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EXPRESS PHOTO BY JEFF WARD

The Lundar Goose Shoot weigh-in had many spectators and participants gathered around the table while judges checked the wingspan for the tiebreaker for the heaviest bird for third place.

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

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# Lundar celebrates 40th anniversary of Goose Shoot

## Annual Goose Shoot raises \$36,400

By Jeff Ward

After 40 years of hunting, the Lundar All Canada Goose Shoot is just as popular as ever and this year had one of the most exciting finishes in its history with a three-way tie for heaviest bird at 12.57 pounds.

The 20 teams of four each had their field randomly drawn Friday night before the shoot and were assigned a checker and a guide.

The hunters met their guides and checkers early Saturday morning for a 5 a.m. breakfast before heading out to their respective fields. Each team was allowed an unlimited amount of shells to shoot their 20-bird limit and had to report back to the Lundar Arena by 2 p.m. for the weigh-in.

The winners are chosen by the number of birds downed for each team with a maximum limit of 20, five birds per hunter. If two or more teams shoot the same number of birds, then the total combined weight of all the birds shot per team is tallied to determine who has the greatest weight.

For the heaviest goose portion of the competition, a three-way tie meant that the wingspan of each bird needed to be measured to determine the winner.

Goose Shoot chairperson Farrell Pott said that he can only recall one other time when there needed to be a wingspan check for a tiebreaker and that to have three birds at exactly the same weight is exceedingly rare.

The teams that don't place in the event have their names thrown into a hat with one lucky team being drawn for the hard luck trophy. This year's winners were Carey Rae, Don Granberg, Ron Bennett and Jason Thorsteinson, who each received a Remington rifle.

The first place team included Matt Diamond, Allan Bindle, Scott Ward

and Wayne Diamond. Farrell Pott purchased the team for \$2,500 during the calcutta and earned himself a payout of \$12,279.54. The second place team included Floyd Thorkelson, Gregg Anderson, Bryan Sigurdson and Brian Kingsley, who purchased their own team for \$2,100, making them \$9,355.84. The third place team, whose heaviest goose measured a six-foot wingspan, broke the three-way tie for heaviest bird. The lucky winners were Riley Koral, Andrew Cross, Randy Laye and Tyler Klapceki. Steve Malcolm purchased their team for \$1,500 and received a payout of \$7,601.62.

This year's Calcutta was the second largest in the past 13 years of the goose shoot totalling \$36,400. In 2013, the total was \$41,500.

"I think what we saw here today is why this event has stayed so popular for 40 years," said Farrell Pott.

"It's known by so many not only in our province but all over the country and in the south too. Our fields, the famers, our checkers, the volun-

teers and the calcutta all help make this a success. This was a very exciting finish too. You could shoot a hundred birds and not have the same weight, so to have three is pretty amazing."

Pott said the 40th anniversary means a lot to him and being a part of the committee and the hunt is something he greatly enjoys. There's a sense of community pride in executing such a successful event each year and he believes that it will continue moving forward.

Pott sees the event evolving over time with the interest from more female hunters. This year had three separate ladies' teams as well as a team made up of mothers and their sons.

Pott remembers the time when the first all-female team signed up and said that having more women hunters getting involved is great for the future vitality of the event.

**"YOU COULD SHOOT A HUNDRED BIRDS AND NOT HAVE THE SAME WEIGHT, SO TO HAVE THREE IS PRETTY AMAZING."**



EXPRESS PHOTOS BY JEFF WARD

The first place team was made up of checkers (from left to right) Troy Appleyard and Travis Bennett and hunters Matt Diamond, Allan Bindle, Scott Ward and Wayne Diamond.



The second place team was made up of checkers Kevin and Zach Halldorson and hunters Bryan Sigurdson, Floyd Thorkelson, Brian Kingsley and Gregg Anderson (missing from photo).



The third place team made up of checkers Cyril St. Goddard (missing from photo) and Myles Johnson and hunters Riley Koral, Randy Laye, Andrew Cross and Tyler Klapceki.

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# Putting up the walls at Gimli's outdoor pool

By Patricia Barrett

The outdoor water park at the Gimli Recreation Centre is well underway, with work expected to continue until mid-November before breaking for the winter.

Construction crews have completed the excavation of the site and are in the process of erecting the walls of the pool.

"We're going to have a significant pool," said Chris Hornby, manager of parks and recreation services for the RM of Gimli. "And we'll have lots of programs, such as aqua-size, water walking and lap swimming."

He said the excavation work was a breeze in that it did not turn up any rocks, something commonly found in Interlake soils. About half the panels are now in place.

"Our pool is steel-walled," said Hornby. "The panels are steel and some sort of plastic."

The pool's state-of-the-art design will facilitate access to water lines and valves.

"All the plumbing in this pool is accessible all the way around the perimeter," said Hornby, "so if we have a broken line, we can get in to service it easily."

The water park will have six junior Olympic-sized lanes, a lazy river vortex (a current), a "tot" pool and two slides consisting of a two-lane racing slide and a twisty slide.

"There is no organized racing," laughed Hornby. "I'm sure eight-year-olds will be racing for the top and down as fast as they can, though."

At capacity, the pool will be able to hold about 400 people.

"There will be a fenced-in area for toddlers and 10 inches of water in the pool," said Hornby. "It's fenced so they can't run into the deep portion."

The lazy river vortex, about three feet deep, will take the shape of a figure-8 through which a gentle current will run and push people along, and it will be enclosed by a four-foot wall that will contain benches.

"It's fun to play in a little bit of resistance," he said. "But it also helps with water walking [exercises]."

It will be similar to the vortex at Hecla's Lakeview Resort and at the Arborg pool.

With 25-metre lanes and a depth of about nine and a half feet, the pool will be able to host swimming competitions.

"I expect we will have a swim team or club," said Hornby. "When we start running swimming lessons, we should be able to run up to three sets of lessons at the same time."

During operation — as well as after-hours — the pool will be secured with cameras.

It is expected to create a few dozen jobs for the community.

"We need to recruit a whole bunch of lifeguards," said Hornby. "We expect we'll need between 18 and 22 people to be operational through the summer. We need eight per shift ... part time and full time."

Gimli council had accepted a bid from pool company Western Recreation in June to build the outdoor facility.

"There's a lot to learn about pools," said Hornby. "I'm amazed by the amount of stuff that goes with it."

The pool will be hooked up to a water line and should take two to three days to fill. It will be drained before winter.

"They [Western Rec] will show us how to get everything turned on and filled and working and then, at the end of the season, how to winterise it."

Hornby is also working on the proposed redevelopment of the Recreation Centre.

He had begun consultations with Recreation Centre users and local



EXPRESS PHOTO BY PATRICIA BARRETT

RM of Gimli parks and recreation manager Chris Hornby stands next to the outdoor water park at the Gimli Recreation Centre that is well underway. Construction crews have completed the excavation of the site and are in the process of erecting the walls of the pool.

sports associations shortly after council hosted a public forum March 19 to get feedback on the design of the centre, and he has already applied for federal grants.

The pool is expected to be completed by July. It will have a 100-day oper-

ating season. Admission fees have not yet been set.

Anyone interested in becoming a lifeguard is encouraged to call Hornby at 204-642-6670. The centre will be running a training course in conjunction with Camp Arnes.

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# Arborg-Bifrost firefighters team up with students for fire drill

By Patricia Barrett

The Arborg-Bifrost Fire Department staged a fire drill with students at Arborg Collegiate to order to test response times and to review practices and procedures during emergency situations.

The exercise had students evacuate the school on Oct. 3 when “contained” smoke was detected in the building.

“Basically, when the alarms were pulled, the students and staff were out of the school within a minute,” said Fire Chief George Chyzy, who organized the exercise in conjunction with principal Randy Semenek. “And we had the first truck on scene within 10 [minutes].”

Considering the time it takes for volunteer firefighters to leave their place of regular employment and arrive at the station, the department was within the norm as regards response time.

“It is good for paid on-call,” said Chyzy. “You have to remember, some people have to drive five, six miles [from] work, go to the fire department, get dressed and then respond.”

Chyzy said one volunteer drove 10 miles from out of town, and the department had another truck on scene two minutes after the first truck arrived.

rived.

EMS personnel, who staff Arborg’s paramedic station on a full-time basis, were first to arrive — about five minutes from the time the alarm was triggered.

Senior fire officials had set up a small smoke generator in the school and firefighters had to follow standard protocol in order to locate and extinguish the fire.

The school is required to hold 10 fire drills a year, said Chyzy, and it’s important to test the whole system, from the moment someone calls 911 to when 911 personnel alert the fire department.

