools and say, 'They can't offer the type of programming big schools do.' They look at it as a negative."

The school is kindergarten to Grade 12 with a total population of 45 students.

"But there are a lot of things you can do in small schools that you could never do in a larger school with more students," Nikkel said.

"What can we do to utilize our small student body to make something really unique and positive? Things other schools only dream of."

Whereas students can be lost in the shuffle in schools with populations in the thousands, Nikkel said smaller student populations allow teachers to know students as individuals.

In keeping with that notion, Nikkel said the teacher-student relationships are very strong.

"High school students will have a traditionally scheduled morning — English language arts, a science period, a math period, etc. — but in the afternoons, it's going to be different," said Nikkel.

"The student project-based learning model focuses on each student and creating an individual learning experience for every high school student, and really connects real-world problems and scenarios.

"Students will solve those problems and analyze those scenarios in a guided context with a teacher."



EXPRESS PHOTO SUBMITTED

inwood School students went on a camping trip with staff to bring in the new year and discuss what the new student project-based learning model would look like from the student perspective.

What is a student project-based learning model?

On paper, the mornings will look traditional with each class broken up into traditional "blocks." However, Nikkel said the afternoon will be one solid block, labelled as project-based learning.

It'll be more flexible for the students, and Nikkel said more conducive to their individual learning needs. Nikkel used woodworking, drafting or home economics as examples.

"Rather than say, 'Let's study drafting or woodworking or home economics,' it starts out with a problem to solve or real-world situation to analyze. Take a community like Inwood. A gap in the community might be, say, economic development. A student project, perhaps, would be starting up a small business," Nikkel said.

"If a student chooses to build sheds outside and sell those off. While they build those sheds, they'd be working on design and drafting skills to meet drafting curricular outcomes. They might learn to use different tools to

meet woodworking credits.

"It's taking classes and then saying now we're going to solve a real-world problem by creating economic opportunity, while meeting curricular outcomes."

To kick the year off, Inwood School staff members — including Don Nikkel and Inwood principal Dr. Margaret Aisicovich — and students went on a camping trip. Nikkel said the administration used the trip to introduce the new concept to students.

In education, Aisicovich said professionals are always looking at the current societal circumstance and where things are headed.

Making sure kids understand they're being educated in a changing world — a world likely to be drastically different by graduation — is key, according to Aisicovich.

"We want to prepare kids for more hands-on, agile, holistic understanding of skills and application of knowledge in a way that will allow them to be industry leaders, to innovate industry, to create new business, etc.,"

said Aisicovich.

"We're trying to give kids a good head start for the world they'll be inheriting, which is so much different than, say, myself, where you'd go to school, get your degree and get a job.

"That's just not the reality anymore for many students."

New curriculum; new teacher

Inwood School has also hired a new teacher named Winnie Huynh.

In 2019, Huynh will teach high school mathematics and project-based learning.

Huynh said she has three years of high school teaching experience.

"I'm very excited to get to know the Inwood community," said Huynh.

"I was born and raised in Winnipeg, Manitoba, and spent the first few years of my teaching career in the city, where I taught mathematics, sciences, lifeworks and art."

Huynh is a University of Manitoba graduate, with a bachelor of science in biology and a bachelor of education.

"In my free time, I love to learn new painting skills and tend to my growing collection of plants," said Huynh. "I look forward to sharing my knowledge and learning from the wonderful minds here at Inwood School."

> NUIT BLANCHE, FROM PG. 3

for all ages, artist demonstrations and murals celebrating the club's 50th anniversary.

"Art club members will show people how to do a specific technique," said Pendgracs. "Last year they had a potter teaching people clay arts."

After art comes food in the form of some delectable treats at Robin's Donuts (8:25 to 8:45 p.m.). Staff will be hosting a discussion of cookbooks and baking and offering a hands-on decorating lesson.

Next up is a music workshop at the Ship & Plough pub (8:50 to 9:10 p.m.) followed by a special production by the A-Spire Players at the Gimli Unitarian Church (9:15 to 10 p.m.).

"I've noticed over the years that everyone always enjoys Nuit Blanche and that they're glad they came out," said Pendgracs. "It's a safe, friendly town and this is an opportunity to socialize and meet new people. And it's free. What could be better than that?"

Nuit Blanche takes place in Gimli's downtown core on Sept. 28 from 7 to 10 p.m. Visit Culture Days' website for more details about venues, scheduled times and to pre-register for the tour.



Dr. Matta Noseir

Interlake-Eastern RHA welcomes Dr. Matta Noseir to Lundar Health Centre

Dr. Matta Noseir is accepting patients at the Lundar Health Centre located at 97 1st Street S., Lundar. Dr. Noseir is a family physician who graduated from Cairo University Medical School where he practiced for over 16 years. When he was in Egypt, he provided outreach medical services in underserved communities.

Dr. Noseir has a wife and two children.

Dr. Noseir joins the practice of nurse practitioner, Beryl Dziedzic. Patients can make an appointment with Dr. Noseir by phoning the Lundar Health Centre at 204-762-6076. Please be sure to have your Manitoba Health card available when calling to make an appointment.



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Province holds first Manitoba protein summit

Submitted by Manitoba government

The Manitoba government is hosting the Manitoba Protein Summit, a gathering of crop and livestock industry leaders, processors, academics, government and other stakeholders brought together to gain new insight into protein opportunities, Agriculture Minister Ralph Eichler announced Thursday.

“Plant-protein demand is increasing at more than six per cent per year, with world demand expected to double by 2029 and animal-protein demand expected to double by 2050,” said Eichler. “Historically, Manitoba has always been strong in protein production. However, by gathering here today, we are discussing additional opportunities that will make sure we can reap economic benefits through expanding livestock and plant-protein production and processing.”

At the summit, the province released a first-of-its-kind sustainable protein strategy, called the Manitoba Protein Advantage. This strategy will focus future efforts and encourage leadership and industry collaboration to make Manitoba North America’s protein supplier of choice, the minister said.

Earlier this year, the Manitoba government consulted with industry stakeholders to develop the new strategy. Manitoba held 77 individual meetings with more than 300 participants and received more than two dozen written submissions that helped develop the new strategy.

Key priorities of the strategy include attracting new investment and jobs in plant- and animal-protein processing, growing the hog industry to meet current processing capabilities, seeking opportunities to grow beef and other animal-protein production to meet market opportunities, and positioning Manitoba as a leading research and development centre in North America for plant-protein extraction technology. The strategy also has a focus on innovation while continuing to produce sustainable protein, including facilitating research to reduce greenhouse gases from animal-protein production by 15 per cent per kilogram of protein produced, as well as reduced water usage, energy use and waste

in production and processing.

“Since 2016, Manitoba has attracted over \$1.5 billion in agri-food investments,” said Eichler. “The strategy will maintain the Manitoba government’s focus on creating an environment for investment attraction while supporting research and innovation, and reducing red tape.”

As part of the strategy, the Manitoba government is making key investments to further protein innovation, said Eichler. The Food Development Centre (FDC) will be receiving \$362,000 to support protein sector innovation and commercialization. This investment in equipment will accelerate the pace of protein ingredient development and further position the FDC as a leading protein innovation centre.

Thursday’s summit also marked the minister signing a memorandum of understanding (MOU) to become part of the Protein Highway, a cross-border network for plant-based protein innovation. Through the partnership, Manitoba will become part of an innovation network to increase collaboration opportunities for Manitoba researchers and companies across the Prairie provinces and U.S. Midwest and Great Plains regions. The MOU will establish and continue collaborative activities between the parties related to research, innovation and commercialization projects.

Also announced at the Manitoba Protein Summit was the creation of the Manitoba Protein Product Challenge, a competition that will bring together protein entrepreneurs to accelerate commercialization of plant- and animal-protein products. The first challenge will take place in March 2020 on Farm and Food Awareness Day.

Manitoba will also be developing a Manitoba Protein Development Consortium, which will co-ordinate industry, academic and government efforts in protein industry development and alignment on strategic projects, said the minister.

The Manitoba Protein Advantage is the first sector strategy under the recently announced Economic Growth Action Plan. In their report Growing Manitoba’s Economy, co-chairs Dave Angus and Barb Gamey recommended development of targeted sec-



EXPRESS PHOTO SUBMITTED

Chickpeas draw nitrogen directly from the atmosphere so farmers do not have to buy large amounts of nitrogen fertilizer in order to grow them. They are also a very efficient source of protein in environmental terms, requiring far less energy and water and fewer pesticides than rival protein sources. Chickpeas are also non-allergenic and non-GMO and are used in falafel.

tor strategies as a priority to foster competitiveness, facilitate growth, identify investment opportunities and address economic barriers in the province.

A copy of the Manitoba Protein Advantage can be found online at www.gov.mb.ca/agriculture/protein/index.html.

IERHA welcomes Dr. Samina Nishat to Ashern Medical Clinic

Submitted by IERHA

Dr. Samina Nishat is accepting patients at Ashern Medical Clinic located at Ashern Medical Clinic at 1 Steenson Dr., Ashern.

Dr. Nishat is a family physician who completed her medical school training in Pakistan and Canada.

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

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

She also says the people in Interlake-Eastern Regional Health Authority are very nice and friendly.

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

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

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Put a pause to political finger-pointing

By Evan Matthews

In case anybody missed it this past week, Canada's Prime Minister Justin Trudeau is in trouble again.

This time, it's not for breaching ethics or for breaking election promises; it's for something far more thoughtless.

Blackface is an absolutely abhorrent "costume" by today's standards and completely 100 per cent politically incorrect.

One of the surfaced photos featuring Justin Trudeau as Aladdin with a darkened face is as recent as 2001, dating 17 years, making him a 30-year-old at the time.

You're not really a kid at 30, that's for sure.

But does the photo indicate Trudeau is a definitive racist? Not necessarily.

Does the photo indicate, at the very least, he didn't understand racism at the time? Likely, but also not necessarily.

We, as a society, actually don't know what the photos are indicative of. It could indicate nothing more than a bad choice, or it could indicate we have a racist Prime Minister in this country.

Or there could be nuance to the topic, and the photo could be indicative of neither of those things and could offer a glimpse into the changing of the times, the politically volatile environment we live in, and the socially

sensitive times we live in.

In no way is something as obviously offensive as blackface an acceptable "costume" or "joke."

But for whatever reason, the Liberal Party of Canada will stand by its man, and Justin Trudeau will be the party leader heading into the next election as the Libs seek their second consecutive majority government.

The Progressive Conservative Party of Canada has chosen Andrew Scheer as the party leader, and they'll look to overthrow the incumbent Liberals.

Scheer has also been on the hot seat of late.

The CBC reported Scheer had said if a Conservative candidate made racist and/or homophobic comments in his/her past, the party leader would stand by said candidate as long as they had taken responsibility for those comments and apologized.

He more or less said, "People make mistakes."

And there are Conservative candidates, at the moment, being called racist, no different than Trudeau, for things they've said in the past. Look up the Conservative names John Hirst, Justina McCaffrey or Arpan Khanna

Though, it's unlikely Scheer feels Trudeau made a mistake with his "costume."