Schools must have an emergency response plan. The general responsibilities are outlined in Manitoba Education’s 2010 Administrative Handbook.

“A school’s emergency response plan must outline the role of the principal, staff, and counselling and crisis intervention personnel in the event of an emergency; and must include procedures for controlling visitor access to the school site, communicating inside and outside the school building in an emergency, contacting students’ parents or guardians in an emergency, responding to the threat posed by a



EXPRESS PHOTO COURTESY OF TERRI BARKMAN

Arborg-Bifrost Fire Department held a fire drill with students at Arborg Collegiate on Oct. 3.

person having a weapon on the school site, dealing with bomb threats, fires, chemical spills and weather-related emergencies, and evacuating school buildings and carrying out practice drills.”

According to an undated Risk Management Bulletin issued by the Manitoba Association of School Trustees (now the Manitoba School Boards Association), fire drill exercises contribute to student and employee safety.

“Smoke can build up in just a few minutes and the darkness can make it nearly impossible to see your way out. Practice fire drills by counting the number of steps to an exit.”

The Office of the Fire Commissioner,

Continued on page 7

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# Winnipeg Beach council discusses opting in to Municipal By-law Enforcement Act

By Patricia Barrett

At its regular meeting Sept. 28, Winnipeg Beach council discussed new provincial legislation that could affect the way municipalities enforce their bylaws – if they decide to opt into the legislation – and change the way parking fines are collected.

Manitoba Justice informed council by letter that the Municipal By-law Enforcement Act came into force Aug. 8.

The new legislation will enable municipalities to adjudicate infractions to their bylaws (zoning, planning, parking, etc.) using an administrative penalty scheme, or adjudicator, rather than pursuing matters in provincial court.

Although not required to adopt most of the new Act, municipalities must opt-in (by passing a bylaw) to section 4(2), which pertains to parking tickets.

After February 2017, municipalities can no longer use the court to try to collect from those who don't pay a parking ticket. Municipalities can still pursue, if they so choose, other bylaw violations through the court.

The Town of Winnipeg Beach sets its own fines for parking violations.

"If you're parking illegally, we'll fine you," said Mayor Tony Pimentel. "And then you have to pay through the system that they [the province] have devised."

"Up until now," added CAO Kerry Lawless, "the only way a municipality could collect from somebody who didn't want to pay a parking ticket was to go to provincial court. The municipalities have actually lobbied the province to make the process easier."

The mayor said they're hoping the new system will be more cost-effective than using the courts.

The town will be discussing the possibility of entering into a partnership with other municipalities such as Gimli, Dunnottar and St. Andrews to share the cost of an adjudicator.

"If we get together with several municipalities," said the mayor, "we'll have only one adjudicator rather than having three in a local area. .... We could reduce costs by sharing those kinds of things."

Council will hold further discussions regarding the adoption of the full Act. Other council briefs:

Council discussed purchasing an automated community profile software system called Townfolio.

"They're a new web-based communications company that was launched less than a year ago," said Coun. Daryl Carry. "They do community profiles... to attract potential businesses and visitors. It's a tool that can visualise data."

The company has 40 per cent of the municipalities in Saskatchewan, he said.

The software provides a wide range of data pertaining to a municipality, including census information (population, age, household income, labour force participation), local bylaws, transportation information and educational institutions, among other information.

According to the company's brochure, the system can help investors and businesses find relevant statistical information about a community and help municipalities keep their

web sites up to date.

The data is accessible through a link added to a municipality's web site.

Community Futures East Interlake, a corporation that helps rural communities improve their economies, indicated that the cost of Townfolio would be reduced if a number of municipalities purchased it as a region.

"Our cost would be \$700," said Lawless, "but if Community Futures got involved, it would be half that (\$350)."

Council said it will ask neighbouring municipalities about their intent to adopt the system before responding to the company's offer, which has a deadline of Oct. 7.

Coun. Carry reported that he attended a South Basin Mayors and Reeves meeting Sept. 16 on the mayor's behalf. Sustainable Development Minister Cathy Cox and Selkirk-Interlake-Eastman MP James Bezan also attended the meeting.

The committee had expressed concern that it is at a "stalemate" because of its lack of legislative power to enact measures necessary to improve the health of Lake Winnipeg and its watersheds.

"They do a great job, but...they've [done] as much as they can do on their own without the province and the feds," said Carry.

The mayor said they're still pushing for the cleansing of boats to help stop the spread of zebra mussels.

The committee had asked that the federal and provincial governments take a leadership role "because they have the authority to pass the required legislation...."

Coun. Darlene Shkawritko broached

a concern about the rising costs of breathing apparatuses (face masks) for the fire department.

She said the cost of the protective gear rose from \$4,000 a few years ago to \$9,000 a unit.

Mayor Pimentel said fire departments had tried to get together and buy in bulk, but suppliers would not give them a lower price. He brought up the issue at a recent meeting that municipal representatives had with the Office of the Fire Commissioner.

"A lot of the other councillors that were there...suggested that that was something we bring up at the AMM [conference]," said Pimentel.

The mayor will also be attending mutual aid meetings with other area fire departments and suggesting they try to buy in bulk.

"Those things, like anything else, have a shelf life. It's like a best-before date," said Pimentel. "It's a safety thing...[but] fire protection is costing more and more every time."

Coun. Shkawritko reported that the cemetery committee feels the town should be responsible for lifting fallen headstones.

"We will do that at no cost," she said. But only if family members cannot be found.

Lawless said he had drafted a policy regarding fees and maintenance at the cemetery, and that he will present it at the next council meeting.

Coun. Shkawritko and a number of her friends have volunteered to assist with the organisation of the town's Annual Halloween Party, which will take place at the Community Centre on Friday, Oct. 28.

## Senior resource holds Coffee Break fundraiser for Alzheimer Society

By Jeff Ward

Next Friday, the Lundar Community Senior Resource Council will be hosting their annual Coffee Break fundraiser that will help provide attendees with information about Alzheimer's Disease and will spread awareness for the Alzheimer Society of Manitoba about how they can help those suffering from it.

Coffee Break is an annual fundraiser that takes place all over the province throughout the month of October. The proceeds from the event go directly to the Alzheimer Society of Manitoba and donations can be made in ei-

ther cash or cheque during the fundraiser. The society's informational sessions provide education on some of the warning signs of the disease while also helping guide those suffering with it into many of the help sessions the non-profit organizes for free. Cindy Thorkelson is the senior resource coordinator for the resource council and said that this fundraiser is important in helping people understand what a person with the disease is going through. The fundraiser takes place at the Lundar Lutheran Church Hall next Friday, Oct. 21 from 1:30 p.m. until 3:30 p.m. There will also be

a Virtual Dementia Tour (VDT), which has a limited number of spots and requires registration. The VDT gives users a glimpse of what it would be like to have the disease.

Thorkelson said that anyone who is dealing with someone with dementia should attend the Coffee Break. She said it will help them have more compassion for what their loved one might be going through.

Anyone interested in registering for the Virtual Dementia Tour can call Thorkelson to register at 204-762-5378.

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## The great fighting Sturgeon

Hi, how are all my best pals doing this week? Thanks for stopping in.

For some time now I have heard about and wanted to meet Reggie Straight at the Elders Home of the Brokenhead Ojibway First Nation. Apparently he's a man younger in mind and body than his years and loves to fish where the Brokenhead River opens to the Lake Winnipeg south basin.

Last week I went to his apartment at the Elders Lodge and after introductions we sat down at the kitchen table over coffee. As he talked I was struck by the vitality of this man.

He wasn't huge but his body was all muscle. His dark slightly graying hair was strong and long, his face full and furrowed carried the expression of a person always moving. As we sat sipping coffee he remembered a subtle but funny experience.

There are endless reed and bulrush fields where he boat fishes and every once in a while he would see this guy who he called a naturalist walking around on the water with a set of those foot "pontoons". Now Reg has a sense of humor so when they were close enough to each other he would call him by a certain biblical name. As time went on one summer it got to be a thing with them and every chance Reg got he would give the guy some fish and tell him to go feed the multitudes knowing full well he would eat them for supper.

I got a call from Darrell Kupchik, you know, the guy who runs the spring ice cutting on the Red and he was so proud of his daughter Sara who caught a Master sized sturgeon a couple of weeks ago.

Sara, along with her boyfriend Mitch Peebles and Darrell were in his boat on the Red by the CIL Selkirk road when this giant sturgeon took her jig and came tearing high out of the water. Darrell and Mitch couldn't contain themselves and wanted to take over but she threatened them with pain if they touched her rod. Sara knew she ran the risk of losing the fish because it had struck when she had a lot of line out and now it wanted to run. Slowly with Dar-



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EXPRESS PHOTO SUBMITTED

Sara Kupchik with a Master sized sturgeon she caught in the Red upstream last week.

rell working the boat toward the fish and Sara reeling in, the minutes of play turned into almost an hour and Sara's arms were tiring.

It wasn't over though because as the fish came close to the boat it dove straight for the bottom her line stretching against the gunwale. Again, Sara's arms aching, she pulled up then reeled in until the enormous fish came up showing itself. Darrell didn't waste any time, he grabbed his net and captured it bringing it aboard. Totally spent Sara dropped to her seat, her face pale, her mouth open trying to catch her breath. Then revitalized she looked at the monster, leaned over, and smiling patted it on the head before releasing it.

It was cold, windy and raining on the beach by the Winnipeg Beach marina on the weekend. I was over there shooting the breeze with some of the commercial fishermen when I saw two guys shore fishing with long rods. I

Continued on page 7

Stonewall Teulon  
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# Some in Steep Rock dubious of loans to Steep Rock Beach Park

By Jeff Ward

The council and reeve of the RM of Grahamdale are confident their loans to Steep Rock Beach Park will bring positive outcomes for the municipality. However, some Steep Rock residents aren't happy with the funds being allocated to the campground for improvements.

Steep Rock resident and treasurer of the Steep Rock Community Club Gord Keith said that he opposes the idea of lending up to \$400,000 to the campground for their improvements because he feels his community could benefit from the money directly. Keith said that the money loaned to the campground is unlikely to foster economic development in his opinion and that perhaps the money could be better spent improving Steep Rock by providing development to the wharf, limestone pit or offering fire protection among other suggestions. Keith isn't opposed to the improvements to the campground, and said that he's happy to see them happening, but feels the money isn't being used for its true intention.

"The resolution that was created when the fund was established says the funds are to benefit the cottage development in the Steep Rock area," said Keith.

"I don't feel like improvements to the campground, which is run by the

RM, are going to benefit that area. I made these objections known during the public hearing but got no reception to any of them. Other people got up and made presentations too and the councillors just sat there."

Keith said that they are constructing a new sheltered picnic area, playground and pickleball court on the site of the now torn down curling rink. The project will cost approximately \$100,000, all of which has been either fundraised or received in grants. Keith said that projects like this are what he feels the money should be used for, instead of improving the campground.

RM of Grahamdale Reeve Clifford Halaburda said that while he understands where Keith is coming from, he simply doesn't agree. Halaburda believes that this investment into the park will bring tax money into the community through tourism and any purchases made in the community.

"This is the conclusion that myself and the council have come to," said Halaburda.

"We're told by management that there is 80-100 people waiting to get into the park. These people will buy gas, groceries, liquor here. We're not setting out to make millions, but we have to start somewhere."

Keith is also concerned about what he feels is secrecy when it comes to

what is actually in the Lafarge fund currently. He said that he asked for those numbers and if there any withdrawals made, to be released during the public hearing and that Halaburda said he would do so.

When asked about that Halaburda said that he would need to discuss the idea with the rest of council to let everyone have an opportunity to weigh in. He said that he isn't saying yes or no at this point.

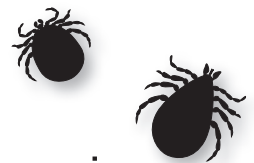
"I know that this won't change anything because the loans are already being given. But I think that this is a pretty risky loan and what happens if

they can't repay it?" asked Keith.

Halaburda said that he knows he can't please everyone and that regardless of what the council decides there will be some who oppose the plan. He maintains that anyone who has questions or concerns is free to come to him directly, but Keith said that he's been doing that on many issues for a very long time, to no avail.

"I know there are others who object but felt like the meeting was a waste of time because that's just how things go here. We explain our position and then get ignored," said Keith.

## Watch out for blacklegged ticks



**Tick-borne diseases, such as Anaplasmosis, Babesiosis and Lyme disease, can be contracted through the bite of an infected blacklegged tick.**

Manitobans can reduce contact with blacklegged ticks by avoiding wooded or forested habitat, wearing long pants and a long-sleeved shirt, tucking in clothing, using an appropriate repellent (it should state 'for use against ticks' on the product label), looking for and removing ticks as soon as possible.

For more information about tick-borne diseases, including symptoms and prevention tips, visit our website at [www.manitoba.ca/health/publichealth/cdc/tickborne](http://www.manitoba.ca/health/publichealth/cdc/tickborne)

### You can help

You can help in the study of tick-borne diseases in Manitoba by collecting and submitting blacklegged ticks for surveillance purposes.

- Blacklegged ticks are smaller than the more common wood tick. Unlike wood ticks, they do not have white markings on their bodies.
- If you find a blacklegged tick, remove it slowly from skin or clothing using tweezers and steady pressure; avoid twisting. Cleanse area with soap and water or a disinfectant.
- Place the tick in a small, crush-proof container (for example, a pill bottle) with a piece of slightly damp paper towel (to help keep the tick alive).
- Firmly tape the lid shut.
- Check the pictures and additional information on the website to determine if your tick might be a blacklegged tick.
- Hand-deliver or mail the sample to the address below. If mailing, place the container in a sealed plastic bag then in a cardboard box labeled: RESEARCH SPECIMENS – FRAGILE – HANDLE WITH CARE
- Include your name, telephone number, email address and information about where, when and on whom (ex: a dog, a person) the tick was found. Deliver or mail to:

**Passive Blacklegged Tick Surveillance Program**  
Cadham Provincial Laboratory  
P.O. Box 8450, 750 William Avenue, Winnipeg, MB R3C 3Y1

**Manitoba**

## > GET FISHING, FROM PG. 6

trudged down to them and was taken by one chap Michael Mostajo who had a folding chair that featured an enclosure protecting him from the rain.

Good thing too I thought because I have never seen such a small thin quite frail man. His partner Henry Henson though was average and when asked he said that the two fish on their string was the result of a fluke.

Apparently before I came they had

## > FIRE DRILL, FROM PG. 4

which reviewed the Arborg exercise, recommended the school have its students leave the designated gathering spot in the school yard and go directly to its backup location at the Recreation Hall.

"The kids aren't going to be back in the school in 10 minutes," said Chyzy, referring to a real fire. "So [the school] should ... go to the next step of their plan. Go to the Rec Hall and call the parents."

Chyzy said fewer bystanders on site would also free up the roads for emergency vehicles.

"The minute people find out there's

a bass on their string which was anchored just in the water on the shore. Henry caught another bass that attracted both men's attention which turned to astonishment as Henry landed it because snagged on the fish was the first fish with the string! Apparently the first one had gotten loose only to be tangled and re-caught as the second fish was being landed! Talk about an anglers luck.

Well, good fishing friends, bye for now.

a fire ... we have all the parents going to the school. This way ... they don't come to the scene."

Arborg Collegiate has not had a fire, said the chief, and it has "always been a drill."

It will, however, adopt the recommendation.

Chyzy said he will also be speaking about the exercise with the department's fire committee, on which councillors from both the Town of Arborg and the RM of Bifrost-Riverton sit.

"I think it went really well," he said.



# Students recognize seniors' volunteer work with luncheon



EXPRESS PHOTO SUBMITTED.

Theresa Stevenson serves lunch during the annual seniors luncheon at Lundar School last week.

By Jeff Ward

The Grade 12 graduating class of Lundar School hosted an intimate luncheon for their grandparents and many of the seniors in the area who volunteer their time at the school last week.

The students doted on their elders by walking them to their seat; taking their order and serving them lunch in the school gymnasium last Thursday. The meal consisted of a choice of chili, mushroom soup or chicken noodle soup, served with fresh buns, cheese and pickles. Lundar School principal Jane Dupre estimated approximately 80 seniors came to the school for their free lunch. Dupre explained that it's the schools way of celebrating National Seniors Day, which is recognized on Oct. 1 in Canada each year.

"It gives our students some volunteer experience as well as enables them to take on a leadership role as they organize the entire thing themselves," said Dupre.

"We're also able to use the luncheon to introduce our seniors to our graduating class this year. It's just a really

fun thing that students seem to really respond to and rise to the occasion."

This is the third year that the Lundar School students have hosted this event and it's grown in attendance each year. The popularity of the event has also increased and Dupre said that this year some of the younger grades were saying how excited they are to be able to host the event when they're in Grade 12.

Some of the schools musically talented students entertained the seniors, with one student playing the guitar and another playing the fiddle. Dupre said that some of the seniors don't actually have grandchildren enrolled in the school, but that they help volunteer in the month of September during the golf program the school offers. Helping transport the students back and forth and making sure they get their rounds in.