But this is where it becomes frustrating.

Most people can agree, racism is bad; ignorance is bad.

Most people can agree, political discourse is good; conversations about social issues and a better society are good.

People do make mistakes, too. If a person has owned up to those mistakes, they've apologized for them, then fantastic. Because, really, it's all they can do. Whether or not a person has changed their ways, unless you're a mind reader, is unlikely to be common knowledge.

Then, if a federal party chooses a person who has made past mistakes, so be it.

Society will hear about the mistakes, as always, and people within society will have their individual reactions.

Maybe these stories need to come out for political discourse, social conversations and the betterment of our society — inclusion.

But we need to stop the political finger-pointing and let the votes fall.

Before the votes fall, we need to talk about issues legitimately affecting Canadians: taxes, immigration, the national energy sector, global warming, agriculture, etc.

Those issues do not include Justin Trudeau in blackface or who Andrew Scheer chooses as his friends.

It's time for the political sphere to mature a bit.

Canadians are demanding better.

Liberals move forward on help for first-time homebuyers

Submitted by the Liberals

A re-elected Liberal government will help Canadians buy their first home.

For many young people starting their careers, saving up enough to make a down payment on a home is a far-

off dream at best — and for 10 years, Stephen Harper's Conservatives did nothing to address these systemic problems. In the greater Toronto, Vancouver and Victoria regions, people are facing these challenges head on,

with housing prices up to 60 per cent higher than the national average.

"Many young Canadians dream of owning their first home. But with ris-

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Andrew Scheer promises more support for Canada's veterans

Submitted by the Conservatives

Canadian veterans struggling with months-long waits for pensions and benefits can count on a new Conservative government to take immediate action to get them the support they deserve.

Andrew Scheer, leader of Canada's Conservatives, announced a comprehensive plan today to deliver more help to Canada's veterans in a timely and respectful manner.

"To every veteran who has struggled and who continues to struggle without the support and benefits you have earned through your service, my message is this: You deserve better. After Oct. 21, we are going to make things better," Scheer said. "Instead of forcing veterans to work harder for government benefits, it's time the government worked harder for our veterans' benefit. It's time for a government that works harder for you; it's time for

you to get ahead."

Scheer highlighted that a new Conservative government will:

1. Enshrine, in legislation, a Military Covenant between the Government of Canada and all Canada's veterans. This will guarantee that every veteran is treated with respect and is provided services in a timely manner.
2. Clear the current backlog of veterans' benefit applications within 24 months.
3. Create a reliable, dependable pension system that, unlike the Liberal status quo, is fair to Canada's most disabled veterans.
4. Strengthen transition services to support discharged or retired Canadian Armed Forces members.
5. Strike an independent inquiry to provide answers about Canadian Armed Forces members who were administered mefloquine.
6. Provide more service dogs to Ca-

nadian veterans in their communities.

7. Put vital commemoration projects, like the National Memorial for Canada's War in Afghanistan, back on track.

"These actions are simple, straightforward and practical," said Scheer. "They require new investment from a new government, but even more importantly, they require new priorities. Our military heroes are deserving. Our military heroes are worth it."

In 2015, Justin Trudeau promised that no veteran would have to "fight the government for the support and compensation they have earned." Yet under the Trudeau Liberals, the number of veterans left stranded on government waitlists had ballooned to 40,000 — a growth of over 33 per cent. Worst of all, Trudeau continues to fight veterans in court and has dismissed their concerns saying, "They're asking for more than we are able to give."

"Justin Trudeau never turned back SNC-Lavalin's lobbyists or claimed they were 'asking for more than he was able give,'" said Scheer. "When corporate lobbyists get the red carpet while veterans get left out in the cold, it's proof that Justin Trudeau is not as advertised."

"To our veterans, whether you are among the vanishing generations of heroes who served in World War II and the Korean War, or whether you are one of the heroes of Afghanistan or conflict zones around the world, you deserve our gratitude," said Scheer.

"When we look out for our veterans, we are looking out for the people who dedicated their lives to looking out for us. It's time for government that will stand up for our veterans. It's time for a Conservative government that will help you get ahead."

NDP supporting small business and job creation

By the NDP government

Small businesses are the engine of job creation in Canada and an important part of every community across the country. Small businesses need a government that helps them access the services and infrastructure they need to thrive and expand, while

investing in a healthy and talented workforce.

New Democrats believe that small businesses should have access to all the support they need to grow, innovate, and stay competitive in Canada and around the world. That's why we have stood up for lower small busi-

ness taxes, opposed unfair merchant fees, and fought to make it easier to pass on small businesses to the next generation.

In government, New Democrats will keep working hard for small businesses to tackle issues that impact their bottom line, like high credit card

merchant fees. Our plan for public, universal pharmacare will also save businesses approximately \$600 per employee with extended health benefits every year — and it means that all

Continued on page 9

Gimli's new age friendly sign promotes community programs

By Roger Newman

Gimli's Age Friendly Committee has started a new season by unveiling a new highway sign drawing attention to its programs assisting community residents of all ages.

The sign - near the intersection of Highway 9 and Gimli Park Rd. - will be instantly visible to drivers and passengers travelling north and spotting the sign on the east side of the highway.

"We replaced an old sign because we want people to be more aware of the projects we've been undertaking since 2007," says committee chair Valerie Swanson.

Gimli Age Friendly has a mandate to improve the lives of all residents by tackling a variety of projects and providing advice to the RM of Gimli Council. The committee's accomplishments to date include presenting awards to businesses providing superior service, honouring community volunteers, helping to persuade the province to build a large new

seniors residence, and publishing a community directory soon to have a second edition.

Swanson said the list will soon be longer because the committee has retained Winnipeg's Volunteer Manitoba organization to hold an imminent day-long volunteer training seminar in Gimli. The seminar - focusing on the recruitment, retention and recognition of volunteers - will take place Wed., Oct. 16 from 9 a.m. to 4 p.m. at the Rec Centre with lunch provided by Evergreen Basic Needs.

"Enrollment at the seminar is limited to 20 people but a few spots are still available," Age Friendly Committee Member Jan Keryluk says, adding that the price is \$50 per person and registrations and inquiries are being handled for Gimli Age Friendly by Gimli New Horizons at 642-7909.

Swanson, meanwhile, says the Age Friendly Committee is always open to new members wanting to aid the cause of making Gimli a better place. She can be contacted at 204-642-7297.



EXPRESS PHOTO SUBMITTED
Jan Keryluk, left, and, Chair Valerie Swanson pose with the new Gimli Age Friendly Sign.

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The fish who stole the new rod

Hi folks.
The waves and swirling currents on the Winnipeg River by Pinawa churned about restlessly as Cindy Kovach from Selkirk came to stand on its bank, fishing gear in hand. Beside her, Cindy's sister, Shary, watched the mid-summer heat waves wafting above the water. Sweat poured from the women with every movement but they had come prepared. They put aside their rods and tackle boxes, shook out two expensive floating lounge chairs and inflated them. Baiting their pickerel rigs, they held their rods high as they boarded their chairs and pushed off from shore. Once out a couple of boat lengths, they dropped anchors linked by thin rope to their chairs, cast out and sat back waiting for action. Cindy glanced with affection over at her sister Shary. They had been fishing buddies for as long as she could remember.

Bobbing about in her chair, Cindy looked across the water at a flock of screaming geese who kept dunking their heads and wings in the water to cool off. Even on the cold water, Cindy found the heat stifling. She put her rod in the chair holder and lazily rolled over falling into the refreshingly cool river. She swam in a circle around her chair, and as she climbed back onto it, she saw her sister following her example. She lay back comforted in her short, wet summer wear.

The plastic of her rod holder squeaked as the rod in it twitched. Cindy shot a look at it and, yes, the rod's tip was jerking! She wrested it from its berth and began reeling in slowly gauging the size and kind of fish she was dealing with.

"It must be big it's sitting like a log!" Cindy cried out to Shary. "Maybe a walleye; the line is shuddering like it's trying to throw the hook."

Cindy locked her rod between her legs and flicked off the drag, giving the fish slack. At the same time, with one hand she pulled up the anchor as she paddled to shore with the other. Her chair hit the bank's weeds and she jumped off kicking it aside. She put her drag on and, standing on firm ground, reeled her fish in.

Not far from shore, her jackfish showed its long, narrow green back as it arched up breaking the water's surface. Cindy brought it to shore, thrashing from side to side in the reeds and mud.

"Watch out for its teeth. It might bite your feet," Shary cautioned.

Cindy stood over her catch, sizing it up and then quickly leaned down. With her long pliers deftly gripped, she freed her hook from the jack. Proudly Cindy held her fish as Shary took a picture and then they released it.

On a sunny warm afternoon last week, I drove down to the Selkirk

waterfront pier and spent some time swapping fishing stories with the many anglers sitting side by side in folding chairs. One thin chap with short, brown hair and goatee stood out having given me a big smile and wave. I went over to him and sat down on the raised concrete edging of the pier as he said, "I'm John Wall and I've got a story for you Arnie."

I laughed, pulling out my recorder. "OK, let me have it."

He recalled how many years ago when he was 13, he went boat fishing with his father and family members around the Sandy Hook area on Lake Winnipeg. It was a hazy, dead calm day. They weren't far from shore as John sat beside his father proudly holding his new rod dad had just bought him. He cast out a short distance from the boat into flat mirror-like water. Soon young John saw a ripple on the lake surface. Then the water went flat again. Seconds later, John's rod was torn from his hands as a fish struck his baited hook. The excited young lad jumped up in the boat screaming. That fish had stolen his new rod!

Without thinking, he leapt overboard and started swimming for his rod that was skipping away just above the water. Sadly, he was not a good swimmer and was making little headway until his father cried out, "What are you doing? The water's shallow.



EXPRESS PHOTO BY ARNIE WEIDL
Cindy Kovach with her giant jackfish.

Stand up!"

John's feet found the sand bottom and immediately began striding against the water after his rod. His body strained ahead and, with an outstretched hand clamped onto its handle, he could feel a hard shaking from the fish on his line. He turned to the boat and, putting the rod over his shoulder, stomped to his father's waiting arms. He felt himself being pulled aboard and, when settled in a seat, he reeled in. Soon a master-sized bass sprang wiggling from the water and young John had his fish!

Till next week. So-long friends.

> LIBERALS, FROM PG. 6

P

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ing prices — and not enough homes to meet the demand — it's getting harder and harder to make that dream a reality," said Liberal Party leader Justin Trudeau. "Again and again, the Liberal government has stepped up to solve these challenges. Today, we're announcing another important step to help Canadians buy their first home."

In recent years, housing speculation by foreign owners has become a major challenge, driving up housing prices for people across the country. Canada is no place for those who wish to purely speculate in the housing market, and we need a national approach to protect families who are being priced out of buying a first home.