"We were really happy to see them come out as well, because they do such a tremendous job helping us out with golf. They deserve this as a little thank you for their efforts," said Dupre.

## RCMP take down marijuana grow operation

Staff

Fisher Branch and Peguis RCMP executed a controlled drugs and substances act warrant on a residence in Fisher River just before 5 p.m. on Sept. 30.

RCMP were acting on information from the public. Officers located and dismantled a multi-stage marijuana grow operation in the basement. Officers seized approximately 35 plants at various stages of growth, as well as numerous items used in the production of marijuana.

Police are looking for Patrick Thom-

as, 36, from Fisher River, in relation to the ongoing investigation. He is facing charges of production of a controlled substance (marijuana) and possession for the purpose of trafficking under the CDSA.

Those who produce illicit drugs destroy lives, homes and communities. The RCMP remains fully committed to enforcing laws against illicit drugs to their fullest extent.

The RCMP would like to thank the public for their assistance in this matter.



EXPRESS PHOTO SUBMITTED

RCMP are looking for Patrick Thomas of Fisher River who is facing charges of production of a controlled substance (marijuana) and possession for the purpose of trafficking under the CDSA.

## The Northern Lights Festival of the Arts Inc

The Annual General Meeting of the Northern Lights Festival of the Arts will be held on October 24th, 2016 at 7:30 pm in the Manitoba Agricultural Services Building, Carpathian Avenue and Main Street.

There will be an election of officers and an audited statement for the 2015-2016 festival will be presented.

Everyone is invited to attend and you participation in the upcoming festival is welcomed.

**Any questions, call 204-641-1760.**

## Flu season is around the corner and so are the flu clinics

Submitted

Interlake-Eastern Regional Health Authority's public flu clinics will begin the week of Oct. 17. The public is encouraged to attend any of the 100 public flu clinics being held across the region, see their regular care providers or local pharmacists that offer flu shots.

The theme of this year's flu campaign is Get vaccinated. Don't spread the flu. This campaign reminds people that a flu shot provides protection against the flu and helps prevent transmission to those with weakened immune systems and those with health conditions.

The flu can spread easily from one person to another through coughing, sneezing or by touching objects contaminated with the flu virus and then touching your mouth, eyes or nose. In addition to getting immunized with a flu vaccine every fall, Manitobans can minimize the risk of spreading the flu by covering coughs and sneezes and washing their hands regularly.

Melody Hawryluk, immunization coordinator and public health nurse for Interlake-Eastern RHA, said the region is expecting good turn out

Continued on page 10



## FLU CLINIC LISTINGS

# Get Vaccinated

## Don't spread the flu.

The annual seasonal flu shot is available to all Manitobans at no charge. It offers protection against four seasonal flu strains. Those at increased risk of serious illness from the flu, including children six months to five years old, people aged 65 or older, caregivers and others who are in close contact with them, should consider getting a flu vaccination.



Crystal  
(on the right)  
with her  
stepdaughter  
Niki, and  
Niki's son,  
Jayce.

### I choose immunization!

Crystal McMahon, educational assistant for Interlake School Division, has been getting the flu shot for over ten years for the main reason of avoiding the flu. She decided to get the flu shot because she hated being sick and, at the time, she worked in a daycare facility, a place where germs were very prevalent. Her sister is a public health nurse and Crystal knew that she wouldn't promote something that was dangerous or ineffective. When she began working with the older population as a seniors' resource coordinator, it was also part of her job to book and arrange a flu clinic in the area every year.

"I continued getting my flu shot because I worked with a population who tends to be vulnerable to illness; I was hosting flu clinics every year and I didn't think I would be a very good role model by promoting the shot but not getting it; and I hated being sick," she said.

She said she will continue to get vaccinated to protect those important to her: her grandchild, her elderly parents and the children she works with. And also to protect herself... because she hates being sick!

"When I am not in good health, I am not very effective with anything I attempt to accomplish. So I've come to the realization that I am going to continue doing everything I can to stay healthy... and that includes getting a flu shot every year to boost my immune system so it can fight off any other pesky illnesses other than the seasonal flu," she said.

**For more information, please contact your local community health office:**

**Arborg: 204.376.5559**

**Gimli: 204.642.4587**

**Fisher Branch: 204.372.8859**

**Riverton: 204.378.2460**



Interlake-Eastern  
Regional Health Authority

Town	Dates	Time (s)	Location (s)
Arborg	October 19	9:30 am - 4:00 pm	Arborg Bifrost Community Centre, 409 Recreation Drive
	October 25	10:00 am - 4:00 pm	Arborg Assisted Living Centre, 341 Ingolfs Street
	November 2	2:00 pm - 7:00 pm	Arborg Bifrost Community Centre, 409 Recreation Centre
	November 5	10:00 am - 2:00 pm	Arborg Provincial Building, 317 River Road
Ashern	October 17	9:00 am - 4:00 pm	Ashern Community Health Office, 43 Railway Ave
	October 18	9:00 am - 4:00 pm	Ashern Community Health Office, 43 Railway Ave
	October 24	1:00 pm - 3:00 pm	Ashern Legion, 3 Main Street
	November 1	1:00 pm - 7:00 pm	Ashern Community Health Office, 43 Railway Ave
	November 3	1:00 pm - 4:00 pm	Ashern Community Health Office, 43 Railway Ave
	November 5	9:00 am - noon	Ashern Community Health Office, 43 Railway Ave
	November 19	10:00 am - noon	Eriksdale Wellness Centre, 35 Railway Ave
Eriksdale	October 17	9:00 am-noon & 1:00 pm-3:30 pm	Eriksdale Wellness Centre, 35 Railway Ave
	October 18	9:00 am-noon & 1:00 pm-3:30 pm	Eriksdale Wellness Centre, 35 Railway Ave
	October 25	9:00 am-noon & 1:00 pm-3:30 pm	Eriksdale Wellness Centre, 35 Railway Ave
	November 1	9:00 am-noon & 1:00 pm- 3:30 pm	Eriksdale Wellness Centre, 35 Railway Ave
	November 7	1:00 pm - 7:00 pm	Eriksdale Wellness Centre, 35 Railway Ave
	November 19	10:00 am - noon	Eriksdale Wellness Centre, 35 Railway Ave
	November 19	10:00 am - noon	Eriksdale Wellness Centre, 35 Railway Ave
Faulkner	October 27	1:30 pm - 3:00 pm	Faulkner Senior Centre
Fisher Branch	October 17	9:30 am-11:30 am & 1:00 pm-3:00 pm	Fisher Branch Clinic, 23 Main Street
	October 26	1:00 pm - 7:00 pm	Fisher Branch Clinic, 23 Main Street
	October 29	10:00 am - 1:00 pm	Fisher Branch Clinic, 23 Main Street
Gimli	October 18	9:00 am - 1:00 pm	New Horizons, 17 North Colonization Road, Loni Beach
	October 20	9:00 am - 1:00 pm	Rotary Towers, 94 5th Ave
	October 24	1:00 pm - 7:00 pm	Gimli Community Health Centre MPR, 120 6th Ave
	October 29	10:00 am - 2:00 pm	Gimli Community Health Centre MPR, 120 6th Ave
	November 1	9:00 am - Noon	Betel Home Boardroom, 96 1st Ave
	November 1	1:30 pm - 4:00 pm	Waterfront Centre, 94 1st Ave
	November 1	1:30 pm - 4:00 pm	Waterfront Centre, 94 1st Ave
Gypsumville	October 20	10:00 am - 1:00 pm	Gypsumville Clinic, 1st Street
Hodgson	November 2	10:00 am - 11:30 am	Early Settlers Lodge, 2nd Avenue
Lundar	October 19	9:30 am - noon & 1-3:30pm	Lundar Community Health Office, 97 1st Ave South
	October 20	9:30 am - Noon & 1 - 3:30pm	Lundar Community Health Office, 97 1st Ave South
	October 27	9:30 am - Noon & 1 - 3:30pm	Lundar Community Health Office, 97 1st Ave South
	October 29	10:00 am - noon	Lundar Community Health Office, 97 1st Ave South
	November 3	9:30 am - Noon & 1 - 3:30pm	Lundar Community Health Office, 97 1st Ave South
	November 9	1:00 pm - 7:00 pm	Lundar Community Health Office, 97 1st Ave South
	November 9	1:00 pm - 7:00 pm	Lundar Community Health Office, 97 1st Ave South
Matheson Island	November 3	10:00 am - Noon	Matheson Island School
Matlock	October 27	9:00 am - Noon	Matlock Recreation Centre, 77 Matlock Road
Moosehorn	October 25	1:30 pm - 3:00 pm	Handicraft Centre, 1st Ave
Pine Dock	November 3	1:30 pm - 2:30 pm	Pine Dock Hall
Poplarfield	November 2	1:30 pm - 2:30 pm	Poplar Villa, Hwy 68
Riverton	October 22	10:00 am - 1:00 pm	Riverton Clinic, 68 Main Street
	October 25	9:30 am - 3:30 pm	Riverton Clinic, 68 Main Street
	November 8	1:00 pm - 7:00 pm	Riverton Clinic, 68 Main Street
	November 8	1:00 pm - 7:00 pm	Riverton Clinic, 68 Main Street
St. Laurent	October 22	11:00 am - 2:00 pm	St.Laurent Community Health Office, 1 Parish Lane
	October 25	3:00 pm - 7:00 pm	St.Laurent Community Health Office, 1 Parish Lane
	November 3	10:00 am - 11:30 am	Laurentia Lodge, 444 Veteran's Memorial Road
	November 3	1:30 pm - 3:00 pm	St.Laurent Community Health Office, 1 Parish Lane
Winnipeg Beach	October 27	1:30 pm - 3:30 pm	Winnipeg Beach Lodge, 32 Centre Street

**Bring your Manitoba Health Card and wear a short-sleeved shirt.**  
**Any changes to this listing will be posted online at [www.ierha.ca](http://www.ierha.ca) –**  
**click on the banner "2016 Flu Clinics" on the home page.**



# The great escape, sailing to Princess Harbour - part 1

By Steve Van Vlaenderen

Sometimes in life we come across a destination that is more than an average location. A destination that is spiritual and sacred in nature, with native roots that contains hundreds of years of cultural and historical significance. These locations allow us to connect with nature, its people and its history for a truly spiritual experience. Princess Harbour on Lake Winnipeg is such a place.

This year marks the third year that my wife, Darlene and I have sailed to Princess Harbour. This isolated community, with a population of just eight people, accessible only by boat, plane or snowmobile, is located 161 kilometres north of Gimli on the east shore of Lake Winnipeg — the 12th largest fresh water lake in the world, often referred to as the Prairie Ocean.

After 17 hours of sailing over two days, eight and a half hours from Gimli to Hecla Island, then another eight and a half hours through the Narrows, we finally reached Princess Harbour. After rounding the newly built break water that protruded out of the water like a fortress, we were happily greeted at the pier by Steven Surprenant and Barry Magnusson, the co-owners of Bears In The Bush Cabins.

What first struck us when we arrived was the geological terrain, a split, granite to the east and limestone to the west. The small granite islands and inlet reaching out from the shoreline reminded me of Peggy's Cove. To the east is an area of swamp and muskeg interspersed with granite cliffs. This is the area of the lake where the expansive north basin meets the narrower south.

As we quickly learned this is a place where the weather can change in an instant — peaceful one minute with an alluring calm as if asleep, the next moment the lake can turn restless and angry punctuated by thundering whitecaps at times reaching over two metres in height. The winds were also deceiving as if they had a mind of their own. Patience and respect became the order of the day or should I say the next three days as we waited out a series of storms.

Over the next three days, we got to know Barry and Steve and some of the other locals. One conversation would lead to another. Story after story were shared about the history of Princess Harbour, its people, its culture. Hours rolled by. It's through these shared stories that we were able to gain a true understanding and connection with the area.

Being wind bound in a place so intriguing and rich in history was not difficult. It gave us an opportunity to explore the community to its fullest. So interesting, we were amazed to learn, that the Hudson Bay Company spent two centuries mapping the region.

As the conversation continued into the evening,



Barry and Steven told us that originally the community was called Rabbit Point. However; the harbour itself was called Rabbit Harbour until 1952 when



EXPRESS PHOTOS SUBMITTED

Darlene Vlaenderen takes the wheel of the sailboat on their excursion to Princess Harbour.



the name was officially changed to Princess Harbour. It is speculated that the Princess Harbour was named after the SS Princess, which sank nearby on Aug. 26, 1906.

## > FLU SEASON, FROM PG. 8

this year.

"As soon as the leaves start turning, we know cold and flu season is around the corner," Hawryluk said. "An annual flu shot is recommended and provided free of charge to all Manitobans six months of age and older. The flu vaccine offers protection against

four seasonal flu strains. Getting immunized against the flu every year is especially important for Manitobans who are at increased risk of serious illness from the flu, their caregivers and close contacts."

The following people should consider getting the shot:

- seniors age 65 or older,
- residents of personal care homes or long-term care facilities,
- children age six months to five years,
- those with chronic illness,
- pregnant women,
- health-care workers and first responders,
- individuals of Indigenous ancestry,

- people who are severely overweight or obese, and
- as determined by primary health-care providers.

Manitobans over the age of 65 should also get a pneumococcal vaccine for free at the same time as the seasonal flu vaccine. Most adults only need one pneumococcal vaccine in their lifetime.



# Interlake-Eastern RHA primary health care services update

## Submitted

The Interlake-Eastern Regional Health Authority Primary Health Care Leadership team knows from consultations with community leaders and stakeholders that making more reliable health-care options available is important to families.

And the health care leadership team is working to provide service for regular check-ups and non-urgent health care while filling gaps in service that may result from emergency department physician shortages. Although some Interlake hospitals have gaps in emergency coverage, the Ashern Lakeshore Hospital is operating at near 24/7 physician coverage. With physicians committing to a schedule ahead of time, patients and emergency department staff can prepare for when emergency departments are not accepting patients. When a physician is unavailable, patients who attend the emergency department can still go inside to speak to staff about their care options.

Interlake-Eastern RHA's primary health care team is working to make health care more collaborative giving health care professionals the tools and resources they need to consult one another on proper care. The goal is to create circles of health care providers within sub regions to expand access to expertise, to increase access to same-day appointments and to provide more predictable, consistent access to health care.

Medical staff, nurses and nurse practitioners are a crucial part of this planning process, and the Interlake-Eastern RHA Leadership team is working together to ensure that all staff are integrated in the decision-making processes. Physicians are a crucial part of our primary health care plan moving forward, so recruitment efforts are continuing.

The Family Medicine Residents Retreat that took place in Selkirk in September exposed 97 medical residents to practice and lifestyle opportunities in the Interlake-Eastern RHA region.

There was excellent community support to showcase Interlake-Eastern to these physicians that will be practice ready as early as June of next year.

Attached is a summary of primary care services available in the Interlake-Eastern RHA:

**Ashern and area** - Ashern has a walk-in clinic service providing same day medical care between 1:30-4:30 p.m. with the emergency department available for emergencies only. Please note this clinic is subject to physician availability. To make an appointment

with Dr. Kashur or Dr. Khan at Ashern Medical Clinic, phone 1-204-768-2881. Dr. Kashur is also heading up to Pinaymootang (Fairford First Nation) on Thursdays to provide primary care services in conjunction with the Pinaymootang Health Centre. For more information, please phone 204-659-5786. Dr. Emadi continues to work in Ashern and he is a cornerstone of our care team. He currently isn't accepting patients.

**Eriksdale and area** - Dr. Soliman is accepting patients. Phone 1-204-739-2672 for an appointment.

**Lundar and area** - The newly renovated health centre in Lundar offers area residents a clean, modern facility with care from nurse practitioner Beryl Dziedzic. This facility provides mental health, home care and public health services. To make an appointment, phone 204-762-5469.

Nurse practitioner Tammy Hagyard-Wiebe and primary care nurse Lori Carriere are working in Woodlands and St. Laurent, and both accepting patients. Lori can give immunizations. Patients can phone 204-646-2504 ext. 7 to make an appointment in Woodlands or St. Laurent.

Dr. Burnet has been caring for Lundar and area residents for over 40 years and continues with his commitment to the community. Interlake-Eastern RHA welcomes Dr. Khazen to the region who will be accepting patients soon. She will also be participating in emergency department coverage for one of the hospitals in the area.

**Fisher Branch area** - In the Lake Winnipeg West sub region, health care in Fisher Branch includes primary health care nurse, Jalleen Hogue, and the northern medical unit group of physicians and nurse practitioners who work out of the clinic there. Call 204-372-6258 to make an appointment.

**Arborg and area** - Dr. Akinpelu will be joining the practice of Dr. Donnelly in Arborg later this fall. Information when she is available to accept patients will be available at a later date

**Gimli and area** - Dr. Saper is practicing in the Gimli Community Health Centre and has joined the office of Dr. R.C. Patel, Dr. S.V. Patel and Dr. Rhoma. He is accepting patients. Families with children are encouraged to consider Dr. Saper as an option for health care closer to home. To make an appointment, phone 204-642-8561.