A re-elected Liberal government

will:

- fully implement the First-Time Home Buyer Incentive, which provides Canadians with up to 10 per cent off the purchase price of their first home;

- immediately expand the Incentive to provide more help to communities in the greater Toronto, Vancouver and Victoria regions by allowing homes valued at up to \$789K to qualify;

- address the impact of foreign speculation, which drives up housing costs, by putting in place a consistent national speculation and vacancy tax for non-resident, non-Canadians.

In addition to introducing the First-Time Home Buyer Incentive, our Liberal government also:

- launched Canada's first-ever National Housing Strategy, a 10-year

plan that will help more than 600,000 Canadians find safe and affordable places to live;

- funded the construction of nearly 140,000 more housing units to be built by 2028; and

- created the new Canada Housing Benefit to help 300,000 Canadians with the high costs of rent.

"The Conservatives voted against the First-Time Home Buyer Incentive and have no plan to help address the real concerns Canadians have about being able to own their own home," said Trudeau. "Liberals believe in investing in people and in communities, which is why we are taking these steps to make homeownership an achievable dream, not just a privilege for the richest few."

Interlake-Eastern RHA welcomes Dr. Matta Noseir to Lundar Health Centre



Dr. Matta Noseir

Submitted by IERHA

Dr. Matta Noseir is accepting patients at the Lundar Health Centre located at 97 1st Street S., Lundar. Dr. Noseir is a family physician who graduated from Cairo University Medical School where he practiced for over 16 years. When he was in Egypt he provided outreach medical services in underserved communities.

When he is not at work he enjoys sports such as volleyball, soccer, read-

ing, history and fishing. He enjoys traveling and has been to Asia, most cities in Egypt, and many tourist areas across Canada. He says he observed Dr. Soliman in 2016 and immediately liked the area and people who made him feel very welcome.

"When I was here previously, I went to a rodeo and enjoyed the cheerful gathering of people. Growing up, my family did business in agriculture so I am used to the scenery found in this

area," says Dr. Noseir.

Dr. Noseir has a wife and two children.

Dr. Noseir joins the practice of nurse practitioner Beryl Dziedzic. Patients can make an appointment with Dr. Noseir by phoning the Lundar Health Centre at 204-762-6076. Please be sure to have your Manitoba Health card available when calling to make an appointment.

> LAKE WINNIPEG, FROM PG. 2

mon occurrence on the east side of Lake Winnipeg's south basin.

The Lake Winnipeg Foundation says the City of Winnipeg's North End Water Pollution Control Centre is the single-largest phosphorus point source for the lake, releasing about 600 kilograms of the nutrient every day — more than three times the phosphorus limit in its provincially regulated operating licence.

This summer the foundation and the International Institute for Sustainable Development offered the city an interim quick-fix (ferric chloride) that would reduce phosphorus output by about 70 per cent, but the city rejected it despite the treatment's demonstrated effectiveness in other jurisdictions. The cost to upgrade the North End plant keeps climbing as the years go by and is now estimated to be \$1.8 billion.

A few months ago, the city asked Sustainable Development to extend its phosphorus-reduction deadline from Dec. 31 of this year to Dec. 31, 2021. This came after the department gave (in 2017) the city 27 years to upgrade its combined sewer outfalls. Those overflow during heavy rain events and send raw waste, including phosphorus, straight into the river and up to the lake.

A spokesperson for Sustainable Development said the city's extension request is currently being reviewed.

"This filing is being reviewed for completeness and accuracy, and to identify additional information that may be required from the city," said the spokesperson. "The province is also reviewing the information the filing provides about interim options to bring the [North End plant] closer to compliance with phosphorous removal requirements under its Environment Act Licence."

The province has already made "significant investments in water and wastewater treatment infrastructure," providing \$34.4 million to the city for upgrades to the plant, he said. And it

will continue discussions with the city about reducing the quantity of and improving the quality of wastewater discharges.

The province partnered with the City of Selkirk and the RM of Gimli to upgrade wastewater treatment infrastructure in those communities to improve the quality of effluent, he added. "Additionally, the regional wastewater system developed in West St. Paul resulted in the decommissioning of four non-compliant wastewater treatment plants."

Between June and August, the spokesperson said the department collected 25 algal bloom samples from Lake Winnipeg beaches. The samples are "routinely collected as a part of the provincial beach monitoring program when algal blooms are observed. Beaches are also sampled for blooms when they are reported by the public."

Of those samples, 10 exceeded the recreational water quality objective for cyanobacteria cell count (100,000 cells per mL), while no samples in 2019 exceeded the recreational water quality objective for the algal toxin microcystin (20 µg/L), said the spokesperson.

Over the course of this year, he said five beaches — Victoria Beach (Red Cross Dock and Clubhouse locations), East Grand Beach, Albert Beach and Hillside Beach — had algae advisory signs posted, which has remained consistent with the number of advisories over the past five years.

In addition to damages to the environment, Woroniuk said algal blooms may cause property values to plummet, along with the taxes they generate for towns and municipalities.

"People have to pull their heads out of the sand. They keep saying how beautiful our lake is, but there are real problems here," said Woroniuk. "If you were trying to sell your lakefront property and people saw this, do you think they would buy it?"

Not only is he concerned about potential economic losses, but he's also

worried about the impacts of algae on both the commercial and sport fishing industries.

"This could affect me recreationally and all people who fish. Is there going to be a dead zone this winter where I usually go ice fishing?" said Woroniuk. "How extensive is this particular bloom? Is it going to push the fish so far out that sport fishers won't be able to catch anything? And what about the commercial fishers?"

The value of the lake's fisheries is estimated to be about \$130 million, and tourism and recreation contribute another \$110 million to the economy, according to a Lake Winnipeg Foundation study. Properties around the south basin alone generate about \$40 million in annual taxes that municipalities depend on to provide services.

Woroniuk said people tend to forget that phosphorus is also flowing into our waterways from U.S. states and from western Canadian provinces, not just from the city. Stopping it comes down to one thing: political will at the municipal, provincial and federal level.

"We may be at a tipping point and no one is accepting that. We're not forcing the issue with the city, with the province and with the feds," he said. "The longer we don't do anything significant to reduce phosphorus, the worse it's going to get. It's going to come to the point where we can't do anything at all."

There are water crises around the world, including south of the border in North Dakota. People lack clean drinking water and enough water to sustain agriculture, and it's only going

to grow worse with climate change, said Woroniuk. Polluting Lake Winnipeg, the world's 10th largest freshwater lake, is absurd as it may be of critical importance to our own sustainability in the future.

"The United Nations once said the next war is going to be fought over water," he said.

> IERHA, FROM PG. 7

small businesses can feel confident knowing that their employees are able to access the prescription drugs they need.

We'll also make it easier for the family business to be passed on to future generations with new legislation to end the unfair tax treatment of family transfers of small businesses.

To help Canadian small business step out on the world stage, a New Democrat government will streamline access to government export services and make it simpler to break into foreign markets. We'll also provide small- and medium-sized businesses with a single point of contact to help ease regulatory processes and support compliance - freeing up time for entrepreneurs to invest in growing their business.

Recognizing that a shortage of workers is a major barrier for many small businesses operating in rural areas, we'll make important new investments in training Canadians and boost support to traditionally under-employed groups, ensuring that they can access good jobs that pay a fair wage.

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Pair of Interlakers receive Red Cross Humanitarian Awards

By Ty Dilello

Sen. Murray Sinclair and Cameron Adams, a University of Winnipeg student who is currently developing a Swampy Cree language app, were honoured earlier this month with humanitarian awards from the Canadian Red Cross.

Sinclair was named Humanitarian of the Year and Adams was named Young Humanitarian of the Year by the Canadian Red Cross national organization.

Sinclair was born in Selkirk and graduated from Selkirk Collegiate Institute. Sinclair is perhaps best known for being the first Indigenous judge in Manitoba and only the second in Canada (serving from 1988 to 2009). Sinclair served as an adjunct professor of law at the University of Manitoba and he also served as a co-commissioner on the Aboriginal Justice Inquiry and chair of the Truth and Reconciliation Commission. Sinclair was appointed to the Canadian Senate on April 2, 2016, and has been there ever since.

Sinclair has been invited over the years to speak throughout Canada, the United States and internationally, including at the Cambridge Lectures for members of the Judiciary of various Commonwealth Courts in England. He has always been very active within his profession and his community and has won numerous awards, including the National Aboriginal Achievement Award, the Manitoba Bar Association's Equality Award



Sen. Murray Sinclair was the first Indigenous judge in Manitoba and chair of the Truth and Reconciliation Commission.

(2001) and its Distinguished Service Award (2016) and has received honorary doctorates from eight different Canadian universities.

Adams hails from Gimli but his family is from Norway House First Nation and Berens River First Nation. He graduated from Gimli High School and is now attending the University of Winnipeg.

Adams first started learning Cree in Grade 10 at his high school using the online resource Cree Simon Says. He started taking a Cree language course once he got to university and is working on an education degree, with the end goal being to one day teach Cree



EXPRESS PHOTOS SUBMITTED

Cameron Adams, whose family is from Norway House First Nation and Berens River First Nation, said he first started learning Cree in Grade 10 or 11 at Gimli High School, using the online resource.

in northern Manitoba.

Winning the Young Humanitarian of the Year award for developing the Swampy Cree language app is something that Adams never expected but he's very pleased with the achievement.

"The app idea came to me because of a need to keep learning my ancestral language of Cree as I had previously taken the Introductory Cree course at the University of Winnipeg," says Adams. "I don't work with Senator Sinclair, but we both received Humanitarian awards from the Red Cross. The award means a lot to me as I am just trying to make a better world by being

involved."

Going forward, Adams is trying to focus on both his university studies and completing his language app. He knows it's going to be a busy winter ahead, but he's more than up to the challenge.

"Whether it's building houses with Habitat for Humanity or working on the app, I know I am making a positive difference. The plan with the app is to finish it as fast as I can. I'm busy with university right now, so that comes first. After the app comes out, we will do a thorough edit of it and then start translating again, adding more material."

Fisher Branch honours Terry Fox and local survivors

By Evan Matthews

It goes without saying, almost everyone has been affected by cancer, whether one's community is large or small.

Fisher Branch is no different, and its community raised close to \$4,000 on Sunday, Sept. 22, in support of the Terry Fox Foundation, according to co-organizer Karen Abas.

"We try and have a Terry Fox Run every two years, but the (community) participates in the school runs every year," said Abas.

"Our small community has so many individuals and families touched by cancer."

Roughly 125 people participated in the run, which offered participants options between one and four miles, either walking or running. The event started at 11 a.m. and ran until 3 p.m., with activities for the kids including a bouncy castle, bubble balls, archery tag, face painting, balloon animals, and an arts and crafts table.

Guest speaker Allen Lindal, a can-



Al Wiebe entertained community members for the afternoon.

cer survivor, delivered an emotional speech detailing his battle with cancer.

Tannis Yuzwa and Kelly Barrett were also event co-organizers.