Positive news is expected from Ame-



EXPRESS PHOTO SUBMITTED

Lori Wahoski, left, is the clinical team manager for primary health on the west side of Lake Winnipeg including Gimli, Arborg, Riverton, Fisher Branch, Teulon and areas. Jeremy Buchner is the clinical team manager for primary health care on the East side of Lake Manitoba including Eriksdale, Ashern, Lundar, St. Laurent, Stonewall and area.

nity Health Care regarding doctors coming to Gimli to work out of Taylor Pharmacy clinic by this winter.

**Riverton and area** - The Riverton Community Health Office includes primary care nurse Kelsy Griffin and nurse practitioner, Lyndsay Palsen and part time physician Dr. Orr. Phone 204-378-2460 for an appointment.

**Teulon and area** - There are two medical clinics, both under Dr. Loudon's supervision: Teulon Medical Clinic and the medical clinic in the health centre that includes nurse practitioners Paul Tylliros and Carol Puchailo. With the addition of nurse practitioners, the Teulon clinic can accept patients who don't currently have a family physician and are encouraged to make an appointment for non-urgent care. However, nurse practitioner care may not be appropriate for all people based on their medical needs. Access to physician care in Teulon is limited with Dr. Loudon's practice at full capacity. Patients in the area looking for a regular health care practitioner should register with Family Doctor Finder at 1-866-690-8260.

Access a chronic disease nurse's support - Chronic disease nurse

Chantal Rae can help patients who have disease like diabetes, high blood pressure or cholesterol for the areas of St Laurent, Lundar, Eriksdale, Ashern, Lake Manitoba, Fairford, Fisher Branch, Hodgson, Peguis, Fisher River, Jackhead, Arborg, Riverton, Matheson Island, Pine Dock and surrounding areas. Rae can help patients tackle the issues at the root of their chronic disease by offering education, health care and training to manage their condition. Contact Chantal Rae for an assessment at 204-739-4456.

**Other options available to you** - Patients with non-urgent health concerns are encouraged to make an appointment with their regular health care providers, attend a walk-in clinic, or phone Health Links at 1-888-315-9257 to speak to a registered nurse. Everyone has a role to play in health care, and that starts with calling ahead to make appointments, asking questions and planning for prescription refills appropriately. Have a question or concern about the health care you're receiving? Contact our Tell Us line at 1-855-999-4742.

To stay up to date with what's happening at Interlake-Eastern RHA follow Twitter Interlake-Eastern RHA and Facebook Interlake-Eastern Health.





Interlake Coop

# Coop Week

Equity  
cheques  
will be in  
the mail.

Look for your Co-op Number posted below and one of you could be the

**LUCKY WINNER TO RECEIVE 1 OUT OF 6  
\$100 COOP GIFTS CARDS**

Three drawn in Eriksdale location AND three drawn in Arborg



**6 coop numbers are: 21632 1570 22016 7584 20878 12075**

**Tuesday, October 18<sup>th</sup> – 50% OFF**

all in-store  
**smoked sausage**  
(while supplies last)



**Friday, October 21<sup>st</sup> – 50% OFF**

all in-store **bacon** (while supplies last)

**25% off Muck Boots**

Hardware store in Eriksdale

IN-STORE **DEMOS**

**at both Food Stores**

- Monday to Friday 1-5 pm

**Head Lettuce**

**Monday, October 17 – 40% off**  
(while supplies last)



**Centsibles**

**Potato Chips**

**Wednesday, October 19 – 5/\$4.00**

140gram – plain/rippled, sour cream & onion, and bbq

Stop by the

**Eriksdale Food Store**

**Monday October 17**

- Danny's Whole Hog  
11:30-1 for lunch



Stop by the

**Arborg Food Store**

**Tuesday October 18**

- Danny's Whole Hog  
11:30-1 for lunch



**KIDS CLUB MEMBERS**

Stop by either Food Store for

**FREE TREAT**

**\$25<sup>00</sup> CAR WASH CARD**  
for \$20<sup>00</sup> from the gas bar  
MONDAY-FRIDAY

**INTERLAKE CO-OP**  
YOUR COMMUNITY BUILDER

FOOD STORE | HOME CENTRE | HARDWARE  
GAS BAR | CAR WASH | PETROLEUM





# Free sapling program deadline approaching

By Jeff Ward

The deadline to get 25 free tree saplings courtesy of the West Interlake Watershed Conservation District (WIWCD) and Sabados Greenhouse is quickly approaching.

For any resident within the WIWCD catchment area — Woodlands to Gypsumville — to get 25 free tree saplings, the deadline is the end of this month. Orders are being taken now and there are no requirements or charges of any kind to get the saplings. The WIWCD is funding this effort because they want to help rebuild the flora that was destroyed during the flood of 2011 and

2014. The owners of Sabados Greenhouse, Alan and Karen Sabados are also looking to achieve that goal. Order forms are available at any RM office but are also online at [wiwcd.com](http://wiwcd.com). There are 17 species of trees available to choose from and you can mix and match any of them in whatever quantities you'd like. The saplings are sourced by Sabados over the winter and will be available for pickup in the spring.

"We worked with Sabados to find out what species of trees would thrive in our climate," said Irina Zotter, administrator assistant for the WIWCD.

"Anyone can apply and get 25 saplings for free. The only thing is that you're responsible for coming

**"PEOPLE CAN USE THEM TO MAKE THEIR PROPERTY NICER, CREATE BOUNDARIES OR EVEN ONE DAY HANG A SWING FROM THEM."**

Continued on page 18




EXPRESS PHOTO BY JEFF WARD

Karen and Alan Sabados will be sourcing thousands of tree saplings over the winter for the WIWCD program that gives up to 25 of them away for free.



## Arborg Family Dental



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With autumn fast approaching, it's time to start thinking about winterizing your house. Your heating system is the lifeblood of your home during the cold season, so it's important to keep it in perfect working condition. The last thing you want is to be left out in the cold during a blizzard.

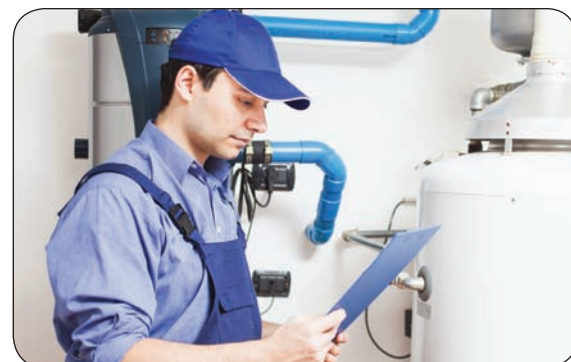
### ANNUAL INSPECTIONS

Your furnace or boiler should be maintained at least once a year, regardless if it runs on electricity, gas or oil. By servicing your heating system annually, you'll be able to keep energy losses to a minimum, prevent parts from breaking down and help ensure the safety of you and your family.

### SERVICES AND SUPPORT

A qualified heating technician will:

- Check the air supply of your boiler or furnace
- Inspect the flue or vent pipes
- Check the condition of the heat exchanger
- Ensure that the various parts of the heating system are in good working condition



- Perform additional checks if your heating system uses natural gas or oil

### WHAT'S IN IT FOR YOU?

There are several benefits to having your heating system cleaned and checked by a certified technician. A furnace or boiler that isn't running at peak performance will require more energy to maintain the same level of output. This can cause damage to your system, alter the temperature of your home and increase your energy bill. What's more, by having a technician install a carbon monoxide alarm, you'll have the added security of being alerted if there's ever a potentially threatening gas leak in your home.

## Three common decorating mistakes to avoid

A home decorator can be a valuable asset when it comes to decorating your home. However, undertaking a creative endeavour on your own can be extremely rewarding. Here are three common mistakes you should avoid when decorating your home by yourself.

### 1. THE BIG PICTURE

Choosing the right backsplash for your kitchen or ceramic flooring for your bathroom can be difficult. The motif you've selected looks good on its own, but not so much once it's laid next to hundreds of identical tiles. A good way around this is to print several larger images of the design you've chosen from

the manufacturer's website. Lay these copies down directly on your floor to get a better idea of how the overall finished product will look.

Continued on page 15



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# How to prevent dryer fires

Dryer-related fires may be rare, but the danger they represent is very real. That's why it's important to take every necessary precaution to guard your home against dryer fires. Here are a few tips to ensure your dryer runs safely and soundly for a long time.

## CHOOSING THE RIGHT VENT HOSE

Make sure to have a vent hose that's straight, rigid and short. Vent hoses commonly used to connect dryers to the vent are long and flexible, which reduces the airflow. They're also corrugated, which tends to trap

lint in the hose.