EXPRESS PHOTOS BY KAREN ABAS

Fisher Branch made a point of honouring some of the community's cancer survivors, left to right: Marianne Neault, Ken Klimchuk, Darcy Truthwaite, Wayne Smith, Michelle Powe, Lucy Meilleur, Jim Cymbalisty, Allen Lindal, Paul Gregory and Sherrill Woloshyn.

Alf Cuthbert students explore East Coast

By Evan Matthews

Many of Canada's origin stories begin at Pier 21, an ocean liner terminal and immigration shed in Halifax.

Active from 1928 through 1971, Pier 21 is now the Canadian Museum of Immigration. Alf Cuthbert students RJ O'Sullivan, Maria Osmand and Lane Oswald learned some living history as they explored the country's East Coast with staff over the summer.

"I was interested in some of my own family history. Both sides of my family were immigrants from Europe. My dad's side ... came over from Holland in 1946," said Oswald, adding that many ships' passenger lists were available at the museum.

"I was able to find some (documents) on them ... and show them. It was pretty cool," he said.

The students embarked on a sight-seeing tour that involved experiencing Pier 21, the Halifax Citadel National Historic Site, Peggy's Cove, the Titanic Memorials, the Confederation Bridge, Hopewell Rocks Park in New Brunswick, and even a brief stint in nearby Charlottetown, Prince Edward Island. They arrived in Halifax on May 25 and stayed for eight days.

Hopewell Rocks, for example, is something the students hadn't experienced in their lives.

"It was breathtaking," said Osmand. "When the tide is low, you can just go walk on the ocean floor. But when the tide comes in, you wouldn't even think there is anything there," she said.

The students agreed that trips like the one they experienced this past summer help to provide people with culture and become more well rounded, whereas staying home all the time can cause people to live in a bubble.

Alf Cuthbert principal Alann Fraser and Lake-



The iconic Peggy's Cove lighthouse draws tourists from all over the world. Stay off the black rocks.

shore Supt. Don Nikkel echoed that sentiment.

The staff hope by getting the students out in the world and experiencing living history, they will retain more from the experience.



EXPRESS PHOTOS BY ALANN FRASER

Alf Cuthbert staff and students spent time in Halifax, enjoying locally caught fish.



Staff and students visited Charlottetown after taking in Confederation Bridge.

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Travel and More

Local artists travel to Iceland for gallery show

By Ty Dilello

A couple of Gimli artists JoAnne Gullachsen and Mabel Tinguely and one Winnipegger Inga Torfadottir recently travelled to Iceland for an art show where they had their work proudly displayed.

They arrived in Iceland on Aug. 19 and enjoyed their time in the capital of Reykjavik a great deal.

"The trip to Iceland was something I had been working at arranging for a long time. I had a lot of communication with various art galleries in Iceland, but none of these galleries were able to accommodate or rather feature our art at their show. Then when we were hosting two deaf people from Iceland here in Gimli, I happened to speak with their guide and interpreter. I mentioned to her that I and my fellow artists were interested in having a show in Iceland but were not being successful in finding a venue. She suggested we get in communication with the various larger libraries in Reykjavik as they serve as both galleries and libraries," said Gullachsen.

"I did and one library Borgarbokasafn was interested in giving us space for our show. Our friend and advisor from Gimli (and a native of Iceland, Gunnvor Asmundson) facilitated the meeting with the head librarian and the organizing of the show. I think we would have been lost without her enormous amount of help. The art show was wonderful for the artists and guests and everything went ac-



Gullachsen showed her art at a show in Reykjavik, Iceland.



Mabel Tinguely's art.

ording to plan."

The art show was a smashing hit and the Interlakers even had a special guest attend the festivities to make



EXPRESS PHOTOS SUBMITTED

Left to right: JoAnne Gullachsen, Inga Torfadottir, Anna-Tamara Lorre, Mabel Tinguely at the Art Show in Reykjavik, Iceland.

the day even more memorable.

"My best moment of the art show was having a conversation with the Ambassador from Canada to Iceland," said Gullachsen.

"Anne-Tamara Lorre gave a lovely speech before the show was officially opened and spent time talking to each of us about our art. We were most grateful to her for finding the time to attend. The other best moment was when one of my paintings was sold (on the same day)."

Being of Icelandic heritage, Gullachsen loved every minute of her time in

Iceland and looks forward to making a future trip.

"I would love to go back to Reykjavik in the near future and when there I would like to visit the town of Akureyri where my ancestors had lived and worked at farming."

For any Interlakers that are perhaps planning a trip to Iceland, Gullachsen says, "Be prepared for dramatic weather changes: rain, no rain, wind and then no wind. Bring comfortable walking shoes and a light but wind-proof jacket."

Queen of Chocolate appointed president of national writers' association

By Patricia Barrett

The Professional Writers Association of Canada (PWAC) appointed Matlock author Doreen Pendgracs president during its annual general meeting in Calgary on Aug. 9.

Part of Pendgracs role will be to successfully negotiate an amalgamation with the Canadian Media Guild's freelance branch, she said, and hopes to have that completed by April 2020.

Pendgracs joined PWAC in 1997 and volunteered for its national conference that was held in Winnipeg in 1998. She went on to become the membership chair for the Manitoba chapter and became the regional director for the Prairies and the North region by 2000.

"I truly loved doing that job, as I am very much a grassroots person. I love being in touch with members from the various chapters and regions and seeing what's important to them, and how and where our association can improve to best serve their needs," said Pendgracs.

Pendgracs has written a number of books, including *Before You Say Yes* to help non-profit volunteers excel in their role, and *Chocolatour: A Quest for the*

World's Best Chocolate, which features stories about chocolate-makers and cocoa growers around the world. She regularly hosts chocolate-and-wine-pairing events at McNally Robinson. She also founded the Gimli-based Toastmasters in the Arts club.

She became the PWAC representative on the Access Copyright board, Canada's Copyright Licensing Agency, holding that position for six years while continuing to volunteer for PWAC.

In 2004 she earned PWAC's Lawrence Jackson Memorial Achievement Award for representing creators on copyright issues and for her work on behalf of writers.

"It was truly an honour to receive that award back in 2004, and I have continued to serve PWAC as the regional director and twice as national vice-president," said Pendgracs.


While she's not big on administration, she said she's "great at teamwork and delegating, and has been able to assemble an incredible group of volunteers on the current national board of PWAC that will lead us forward into the next chapter of our existence."




EXPRESS PHOTO BY PATRICIA BARRETT

Matlock author Doreen Pendgracs, with a 2004 Lawrence Jackson Memorial Award of Achievement for her service and contributions to the Periodical Writers Association, was named president of the Professional Writers Association of Canada last month.



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Cross that one off my Christmas list; Gimli Craft Show had something for everyone



Cam Bellingham and Audrey Swift got 400 pounds of honey this year from bees at the Gimli Community Gardens.

By Patricia Barrett

It's never too early to start your Christmas shopping and craft shows are the ideal place to find something unique for that hard-to-please special somebody.

The Gimli Craft Show at the Recreation Centre last Saturday was buzzing with people looking for specialty items from over 70 local and out-of-town vendors.

The offerings included flavoured olive oil, old-style baked goods, jazzed-up vintage and antique furniture, books, artwork, quilted scissor holders and carry-all bags for mobility devices and honey with flavourful undertones courtesy of the bees that raid Gimli's Community Gardens.

Gimlites Cam Bellingham and Audrey Swift run the Beecozy.com. The garden's bees gave them 300 pounds of honey last year and 400 pounds this year. It typically sells out within a week.



EXPRESS PHOTOS BY PATRICIA BARRETT Fran Pinchbeck from Arnes turns old furniture and antiques into works of art.

"A lot of people say the honey has floral undertones because the bees are so close to the gardens where they get their nectar," said Swift. "They're not just using canola or clover."

If you're looking for antique furniture, Arnes-based furniture restorer Fran Pinchbeck is the woman to see.

Pinchbeck turned a 1900s-era dental cupboard that was painted a gaudy orange and fire-engine red into a classy cabinet, complete with a stencilled floral motif. She applied tissue paper to the drawers of an old dresser, creating a stand-out piece of art. And, yes, she finds it hard to part with the furniture she finds at garage sales and auctions.

"Sometimes, I try to convince my husband to let me keep it," said Pinchbeck.

Potty-training could be so much easier with a pop-up book titled *What Is Poo?* Raelynn Reimer from Gimli is an independent consultant for Usborne



Raelynn Reimer from Gimli is an independent consultant for Usborne books, which offers over 2,500 titles.

Books and says the title is the home-based book distributor's top-seller.

"This is good for potty-training. It normalizes it and makes it easy to have that conversation with your kids," said Reimer.

Gimli is one of hundreds of Manitoba communities holding craft shows. Selkirk will hold a fall craft sale on Oct. 5, and Eriksdale is gearing up for its Christmas craft sale on Nov. 16. Visit Manitoba Craft Sales on the travelmanitoba.com website for a full list of events.

Contact information for select vendors:

- Cam Bellingham and Audrey Swift: The Bee Cozy. www.thebeecozy.com; info@thebeecozy.com
- Fran Pinchbeck: D&F Restorations: (204) 899-6759 or [dandfrestorations](https://www.facebook.com/dandfrestorations) on Facebook
- Raelynn Reimer: Usborne Books consultant: www.usborneonline.ca/raelynnreadingroom

No sign of slowing down; Winnipeg Beach resident celebrates 90th birthday

By Patricia Barrett

John G. Reykdal doesn't let age get in the way of fun.

The Winnipeg Beach resident celebrated his 90th birthday last week

surrounded by friends and family, and maintains an active social life.

John was born in Gimli on Sept. 16, 1929, and was a fisher from a young age, said his daughter-in-law Val Reykdal. He went on to hit the highs and lows over the course of his career, building the Netley grain elevator north of Petersfield then going to work underground in Winnipeg's sewers and in the mines in Red Lake, Ont.

In 1949 John started working with Beach Milk Services then with Modern Dairies as a distributor, serving for 32 years. That year he also married Isabel and they raised five children.

Although work and family kept him hopping, John participated in sports such as curling (he was an avid curler for 27 years), golf and baseball. After retirement, he kept busy with sport fishing and camping.

"He now enjoys spending time with his 11 grandchildren and 14 great-grandchildren and going for morning and afternoon tea with his friends at the local restaurant," said Val. "He also enjoys watching sports on TV."



EXPRESS PHOTO COURTESY OF VAL REYKDAL John Reykdal, along with his grandchildren and great-grandchildren, celebrated his 90th birthday last week in Winnipeg Beach.

Is the story Timely?

www.SPOTfakenews.ca

RCMP seize drugs, guns and cash

Submitted by RCMP

On Sept. 20 at approximately 6:30 a.m., Fisher Branch RCMP, along with the Emergency Response Team, executed a search warrant under the Controlled Drugs and Substances Act at a residence located on the Peguis First Nation.

Officers seized a large sum of cash,

approximately 48 grams of cocaine, 250 grams of cannabis, two handguns, one shotgun and one high-powered rifle.

Four males and a female, all from the Peguis First Nation, were arrested and charges are pending.