## THE RIGHT ENVIRONMENT

Installing a dryer in a room that is cold and humid is always risky. Hot air from the vent hose combined with the cooler ambient air creates condensation, which causes lint to clump. If moving your dryer isn't an option, then make sure to properly insulate your heat vent.

## KEEP IT CLEAN

Clean your dryer exhaust duct at least once every two years. Call a professional if you're unable to do it yourself. Don't forget to regularly check the vent hood to make sure it's free from debris and that the flaps are opening properly.

## WATCH OUT FOR ANY CHANGES

Be sure to address any change in your dryer's performance as soon as possible. If your clothes are taking longer to dry or are hotter than usual at the end of the cycle, something's not right. It's always best to trust the services of a professional when it comes to replacing the parts on your dryer.



## > THREE COMMON, FROM PG. 14

Don't forget to choose your tiles according to their intended use; porcelain is more durable than ceramic, and therefore better suited for high traffic areas.

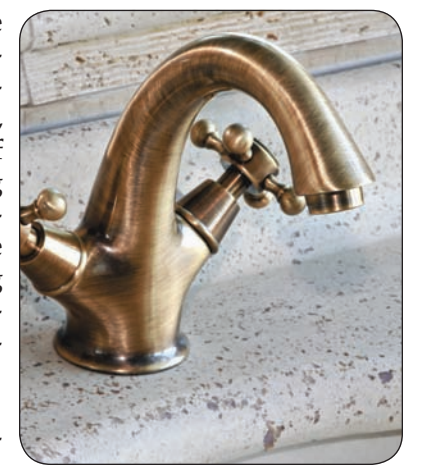
## 2. IT'S NOT ALL ABOUT MONEY

Price shouldn't be the only determining factor when it comes to decorating your home. Equipping your bathroom with an inexpensive faucet is a good way to save money. However, brass faucets — while more expensive — will last a lot longer, regardless of the quality of your water. Similarly, big sales and low prices are enticing when buying furniture for your home. But making purchases without measuring first will cause you headaches down the road.

## 3. LESS IS MORE

When it comes to decorat-

ing your home, keeping it simple is the way to go. An overabundance of small elements can leave a room feeling tacky and cluttered. Instead, have one focal point to draw the eye's attention, and then complement it with a few light touches scattered throughout the room to add style and depth.



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# Your FARM



## Trade deals and exports drive the ag industry

By Harry Siemens

Canadian Ag Minister Lawrence MacAulay and International Trade Minister Chrystia Freeland announced Friday that they have secured expanded market access for Canadian beef and beef products of all ages to Mexico, consistent with recommendations from the World Organization for Animal Health (OIE).

MacAulay made the announcement as he wrapped up his first official visit to Mexico, where he met with Mexican Secretary of Agriculture José Calzada to build on the two countries'

longstanding partnership in agricultural trade.

They discussed areas of opportunity to increase the competitiveness of their agricultural sectors. MacAulay also provided opening remarks at the Canada Beef Inc. Gala Dinner, where he promoted the Canadian Beef brand by emphasizing Canada's safe, high-quality and sustainably produced beef.

These agreements are good news not just for beef producers who will benefit directly from the increased markets, but for farmers across all sectors, as, of course, cattle producers

rely on the grain farmers to provide the food for their animals to eat.

Canada's beef industry has projected that the value of this expanded access for beef to Mexico will result in incremental sales valued at \$10 million annually and that total annual sales of beef to Mexico could eventually exceed \$200 million.

"Canada is pleased with Mexico's commitment to restore access for Canadian beef," said MacAulay. "It is an important milestone which underscores the strength of our bilateral agricultural trade relationship with Mexico. This expanded access, based on sound scientific principles, will create new opportunities to export even more high-quality Canadian beef to Mexico while putting more money in the pockets of farmers and help grow the middle class."

"Mexico has consistently been a top tier destination for the export of Canadian beef products," said Joe Reda, Canadian Meat Council president. "I am very pleased it was possible for the Canadian government to com-

plete on schedule the technical negotiations that were required for the full resumption of normalized trade. Each enhancement in export market access leads to increased value for the Canadian livestock and meat sector."

Minister MacAulay says the expanded access will allow for open trade in beef and beef products throughout North America.

For exactly that reason, the hog industry in Canada and many in the United States fought long and hard to rid the so-called North American hog industry of mandatory country of origin labelling.

M-COOL, which many in the industry believed then to be a non-monetary trade tariff, had unofficially reduced the giant North American hog industry to a very much protectionist industry splintered in three ways.

While still smarting from years of M-COOL, trade agreements like this are helping the hog industry slowly but surely getting back to that North American market.

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## I'm thankful

By Harry Siemens

Wow, one knows times keeps fleeting by when I had full intentions of writing my Thanksgiving column for last week's paper, but here goes for the Thursday after.

I believe firmly that it is vitally important to set aside one day of the year where we can focus on what being thankful really means.

I also believe it is vitally important to have a thanksgiving spirit all year round because it just makes for a better time, personally, and also for those around you.

Someone asked me the other day how come the people and the community we live in continues to enjoy peace, prosperity, and contentment. One only needs to check with those who record and take care of these matters the number of flags representing people from other countries

who have at one time at least resided in this great place. It doesn't really matter whether that number is 40, 45 or even 50. What does matter those people can come to this community and enjoy the same things that you and I enjoy: peace, prosperity, and opportunity.

There are other reasons why people choose to come to this area and that is freedom to worship, freedom to home school or send children to our great schools.

And if the current salary they are making doesn't meet with their expectation, they have the opportunity to see employment elsewhere, or even, Heaven forbid, start their own business.

I've seen that happen so many times where a person feels he or she can't make it on their current salary

Continued on page 17



## > HARRY SIEMENS, FROM PG. 16

and get to work on their own business to help augment their income.

When that person asked me why I think this place is still one of the best places in the world to live, I point to the faithfulness of our forefathers, not just the distant ones, but our own moms and dads who prayerfully worked hard at making this a better place.

While I'm not opposed to those who come from other lands and countries, I do hope they sometimes sit down with someone who has grown up here and ask that same question that my friend asked me. How come this is

such an attractive area to come to and for the most part stay? Whether that person is from India, China, Mexico, Pakistan or wherever, let's at least tell them why it continues to remain such a wonderful place to live, visit, and raise children and start a business.

Most every morning I walk through the Bethel Heritage Park and often stop to read the plaques, the messages, and the names of those people so inscribed. "We will remember" is one plaque I believe that is actually engraved on the walkway, and I hope others stop to read them too.

To me, not a real history or geog-

raphy buff, I like the way the people who helped design, build, and now improve and maintain that park have done it. There was a time I felt quite disappointed when the old hospital building and nurses residence came down because I felt such nostalgia because of all the fond and even very sad memories. Yet, Judith spent many years serving in that institution and that too came with fond and not so fond memories. How in the world would they knock down the walls of such history for so many people from cradle to grave?

However, let me publicly commend the people with vision, fortitude, money, and energy who came up with

what is there today.

It fondly reiterates in my own mind and heart the gratefulness of living in such a great area, and being able to walk through that park every morning, or as often as one chooses.

During this Thanksgiving period, I turn to awesome God, the creator of the universe, all things big, and small and everything in between, and sent His son Jesus Christ, who gives us the biggest reason to be thankful: abundant life and eternal life.

From our house to yours, and all that may mean, may the God of peace indeed fill your hearts with love and thankfulness.

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## Fall' into a Vehicle Maintenance Routine

With autumn's shorter days and cooler temperatures getting closer, now is a good time to get your car ready for seasonal changes.

Over the summer months, your vehicle endures a lot of wear and tear from the heat and long road trips. As temperatures begin to drop in the fall, these existing wear and tear issues can be exacerbated. The best way to transition into fall is to visit your local Service Provider for your Seasonal Service!

Regular maintenance on your vehicle not only keeps you safely on the road, but things like checking your tire pressure can also increase your vehicle's fuel efficiency, prevent premature wear on your tires and save you money in the long run."

To avoid costly repairs and ensure your safety on the road:

Have a Yearly Brake Inspection. You should never postpone necessary brake repair. A well functioning brake system is crucial for your safety and procrastinating may lead to rotor damage and added repair costs down the road.

Have your Air Filter Inspected. Engine air filters should be replaced twice per year as part of regular maintenance, and the spring and fall are suggested times to address this maintenance task. If a filter is not regularly replaced, the vehicle's fuel economy, performance and emissions begin to deteriorate, becoming progressively worse until the dirty filter is replaced.

Inspect Lights. Make sure all of your vehicle's exterior and interior lights are working as part of regular vehicle maintenance to improve safety. It's important for you to see, as well as be seen, during fall's longer and darker nights.