Fisher Branch RCMP continue to investigate.



EXPRESS PHOTO SUBMITTED

Fisher Branch RCMP seized a large sum of cash, approximately 48 grams of cocaine, 250 grams of cannabis, two handguns, one shotgun and one high-powered rifle.

get inspired

> MEAL IDEAS



Prep time: 25 minutes plus 2-6 hours inactive

Cook time: 10 minutes

Servings: 6

- 1 cup soy sauce
- 1/2 cup rice vinegar
- 1/2 cup brown sugar
- 1/4 cup honey
- 2 teaspoons sesame oil
- 1 teaspoon fresh ginger, minced
- 2 teaspoons fresh garlic, minced
- 2 teaspoons red chili pepper, finely minced
- 1/4 cup cilantro, minced
- 3 Maple Leaf Farms All Natural Boneless Duck Breasts, thawed and skin removed
- 1 teaspoon cornstarch
- 2 teaspoons cold water
- 3 red bell peppers, cored, seeded and cut into 2-inch chunks

Thai Barbecue Duck Kebabs

12 green onions, cut into 3-inch pieces
2 zucchini, cut into 1-inch thick slices
In bowl, whisk soy sauce, rice vinegar, brown sugar, honey, sesame oil, ginger, garlic, red chili pepper and cilantro. Set aside.

Cut duck breast meat into 2-inch cubes and place in container. Pour 1/2 bowl of marinade over duck. Cover and refrigerate 2-6 hours.

In small saucepan over low heat, simmer remaining marinade 3 minutes, stirring occasionally. Dissolve cornstarch in water and add to sauce. Simmer 2 minutes. Remove from heat. Heat grill to medium heat.

Drain duck and discard its marinade. Thread duck on skewers, alternating with pieces of red bell pepper, green onion and zucchini.

Grill skewers 3-4 minutes on each side. When done, duck should be slightly pink in center.

Serve kebabs with room temperature sauce.

Grilled Pierogies with Steak and Chimichurri

Recipe courtesy of Susie Bulloch of "Hey Grill Hey"

Pierogies:

1 package Mrs. T's Classic Onion Pierogies

1-2 tablespoons olive oil

Tri-Tip Steak:

1 teaspoon salt

1 teaspoon pepper

1/2 teaspoon onion powder

1/2 teaspoon garlic powder

1 tri-tip steak (2-3 pounds)

Chimichurri Sauce:

1 cup fresh Italian parsley, packed

1/4 cup fresh cilantro

1/2 cup extra-virgin olive oil

1/3 cup red wine vinegar

3-4 garlic cloves, peeled

1 teaspoon crushed red pepper flakes

1 teaspoon salt

1/2 teaspoon fresh ground black pepper

To prepare Pierogies: Toss pierogies in olive oil.

To prepare Tri-Tip Steak: In small bowl, combine salt, pepper, onion powder and garlic powder; season steak on all sides.

To make Chimichurri Sauce: In food

processor, pulse parsley, cilantro, olive oil, vinegar, garlic, red pepper, salt and black pepper until well combined but small pieces of herbs remain. Pour into serving bowl, cover and refrigerate until ready to use.

Heat grill to 400 F for two-zone cooking. Grill steak over direct heat 3-4 minutes per side.

After flipping steak, place pierogies over indirect heat.

Close grill lid and cook 3-4 minutes.

Move steak to indirect heat and move pierogies to direct heat.

Remove from grill when pierogies are golden brown and steak is cooked to preferred doneness. Allow steak to rest

before slicing.

Layer one pierogy, one slice steak and drizzle of chimichurri sauce to assemble each bite.

Forgiveness and Bitterness



Consequently, if we want the suffering to stop, we have to make a conscious decision to let the issue go, and to stop thinking about it. We must decide that we are finished torturing ourselves, and to delete the memory from our 'hard drives.'

A reader recently asked a question about forgiveness. Sometimes we know intellectually that we need to forgive and move on, but we cannot seem to let go of the bitterness remaining after we have been hurt.

It is interesting to consider that the hurtful event is in the past. Assuming there is no repeat of the incident, we can ask ourselves why it keeps hurting. The answer we inevitably must come to is that we are continually reminding ourselves of, and reinforcing the hurtful event and how wrong it all was.

In other words, we keep up an inner propaganda machine—a voice that continues to 'bad mouth' the 'offender', replaying the details of the 'crime'. While initially it may have been another who hurt us, it is we ourselves who continue to twist the knife.

Many of the hurts we have suffered, though real, were not the result of someone intentionally trying to cause us pain. We can ask ourselves how we would feel if we inadvertently offended someone, and knew they were playing the event over and over in their minds, months or even years after the incident.

Replaying the past is like paying interest on a debt for a vehicle which was totaled in an accident. It is a waste of our resources, and there is nothing to show for it.

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

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INSIDE > OUTSIDE > UPSIDE DOWN

Virден victorious twice against Selkirk in MJHL action

By Brian Bowman

The Selkirk Steelers were looking to exact some revenge on Virден last weekend after the Oil Capitals ended their season last year with a playoff-series victory.

Well, Selkirk is going to have to wait at least a couple of more weeks.

Virден swept a home-and-home series between the two clubs on Friday and Saturday.

Selkirk started its season with a 5-2 home-opening loss to Virден at the Rec Complex.

"On Friday in the home opener we had a couple of brain farts over a five-minute span," said Steelers' head coach Nick Lubimiv. "We spotted them three goals and then after that I really liked our game. We just couldn't seem to score and their goalie made some big saves. When you spot a team three (goals), it's tough. I thought we deserved a better fate from a team perspective."

Penalties were a problem early for the Steelers as the Oil Capitals scored a pair of power-play goals while building a 3-0 lead by the 9:44 mark of the game.

"I think we took five or six stick penalties, which is frustrating," Lubimiv lamented. "Even worse, both (power-play goals allowed) were off the rush. They weren't off setups, just coming

up the ice."

Josh Belcher, Gimli's Jack Einarson, and Tanner Andrew made it 3-0 before the Steelers' Brett Namaka tallied at 8:05 of the second.

Virден's Dylan Halliday replied just 14 seconds later and then the Steelers' Blake Burr and the Oil Capitals' Hunter Andrew traded third-period goals.

Selkirk outshot Virден 41-31 as Levi Mitchell took the loss.

On Saturday, the Oil Capitals beat the Steelers 4-1 in Virден. Selkirk looked very sluggish throughout the game.

"We were bad pretty much from top to bottom," Lubimiv admitted. "It wasn't going our way. We're a younger group and we have lessons to learn. You have to bring it every night."

Brett Paddock and Tanner Andrew gave Virден a 2-0 lead after 20 minutes and then Namaka and Tristan Thompson traded second-period goals.

Einarson closed out the scoring in the third.

Mitchell made 40 saves in the losing effort.

The Steelers will visit the defending-MJHL champion Portage Terriers on Friday and then will host the Winnipeg Blues Saturday. Puck drop for both games is 7:30 p.m.

"(Portage) is built to win and they



EXPRESS PHOTO BY BRETT MITCHELL

Selkirk Steelers' forward Trent Halfdanson has a great scoring chance against the Virден Oil Capitals on Friday at the Rec Complex. Virден won the game 5-2.

have an older group to start with," Lubimiv noted. "It will be a good test. Sometimes when you play the better teams, it brings out the best in your guys and we're hoping for that. We have a good week of practice here to prepare them the best that we can and

we'll see how we do."

Selkirk will then play a pair of MJHL Player Showcase games at the Seven Oaks Sportsplex next week.

The Steelers will battle the Steinbach Pistons on Monday (noon) and the Dauphin Kings Tuesday (6 p.m.).

Interlake Impact getting a promotion next season



EXPRESS PHOTO SUBMITTED

The Interlake Impact finished in first place in the Manitoba Major Soccer League's 5th Division this past season. With that placing, Interlake earned a promotion to the MMSL's 4th Division next season. The Impact had their season end, though, after a 3-2 playoff loss to the North Winnipeg United on Saturday. Tristan Grigg scored both Interlake goals.

Pictured back row, left to right: Eric Plett, Dean Dueck, Alexander Reimer, Dylan Loewen, Kyle Buhler, Joseph Barkman, Nathan Friesen, Kyle Reenders, Dalen Penner and Samuel Bergen. Front row, left to right: Armando Peralta, David Gonzalez, Brian Penner, Chris Cho, Benny Wiens, Tristan Grigg, Zach Barkman and Adam Schmidt. Missing from the picture is Shayne Kornelsen.

sports & recreation

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MJHL team previews for the 2019-20 season

By Kyle Prystupa, Manager, Media & Communications Manitoba Junior Hockey League

Taking a quick look at the 2019-20 MJHL regular-season preview, with a team-by-team perspective:

Selkirk Steelers

2018-19 Season: 34-20-3-3 (74 points, fourth)

2019 Playoffs: Lost Round 1, Virden (4-2)

Top Returning Scorer: Carter Barley (nine goals, 38 assists, 47 points)

Estimated Veterans: eight

Three Players to Watch: defenceman Colby Jaquet, forwards Brett Namaka and Carter Barley

Coach's Outlook: "Lots of new faces on the roster as we had lots of turnover but we're excited about our young guys and have some very capable veterans to lead them. We like our group and hope we can gel quickly so we can be competitive down the stretch." – Nick Lubimiv

Steinbach Pistons

2018-19 Season: 39-17-4-0 (82 points, third)

2019 Playoffs: Lost Round 2, Swan Valley (4-2)

Top Returning Scorer: Tanner Mole (21 goals, 11 assists, 32 points)

Estimated Veterans: 11

Three Players to Watch: forwards Kyle Bettens, Rylan Bettens and Carter Loney

Coach's Outlook: "As a staff we are encouraged by what we have seen from our team at this point. We have a blend of youth and experience, and feel that we have a number of players that are ready to take another step forward. We should be an exciting team to watch, and we look forward to working with the group for a full season." – Paul Dyck

Swan Valley Stampeders

2018-19 Season: 42-13-3-2 (89 points, second)

2019 Playoffs: Lost Finals, Portage (4-3)

Top Returning Scorer: Josh Maucieri (16 goals, 23 assists, 39 points)

Estimated Veterans: six

Three Players to Watch: Forwards

Josh Maucieri and Frazer Dodd and goalie Mattias Dal Monte.

Coach's Outlook: "We are very excited for the season. Last year was such a great run for the Stampeders and we have lost a lot of talent. ...I really believe in the group we have and we will be a hardworking hockey team." – Geoff Grimwood

Waywayseecappo Wolverines

2018-19 Season: 28-27-2-3 (61 points, eighth)

2019 Playoffs: Lost Round 1, Portage (4-0)

Top Returning Scorer: Jaymes Knee (nine goals, 21 assists, 30 points), Nick Doyle (four goals, 26 assists, 30 points)

Estimated Veterans: 13

Three Players to Watch: Forwards Anthony Bilka and Noah Westgate and defenceman Jack Kennedy

Coach's Outlook: "We want to build on the culture and success that we were able to form last season. The desire to win from our returning players and new faces has our coaching staff excited about this season. We have some great personalities in the room." – Taylor Harnett

Dauphin Kings

2018-19 Season: 29-25-3-3 (64 points, seventh)

2019 Playoffs: Lost Round 1, Swan Valley

Top Returning Scorer: Cole DeKoninck (11 goals, 24 assists, 35 points)

Estimated Veterans: 12

Three Players to Watch: Forwards Grady Hobbs and Carter Sawchuk and defenceman Cole DeKoninck

Coach's Outlook: "We want to be a hard team to play against while improving our record from last season. Our goal is to finish in the top four and have home ice advantage for the first round of playoffs." – Doug Hedley

Neepawa Natives

2018-19 Season: 9-43-4-4 (26 points, 11th)

2019 Playoffs: did not qualify

Top Returning Scorer: Brad Marshall (16 goals, 19 assists, 35 points)

Estimated Veterans: 14

Three Players to Watch: forward Eli

Lieffers, defenceman Brady Whitley and goalie Ethan Peterson

Coach's Outlook: "With changes in staff and players, patience early will hopefully lead to future success in 1919-20. A hard-working group that will come to play each night." – Ken Pearson

OCN Blizzard

2018-19 Season: 18-40-2-0 (38 points, 10th)

2019 Playoffs: did not qualify

Top Returning Scorer: Cory Checco (12 goals, 13 assists, 25 points)

Estimated Veterans: six

Three Players to Watch: Forwards Kobe Campbell, Wes Dobbin and Jaden Pashe

Coach's Outlook: "The team has the potential to be competitive right out of the gate. It is great for the MJHL when the OCN Blizzard are in the playoff mix and that is our goal for the season is to make the playoffs. We have a great core of vets and young hungry players who are looking to make their mark at the Junior A Level. There is lots of optimism in OCN with new ownership and coaches looking to make their marks on the league as well." – Ryan Wood

Portage Terriers

2018-19 Season: 46-11-2-1 (95 points, first)

2019 Playoffs: MJHL champions, Anavet champions

Top Returning Scorer: Joey Moffatt (26 goals, 30 assists, 56 points)

Estimated Veterans: 14

Three Players to Watch: Forwards Joey Moffatt and Kolton Shindle and defenceman Owen Murray

Coach's Outlook: "Obviously with hosting the National Championship there will be some added outside pressure. We have more of an experienced line up to start the year. The MJHL is always a competitive league and our goal as always will be to get off to a good start to the season." – Blake Spiller

Winkler Flyers

2018-19 Season: 23-32-5-0 (51 points, ninth)

2019 Playoffs: did not qualify

Top Returning Scorer: Griffin Leonard (14 goals, 17 assists, 31 points)

Estimated Veterans: five

Three Players to Watch defenceman Drake Burgin, forward Sullivan Shortreed and goalie Dorrin Luding

Coach's Outlook: "Our outlook is to look at each day as an opportunity to come to the rink or the gym and improve. Each day we have a chance to create a culture that fosters continuous improvement on and off the ice, and we're confident our approach will lead to success in the short term as well as in terms of our long-term goals." – Kelvin Cech

Winnipeg Blues

2018-19 Season: 31-21-2-5 (69 points, sixth)

2019 Playoffs: Lost Round 1, Steinbach (4-2)

Top Returning Scorer: Brayden Foreman (seven goals, 27 assists, 34 points)

Estimated Veterans: two

Three Players to Watch: Forwards Brayden Foreman and Mikol Sartor and goalie Cooper Hatfield

Coach's Outlook: "We are looking forward to an exciting season of development, and the great opportunities that will be presented to our younger players coming into the league, and our older players to take on leadership roles." – Gord Burnett

Virden Oil Capitals

2018-19 Season: 31-21-4-4 (70 points, fifth)

2019 Playoffs: Lost Round 2, Portage (4-0)

Top Returning Scorer: Kolten Kanas-ki (32 goals, 30 assists, 62 points)

Estimated Veterans: 15

Three Players to Watch: forwards Brett Paddock and Tanner Andrew and defenceman Logan Rands

Coach's Outlook: "We are excited about our returning group and the younger guys we have added through camp. We feel like we are a team that will compete hard and play with speed and skill and we are very excited to see our group come together and what we might be able to accomplish this season." – Tyson Ramsey

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Thunder gash Golden Bears in home rout

By Brian Bowman

Another week, another lopsided victory for the Interlake Thunder.

Interlake improved its record to 3-0 after a wild 63-30 home win over the Virden Golden Bears in Rural Manitoba Football League action last Thursday in Stonewall.

Interlake led 28-22 at the half before playing some outstanding football in the third quarter

"It was a shootout in the first half, for sure," said Thunder head coach Mitch Obach. "There were 50 points and it was a one-score game but they turned it on in the third quarter and kind of cruised through the fourth."

Interlake had a huge kickoff return for a touchdown to start the second half.

With the 63 points scored, Interlake now has a league-high 181 points in just three games. That's an average of 60 points per contest.

"They've really been sharp," Obach said. "I don't think I've ever seen this in a game before, but we had eight offensive touchdowns and eight different guys scored touchdowns. It was really well distributed and we were scoring in a lot of different ways so that's good to see."

Thunder quarterback Josh Charison was 9-for-13 and passed for 127 yards and three touchdowns. He also had a rushing TD.

Interlake running back Brady deLaroque had a monster day on the ground with 217 yards on just 10 carries and a touchdown. He also had the kickoff return for a TD.

Gabriel Perrie, Kelby Arndt and Aaron Zdrill also had rushing majors while Graeme Perrie, Athan Nadon and Carter Fuerst hauled in TD passes.

On the defensive end, though, the Thunder defence allowed more points than Obach would have liked. Interlake's defence was tremendous in its first two games but showed some weaknesses against Virden.

"We had a solid game the week before but there were a couple of things that we definitely noticed while seeing the film afterwards and I don't think we got them corrected in time and that came back to burn us a bit," Obach said. "We definitely have some things to work on there but, obviously, we're very excited with the second half that we had. ... They really buckled down in the second half."

The Thunder (3-0) are back at home



EXPRESS PHOTO BY JO-ANNE PROCTER

The Interlake Thunder's Karsen Karish is brought down by a pair of Virden Golden Bears' players during Rural Manitoba Football League action last Thursday in Stonewall. Karish had two carries for 25 yards as Interlake won the game 63-30.

this Friday when they host the South-West Sabres (3-0) in what should be

a great matchup at Stonewall Collegiate. Kickoff is 4:30 p.m.

Meldrum, Olafson place well at MHSAA golf provincials

Staff

Peguis Central School's Tyrone Meldrum finished in a tie for 11th at the MHSAA boys' golf provincials in Swan River on Friday.

That was nine strokes back of this year's provincial winner, Neel Soni of

St. John's Ravenscourt.

Other Peguis scores included Cole Link (95), Shane Bear (100) and Zack Suhlerlaid (105).

As a team, Peguis placed ninth out of 13 schools. They combined for a three-player total 278. Each teams' lowest

three scores went towards their total.

Kildonan East won the event with a 239.

On the girls' side, Lundar's Madison Olafson placed sixth overall with a 107 score.

Peguis' individual scores included

Jessica McCorrister (148) Kayla McCorrister (149) and Krista Sherenson (150).

Major Pratt won the team competition with a 323 total.

Lightning winless at Central Plains exhibition tournament

By Brian Bowman

The Interlake Female Lightning finished with an 0-4 record at the Central Plains Capitals' exhibition tournament last weekend.

But that was kind of expected.

"It was basically an evaluation weekend for us," said Lightning head coach Dean Rebeck. "Evaluating individual players, rookies that have not played at the provincial 'AAA' level yet, and we worked on systems...so we can transfer those systems from practice

to game situations.

"That's what we were looking for and that's what we got."

Rebeck noted the Lightning had four players approached by university scouts after the exhibition.

"That gives us an indication as to how much those girls have improved from last year to this year," he said. "Last year, we had nobody that was interested and this year we had four right off the hop."

Interlake will open its regular sea-

son this Sunday at 6:30 p.m. against the Eastman Selects in Steinbach.

The Lightning are looking forward to playing some meaningful games as they hope to peak come playoff time (every team in the league advances to the postseason).

"We split (the season) up into two halves," Rebeck noted. "The first half is getting to know the players, whether they can play on the pp or pk, and what the bottom line is in terms of their development from now until

Christmas. And then after Christmas, it's a game on type of thing.

"Last year, the rookies got better with each game and they started picking stuff up. Some are going to learn quicker than others...for some, it's going to be a month and a half to learn what they need to learn."

Interlake's first home game is Oct. 5 when it hosts Central Plains in Stonewall. Puck drop is 8 p.m.

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Interested candidates must be 19 years of age or over and out of school for at least six months.

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The program begins **September 17, 2019** and will be held at the Evergreen Technology and Education Centre, 234 Tudor Lane, Gimli Industrial Park.

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

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

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RURAL MUNICIPALITY OF GIMLI

BOARD OF REVISION 2020 &

ADJUSTED ASSESSMENTS 2019

APPLICATION FOR REVISION

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

- liability to taxation;
- amount of an assessed value;
- classification of property; or
- a refusal by an assessor to amend the assessment roll under sub-section 13(2).

APPLICATION REQUIREMENTS

43(1) An Application for revision **must**

- be made in writing;
- set out the roll number and legal description of the assessable property for which a revision is sought;
- state the grounds on which the application is based; and
- be filed by
 - delivering it or causing it to be delivered to the office of the RM of Gimli in the RM of Gimli, Manitoba, or
 - serving it upon the Secretary, at least 15 days before the scheduled sitting of the Board of Revision.
- provide a daytime contact telephone number

The Board of Revision will sit on **November 14th, 2019**, in the Council Chambers of the Municipal Office of the Rural Municipality of Gimli, 62 2nd Avenue, Gimli, Manitoba.

ADJUSTED PROPERTY TAXES

must be appealed **within 30 days after mailing.**

The final date on which all other applications must be received by the Secretary of the Board is **Wednesday, October 23rd, 2019 no later than 4:30PM.**

APPLICATIONS RECEIVED AFTER THIS TIME WILL NOT BE ACCEPTED. Dated at RM of Gimli Office, in Manitoba, this 23rd day of September, 2019.

Cindy Makowsky
Board of Revision
Rural Municipality of Gimli
Box 1246
Gimli, MB R0C 1B0
Telephone (204) 642-6666
Fax (204) 642-6660



ACCOUNTING CLERK

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Key Responsibilities: Reporting to CFO

- Ensures timely and accurate processing of payments for purchase orders, expense reimbursements, credit card statements, and any other accounting transactions related to the A/P function
- Collaborates with the Finance team to maintain A/R collection goals
- Supports the Finance team's performance objectives by striving for continuous improvement in all Finance processes
- Performs other administrative work as needed such as filing, scanning, proofing, etc,

Qualifications:

- Completion of Secondary School with additional accounting courses or training.
- 2 years of experience in Accounts Receivable and/or Accounts Payable role.
- Advanced proficiency in Microsoft Excel, Outlook and Word, and Accounting software

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The Opportunity: For our ARBORG OR TEULON facility, we are seeking a: Technical Support

Technical Support is responsible for supporting all the activities performed by the Engineering department and its interfaces with production, service, procurement, logistic and others. Some of those activities are related to MRP system (BOM, job orders, etc.), maintenance of inventory control, cost accuracy, organization of technical information, such as drawings, engineering files and technical literature (operations manual).

Key Responsibilities: Reporting to Director of Engineering

- Act as a liaison between engineers (designers) and production.
- Import/Export, organize and maintain BOM, data and MRP documents.
- Support procurement and production in terms of inventory information, cost accuracy and organization of technical information.
- Organize and manage engineering technical files, such as drawings, schematics, support files and technical literature (operations manual, service manual, SOPs)
- Support production and service in terms of quality control and quality assurance.
- Support production during process control changes implementation.
- Research and understand company's products, purpose and functionality.
- Prepare documentation and instructional materials, considering target users (customer, installers, sales, production and service)
- Ability to create and manipulate images from 3D software and drawing creation (CREO).
- Edit and make adjustments to existing copy as required.
- Benchmark competitors and maintain a library of industry news and reference materials.
- Review all copy using checklist applicable style guide.
- Perform administrative duties as assigned.
- Creation of Work Instructions or Standard Operation Procedures (SOPs).
- Support Quality requirements and attend quality meetings.
- Conduct work flow analysis and make recommendations for improvement in material handling, shop layout, parts and paper flow.
- Create Engineering Change Notices (ECN) as related to manufacturing process improvements.

Qualifications:

- Grade 12 diploma required. Technical Diploma or enrolled in a Bachelor Degree for related discipline preferred.
- 5 years of experience in related tasks
- MRP knowledge
- Microsoft Office – Excel – data manipulation, charts
- Organizational skills, team worker, reading/understanding of electrical drawings and schematics
- Written and oral communication skills
- Technical Writing experience required.
- Experience in Adobe/Illustrator software or similar (preferred).
- Demonstrated effective writing skills required.

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The Opportunity: For our Arborg facility, we are seeking a: Packer

The packer is responsible for assembling all parts and packaging of all components required for shipping.

Key Responsibilities: Reporting to Packing Team Leader

- Making sure all accessories are correct and bundle securely
- Assembling items
- Building of pallets and blocking
- Assembling hardware boxes
- Demonstrate the accountabilities under Vidir's Safety Management System and Continuous Improvement Programs and lead by example.

Qualifications:

- Grade 12 diploma
- Mechanically Inclined
- Basic computer knowledge
- Basic literacy and number skills

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UPCOMING EVENTS

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

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CARD OF THANKS

The family of Rene Lepine would like to send heartfelt thanks to everyone who attended Dad's Celebration of Life on September 7, 2019. We wish to extend our thanks to The Royal Canadian Legion Branch 182, Gimli, for the beautiful service in Dad's honour; to Vicki Kasupski Catering for the delicious lunch; to Gilbert Funeral Home, in care of arrangements and to Martin Lavallee for reading Dad's eulogy for our family. Dad was loved and respected by many and we appreciate the baking, cards, flowers, donations to the Alzheimer Society in Dad's memory and many expressions of sympathy and kindness during this difficult time.

OBITUARY

Alexander (Grant) MacLeod

It is with great sadness we announce the passing of our loved one Alexander (Grant) MacLeod in the early morning of September 21, 2019.

Grant is survived by his wife Linda; son David (Ger); grandsons Garrett and Aaron (Lanie); great-grandchildren Colbie and Raylan; brothers Allan (Carol) and Findlay (Linda); brother-in-law David (Ellen) along with many nephews and nieces.

He was predeceased by his son Grant in 1994.

Grant was born in Yorkton, SK on September 27, 1939. He worked most of his life on road construction. His last job was spent driving truck for Paul's Hauling for 19 years. He loved camping and fishing with the family.

Cremation has taken place. A graveside service will be held at 1:00 p.m. on Saturday, October 5, 2019 in the Notre Dame Cemetery, Oak Point, MB. A luncheon will follow in the Oak Point Community Hall.

Special thanks to the doctors, nurses and staff of the E.M. Crowe Memorial Hospital for the care given to Grant.

In lieu of flowers, donations may be made to the E.M. Crowe Memorial Hospital Guild, Palliative Care, c/o Irene Sigurdson, Box 474, Eriksdale, MB R0C 0W0.

Arrangements by:

ARNASON FUNERAL HOME

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1.866.323.3593

OBITUARY

Richard Magnus Gisli (Dick) Johnson September 5, 1951 - September 22, 2019

With his family by his side, it is with great sadness we announce the passing of our beloved husband, dad and Afi, Dick Johnson at the age of 68 years. He was predeceased by his parents Sigg and Dorothy Johnson and in-laws Tony and Betty Sutyla. Left to cherish his memory is his loving family. Wife Maureen; children Derek (Krista) Johnson, Jenny (Ray) Smith, Mitch (Amanda) Johnson; grandkids Mackenzie, Raymond, Stefan, Kristjan, Sigg, Brynlee and Leif; Auntie Sella Benedictson; siblings Donny (Corrinne), Bob (Donna), Sigrid (Ryan) and Bruce; sister-in-law Susie (Brian); brothers-in-law Brian (Linda), Billy (Marcy), Al (Jodi). Close friend and fellow musician Roy (Carol) Gudmundson, many cousins, nieces and nephews and great friends.



Dad was born at the Gimli Hospital. He lived in Riverton where he met the love of his life Maureen, at Riverton High School in grade 9. They then married on August 14, 1971. They moved to Winnipeg where Dad took his Electrical Journeyman Ticket and saw the birth of their first child Derek in 1973. Dads heart was always in Riverton, and they moved back in 1975, then buying a small house and moving it to where the homestead is today. Jenny was born in 1976 and Mitch in 1978. He loved spending time with mom on many vacations. Most often the trips included a casino. Dad loved his kids and grandkids so very much and they loved him. Eventually in 2003 Mom and Dad built their dream house, big enough to hold all the kids and grandkids. Besides being a meticulous electrician he was also an avid hunter, fisherman and talented musician. His love for music will never be forgotten. He was a phenomenal musician who passed down his musical abilities to his kids and shared tricks of the trade with many others. His voice was the voice of an angel, soft and smooth. His lead and harmony notes will never be duplicated or forgotten. Dad, you will be forever loved and deeply missed by so many.

A Service of Remembrance will be held at the Riverton Community Hall at 2:00 p.m. Tuesday, October 1st. There will be a private family interment.

In lieu of flowers, donations can be made to the Riverton Cemetery Endowment Fund.

Gilbert Funeral Home, Gimli in care of arrangements.



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OBITUARY



Einar Lawrence Vigfusson

It is with deep and heartfelt sadness that we announce the peaceful passing of our beloved husband, father, Afi, uncle, great uncle and friend, Einar Vigfusson. He died peacefully at the Arborg and District Health Centre on September 6, 2019 with family at his side after a long and difficult struggle with cancer.

He will certainly live on in the hearts of family and friends who loved him.

Einar will be so very sadly missed and is survived by his wife of 47 years, Rosalind (Palsson) and their children Eric (Jennifer) and their children Nathan, Adam and Henrik; and Kristian (Jennifer) and their son Kallum Einar. He is also survived by nieces Paulette (Carl) Dingman, Pamela (Paul) LaPierre and Pat (Rick) Bonnett and their families. Also nieces and nephew in-law Roxanne (Nordal) and Darcy Kozub, Greg (Pamela) Nordal and Natalie (Nordal) and Mark Klym and their families.

Einar was predeceased by his parents, Johann (1982) and Emily (1997) as well as his three brothers, Pall (2014) (sister-in-law Bernice, 2011), Herman (2009) and Baldvin (1958). Also predeceased by his in-laws Johannes Palsson, Thor and Olga Johannesson, Baldur Palsson,

Jona (Palsson) and Richard Nordal.

Einar was born on March 10th, 1933, the second of four sons born to Joe and Emma Vigfusson. He grew up on the family farm, situated on the banks of the Icelandic River. He was a man of principle and integrity; was intelligent, creative, humorous, loving, kind, honest, loyal and always championed the underdog.

He would describe himself as the quiet child, immersed in creation, inventing toys using various household items such as matchboxes, glue, string and spools. Einar had an amazing imagination and storytelling ability and when he was just a child himself, could often be found entertaining the younger children of the area with his stories and play acting. He attended school in Arborg and was an excellent student with an enquiring mind. He read voraciously and retained much of what he learned and as a result, he was a wealth of knowledge in many varied subjects. Post secondary education was not an option after completion of Grade 12, as money was scarce at the time.

In the 1970s Einar and his brother Herman completed an outreach course in Agriculture from the University of Manitoba and were both awarded their diplomas in Agriculture. In their younger years, they spent many of their winters working in lumber camps in the bush to augment the farm income.

However, farming was their main occupation and they were excellent stewards of their land; always taking great care in how they worked the land and never referred to the soil as "dirt." The brothers farmed in a very amicable partnership until 2007 when Herman became ill and had to retire.

Einar was very community minded and spent several years on boards and committees including the Arborg Credit Union in its formative years and The Manitoba Pool Elevator. Many were the hand painted signs he donated and if community buildings were being built he would give his help, freely.

Einar was extraordinarily artistic. In his teens and 20's he painted wildlife and scenery murals and pictures. In his early 20's he studied sign making and until computer generated signs became the norm, he painted most of the business signs in Arborg and surrounding areas, as well as names and numbers on trucks, airplanes and boats.

He had a great spatial sense and an amazing gift of proportion. These talents lent themselves well when he discovered the art of realistic wildfowl carving in 1984. Einar had an innate ability to instill a feeling of life in his carvings and this was often observed by visitors to the gallery. Carving became a very important part of his identity for the next 35 years. He completed his final carving in July of this year.

Einar was a very generous man and was happy to support many local fundraising causes which were important to him. He also donated carvings for auction to Ducks Unlimited for many years and in 2015, was awarded the prestigious Silver Teal award for his contributions. Prior to this he had received both the Pewter and Bronze award from Ducks Unlimited.

He was also very supportive of the Arborg and District Multicultural Heritage Museum and was glad to be able to do this through giving his carvings for auction.

He was very proud of his Icelandic heritage and could fluently speak, read and write the language. This opened many doors. He travelled to Iceland 15 times, sometimes to teach bird carving, and each time Einar and Rosalind returned from there, they had discovered even more cousins and had learned more about the land of their ancestors. It was a very special honor for him to be chosen to go to Iceland in 1999 as the International Visits Artist, where he mounted three shows of his work.

Over the next 20 years, hundreds of Icelanders on bus tours visited his farmhouse gallery.

He had a keen interest in genealogy and when speaking with visiting Icelanders, would often follow up a greeting with an inquiry as to which "clan" the visitors might be part of. Einar connected with many of his known relatives in Iceland and was able to keep in touch with several of them over the years.

Einar and Rosalind met at the Arborg Hospital in 1971 where she was nursing. They married later that year and happily began their life together. Little did they know that over the next 47 years, he would battle six different types of cancer in his lifetime. But battle he did, with a positive outlook and a good outcome till 2019.

Our two sons are such a special gift to us. Eric, born in 1972 and Kristian in 1986. Their loving wives and children have added such a welcome dimension to our family. He loved his family so very much and loved spending time with all of us. His grandchildren were such a very special part of his life. Watching Eric and Jen's boys play hockey was always an exciting outing. Watching little Kallum Einar, Kris and Jenn's son, learning new things every day has been really wonderful!! This kind and gentle man has truly left us all a legacy of love and laughter. We will miss him forever.

May God keep you safe in His Care

Góða Nótt Elskan

The family would like to thank everyone who has been part of Einar's care over the past many years. Very special thanks to Dr J.P. Donnelly and staff at the Arborg and Districts Health Centre for their loving and compassionate care over the past while. It is so very much appreciated by all of his family.

Funeral Service will be held at Ardal-Geysir Lutheran Church, 301 River Road, Arborg, Manitoba on Saturday, September 28th at 2 p.m. Pastor Courtenay Reedman-Parker officiating. Interment prior to the service at 12:30 p.m. at the Arborg Community Cemetery west on River Road. All are welcome to attend.

In lieu of flowers donations may be made to Ardal Geysir Lutheran Church, Box 160, Arborg, Manitoba, R0C 0A0; The Johannes Palsson Memorial Scholarship c/o Rosalind Vigfusson, Box 55, Arborg, Manitoba, R0C 0A0 (in support of Evergreen SD band and choir program); or a charity of one's choice.

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OBITUARY



Julie Sass

In the early hours of Wednesday, September 18, 2019 at the Gimli Community Health Centre, with her husband by her side, Julie Sass, aged 74 years of Camp Morton, Manitoba passed away.

She will be lovingly remembered by her husband of 56 years, Bill; her son Greg (Christine); daughters, Sharie (Rod), Trudy and Stacy; and grandchildren, Everett, April, Corinne, Alex, Taylor, Cassidy and Bryce. Julie was predeceased by her parents Bill and Ann Bestelechman; her brother Wally and sisters Olga, Leona and twin sister Jean. Surviving her are brother Johnny of Winnipeg, MB and youngest sister Vonda of Victoria BC.

Julie enjoyed curling, winning the Women's Bonspeil one year, and golfing with her husband Bill. She loved and enjoyed her four children, staying home with them until they entered school, before she returned to work. In 1998 Julie and Bill moved to Winnipeg where she was known as the perogy queen of the Lochwoods area which she also supplied to the local Amma's restaurant.

Julie was a fun loving person, loved by many and a dedicated Christian, attending the Bayview Evangelical Free Church in Gimli.

In keeping with her wishes, cremation has taken place and a memorial service will be held at a later date and her remains will be buried in Winnipegosis where she lived most of her life.

We would like to thank the nurses and staff of the Gimli Betel Personal Care Home and the Gimli hospital who cared for Julie until her death.

Condolences may be left on her tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Gimli in care of arrangements.



OBITUARY



Leon Dudek

Peacefully on Tuesday, September 17, 2019 at Betel Home in Gimli, Leon Dudek passed away at the age of 89 years.

Leon will be lovingly remembered by his sisters Mary Kohler of Fraserwood, and Rose (Lawrence) Wyrhya of Winnipeg; and numerous nieces, nephews and friends. He was predeceased by his parents Karol and Pauline Dudek; brothers Frank and Mike, and in infancy, John and Walter; brother-in-law Egen Kohler; sister-in-law Rosie Dudek; niece Carol Einarson and great-niece Crystal Kohler.

Leon was born in Camp Morton on June 25, 1930, and as a teenager moved to Meleb where he resided and farmed his entire life. He was very active in his church community and took great pride in his role with Meleb Park. Leon enjoyed hosting large family gatherings and in later years, attending functions at various family member's homes. There was always Ukrainian music playing in his home, and his door was always open for visits from family and friends. Leon will be greatly missed and never forgotten.

The family wishes to thank Dr. R. C. Patel and all the staff of Betel Home for their care and kindness shown to Leon over the years.

Funeral Mass was held on Tuesday, September 24, 2019 at 10:30 a.m. at St. Michael's Roman Catholic Church, 113 7th Avenue, Gimli, with viewing prior to the service. Interment followed at Assumption of the Blessed Virgin Mary Cemetery in Meleb, Manitoba.

Pallbearers were Mike Dudek, Bill Dudek, Leonard Kohler, David Einarson, Ken Wyrhya, Jim Wyrhya.

In lieu of flowers, donations in memory of Leon may be made to Betel Home or St. Michael's Roman Catholic Church.



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Dean & Sharmaine Murdock, Dallas.....\$319.00	Karen Dzaid, Arborg.....\$499.00	John Paul Avison, Arborg.....\$679
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Morris Willis, Riverton.....\$416.13	Randy & Glenda Forster, Hodgson.....\$1898.00	Jim Dingwall, Camp Morton.....\$1,038
Glen Syme, Arborg.....\$59.00	Perry & Genni Hibbert, Arborg.....\$479.00	Eugene Feschuk, Gimli.....\$698
Rob & Kelly Selkirk, Peguis.....\$2,399.00	Kris & Begga Johannesson, Riverton.....\$909.00	Jason Hudson, Riverton.....\$1,278
Pete & Mary Platt, Arborg.....\$599.00	Rick & Sheila Johnston, Arborg.....\$349.00	Darlene Jonsson, Gimli.....\$359
Donald Osterlag, Gimli.....\$1,448.00	Bertha Jonasson, Arnes.....\$769.00	Ruth Kennedy, Arborg.....\$549
Peguis Free Spirits Child Care, Peguis.....\$189.00	Donna Jonasson, Arnes.....\$399.00	Benita Muzky, Arborg.....\$388
Brent Melsted, Arborg.....\$599.00	Jeannette Kist, Gimli.....\$121.87	Archie Thompson, Arborg.....\$549
A.W. Mabon, Gimli.....\$1,027.00	John & Lisa Klym, Arborg.....\$774.00	Amanda Unger, Riverton.....\$799
Brian Jonasson, Arnes.....\$454.00	Kevin & Tina Kornelson, Arborg.....\$689.00	Evelyn Wallach, Poplarfield.....\$899
Phyllis Dueck, Riverton.....\$767.00	Kent & Helena Kostshyn, Lundar.....\$639.80	Judy Wells, GrandePointe.....\$119
John & Nellie Burak, Arborg.....\$599.00	Thomas Kowalchuk, Fraserwood.....\$489.00	Lynn Bear, Peguis.....\$239.00
Andrew Barg, Winnipeg.....\$1,749.00	Layne & Holly Kulbacki, Arborg.....\$599.00	Hazel Brunen, Eriksdale.....\$729.00
Crystal Sigurdson, Riverton.....\$549.00	Edward Penner, Arborg.....\$619.00	David Chudy, FisherBranch.....\$1,499.00
Robert & Ellen Martin, Arborg.....\$1,330.00	Keith Poleschuk, Arborg.....\$2082.00	Susie and Brian Eyoilson, Riverton.....\$528.00
Ronald Ostyziuk, Poplarfield.....\$479.00	Curtis Spence, Hodgson.....\$479.00	Nelson Hudson, Koostatak.....\$629.00
Margaret S. Wilson, Peguis.....\$1,699.00	Tanya & Lytle Thorlissson, Lundar.....\$329.00	Larry and Valerie Kornelson, Arborg.....\$799.00
Stacey Leedingham, Riverton.....\$1,279.00	Nancy Woychysyn, Arborg.....\$768.00	Jason Loewen, Arborg.....\$850.00
Wayne Barkman, Arnes.....\$799.00	Mathew & Gemma Avison, Arborg.....\$219.00	Rita Milne, Gimli.....\$1,327.43
Kathy Taylor, Winnipeg Beach.....\$599.00	Raymond Bazinet, Eriksdale.....\$389.00	Minerva Ladies Aid, Gimli.....\$650.00
Doreen Steg, Camp Morton.....\$299.00	Lynn Bear, Peguis.....\$1,044.00	Sheila Murdoch, Koostatak.....\$1,018.00
Lloyd Sigurdson, Arborg.....\$529.00	Ken & Linda Cherepak, Arborg.....\$49.01	Ruth Otto, Ashern.....\$1,829.00
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Jeannette Nickols, Riverton.....\$1,699.00	Dorothy Dubchak, Gimli.....\$899.00	Buddy Chudy, Fisher Branch.....\$1298.00
Agnes Furgula, Riverton.....\$939.00	Sid & Beatrice Dueck, Arborg.....\$569.00	Dave and Mary Crate, Koostatak.....\$529.00
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Doug Moroski, Meleb.....\$399.00	Leslee Gistason, Riverton.....\$699.00	Heather Fedorchuk, Gimli.....\$1119.00
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Brad Bazianik, Riverton.....\$698.00	Star Johannesson, Arborg.....\$549.00	Joan Krulicki, Arborg.....\$1126.99
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Kevin & Lisa Klym, Arborg.....\$179.00	Jeff Melsted, Gimli.....\$120.00	Peter and Lisa Sawatzky, Arborg.....\$249.00
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Ivan & Christine Fridfinnson, Arborg.....\$737.10	Melvin & Carol Bilinski, Fisher Branch.....\$999.00	Elaine Bruce, Ashern.....\$449.00
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Donna & Ray Andert, Gimli.....\$899.00		Al and Gloria Wiebe, Poplarfield.....\$152.94
Will Ashley, Arborg.....\$479.00		Irene Zazulinski, Fraserwood.....\$279.00

A NOTE TO OUR CUSTOMERS
Due to the nature of this sale, we felt a brief explanation is essential.
At closing, 6 p.m. Sat. Sept 28th we will tally the 20 days of paid sales and divide by 20 to get the average daily sale. The day which is closest to this daily average, without going over it, will be the day which ALL purchasers will receive their purchase amount back, taxes excluded.
In the case of credit card (Smitty's, Visa, Mastercard) purchases, we will issue a credit immediately.
As we are tremendously overstocked right now, every item in stock will be included in this sale. No exceptions - clearance, damaged, discontinued, even new arrivals; furniture and appliances.
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- All sales must be paid in full to qualify for this sale.
- Visa, Mastercard or Smitty's Credit Cards accepted.
- Sale Starts 9a.m. Tues., Sept. 3 and ends Sat., Sept. 28, 6p.m.
- All purchasers on free day will be notified and receive their full refund by Wednesday, Oct. 2, 6p.m.
- All sales tallies and free day will be verified by our accounting firm.
- Commercial sales excluded in tallies and free day.
- All taxes excluded in tallies and refunds.
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