Engine Driveability. Have any engine stalling or idling issues examined and resolved before winter hits. Dealing with this issue now can help prevent wintertime failure-to-start problems. Make sure to have your battery replaced when it is becoming weak to avoid damage to your starter and alternator.

Having a tuneup performed on a regular basis can prevent costly repairs and premature engine damage. Leaving these items too long will result in issues that require diagnostic testing to find the problem and add to the cost of maintaining your vehicle.

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# Gimli Film Festival recognized for tourism excellence

By Patricia Barrett

Travel Manitoba recognized the Gimli Film Festival for tourism excellence at its 18th Annual Manitoba Tourism Awards Oct. 4.

The GFF took home the Innovation Award during a gala dinner presented by Manitoba Liquor & Lotteries at the Viscount Gort Hotel in Winnipeg.

Gimli Filmmaker Andy Blicq, who sits on the GFF board, said the festival provides visitors with an experience unique to the beach-side town.

"We're absolutely thrilled by this acknowledgement," said Blicq, who did not attend the awards but spoke by telephone a few days after the gala. "It is a unique festival, and I think that's part of the innovation side of things. We try to give people an interesting experience, not least of which is our beach where people can sit and watch a movie."

The festival's success also comes down to the community, he said, and to the volunteers from far and wide who help organise many facets of the event and staff the venues.

"We are so grateful for and rely on our volunteers ... to make this event happen," said Blicq, who co-produced a documentary with Huw Eirug on the demise of rural museums titled *The End of Our Memories*, which debuted at the 2016 festival.

The Manitoba Tourism Awards celebrate the efforts of individuals and organizations, recognizing "outstanding contributions to the provincial tourism industry, including promoting Manitoba as a destination, providing memorable service to visitors and developing the tourism industry," according to Travel Manitoba's Oct. 5 press release.

Blicq said there's a lot of hard work that goes on behind the festival's scenes and that it's great to be acknowledged by Travel Manitoba, which showcases the province's major tourist attractions, cultural events and out-of-the-way destinations.

"It's a pretty major undertaking for a small community to put on a festival of this scale," he said. "We never lose sight of that, how important the support of the community is to making the festival a success."

Attendance increased 10 per cent over last year's event, said Blicq.

That may indicate the appeal of cinematic storytelling and the opportunity for filmmakers and the public alike to take part in a dedicated film event.

"It tells us we're on the right track," said Blicq, who spent several years with the CBC before co-founding a Gimli-based production company called 4th Avenue Productions. "And so does this award. We're looking forward to next year."

Travel Manitoba cited the GFF's environmentally friendly approach, adaptation to changing technology that impacted visitor satisfaction, and better engagement with the public, industry and volunteers.

GFF board member Del Arnason attended the gala dinner and accepted the Innovation Award on the festival's behalf.

"It was a very nice event," said Arnason, crediting Manitoba Travel for the awards banquet. "I was very impressed."

She explained how the GFF adopted a streamlined electronic processing and information system to provide people with improved access to such things as tickets, schedules and venue maps.

"We went from paper-based to electronic," said Arnason. "We ... made it more accessible for clients, partners and our sponsors."

The festival drew about 12,000 people this year and there was "definitely an increase of traffic to our site because it was easier to use," she said.

For the past 16 years, the GFF has showcased the best new films from local, national and international filmmakers, including documentaries and



EXPRESS PHOTO BY GAIL MCDONALD/ITA

Jacques Bourgeois from Oak Hammock Marsh and Del Arnason from the Gimli Film Festival accepted awards from Travel Manitoba for tourism excellence.

short films, over the course of several days in a number of local venues.

The free night-time screenings on Gimli beach has drawn hundreds of people since its inception.

Next year's festival will have some "surprises," said Arnason, who was not quite ready to elaborate.

In addition to the yet-to-be announced surprises, the festival's

Artistic Director Aaron Zeghers, a Winnipeg-based filmmaker, and the board are in the initial stages of planning something special for Canada's 150th birthday.

"I promise it will be an exciting year," said Arnason.

## > FREE SAPLING PROGRAM, FROM PG. 13

to pick them up at the greenhouse. And if you want more than 25 you will have to pay for those."

This is the fourth year the WIWCD has offered this program and the popularity has grown each year. Even those who have received saplings in previous years are still able to get 25 of them for free. Last year the WIWCD filled 279 orders with Sabados Greenhouse who sourced 6,841 saplings.

Both Alan and Karen Sabados want to see more people take advantage of this opportunity and get their saplings. Sabados said that he personally wants to see the beach front property along Lake Manitoba return to its natural state before the flood when it was flush with trees. The over-saturation from the flood water destroyed many of the trees on the beach and inland, but Sabados knows that given enough

time they can once again be filled with spectacular maples, birches and pines.

"People can use them to make their property nicer, create boundaries or even one day hang a swing from them. There is no such thing as too many trees," said Sabados.

Sabados explains that the saplings are bare root, meaning that there is no soil surrounding the sapling's roots,

and that they can be anywhere from a foot to a foot and a half when delivered. Many of these saplings can grow more than a foot per year and they have all been chosen because of their commonality around the province and their ability to survive the climate.

Anyone interested in learning more about the sapling program is encouraged to visit [www.wiwcd.com](http://www.wiwcd.com).



# Lakeview Hecla to host half marathon for Lake Winnipeg

## Approximately 200 taking part in Lake Winnipeg research fund raiser Saturday

By Patricia Barrett

The Lakeview Hecla Resort in Grindstone Provincial Park will be hosting a half marathon this coming Saturday to help raise funds for research on Lake Winnipeg.

This is the first half marathon the resort has hosted.

"It's in support of the Lake Winnipeg Research Consortium," said Dwayne Olson, who helped organise the race with Terry Anniuk, the resort's sales and catering manager.

The Lake Winnipeg Research Consortium is a charity consisting of 32 agencies. It coordinates scientific research endeavours on the lake.

A small part of the marathon's proceeds will be donated to the Hecla Historical Village Association, said Olson.

The Historical Village is a self-guiding trail that takes visitors on a tour of what life was like in the 1870s when Icelanders first settled on the island, as well as in subsequent years. The stops along the trail include an ice house, fishing boats, sawmill, general store and a school.

Not only will the runners be supporting a good cause, but they'll also be subject to a bit of pampering.

"We're really rolling out the red carpet for the runners," said Olson, who will be acting as race director on the big day. "The runners are never going to be treated like this at any race in Manitoba."

First off, they will be treated to spectacular views along a 5- or 10-kilometre winding course.

"It's one of the very few marathons that's both half road and trail," said

Olson. "The last two kilometres of the race are ... on a trail. It actually goes around the point, and when you look to your right, you'll see the South Basin... Then you'll turn and you'll be running along Gull Harbour and looking into the North Basin."

The real treat, however, may come after the race when the resort throws open its Salka spa.

Runners will be furnished with beverages and encouraged to immerse themselves in one of resort's four mineral pools.

Olson said there has been no marathon in Interlake that has come close to this one in terms of participants.

"It's the inaugural year and it's already the largest running event in the Interlake."

As of last week, more than 200 people had signed up, 70 per cent of them women, said Olson.

Nicole Whiteway is one of those people.

She said marathons bring out her competitive side and encourage her to test herself.

"It's such a different thing on race day: you're pumped up and there's people around you. You don't want to be passed and you get competitive," said Whiteway, who lives in Gimli. "Any time someone passes you – that kind of burns you to push harder or go longer without a break than you would normally when you're just running by yourself."

For someone who just started running this year, Whiteway has already totted up some serious marathon miles.

In February she took part in Win-



EXPRESS PHOTO COURTESY OF NICOLE WHITEWAY

Nicole Whiteway from Gimli will be taking part in the Hecla Half Run this Saturday to help raise funds for Lake Winnipeg.

nipeg's Hypothermic Run, a winter marathon held in a number of cities across Canada, the Manitoba Marathon half, the Fun Run in Gimli and the Biking to the Viking fundraiser.

And "with little-to-no training," she completed the triathlon in Hecla in August.

"I finished dead last, but I did it," she laughed.

She trains four-to-five days a week and takes to her treadmill when the weather doesn't cooperate. She wants to complete a full marathon in a few years.

"I run because it makes me feel good," she said. "Nothing else beats going for a long, hard run and getting rid of your stresses and anxieties and all that kind of bad juju that ... life ... throws at you."

The spa at the Lakeview is probably another option for stress release.

"I'm going to take advantage of that," she said.

The Hecla Half Run starts at 11 a.m. on Saturday Oct. 15.

For more information, visit [www.heclahalf.com](http://www.heclahalf.com).

# Lundar Golf Course holds year-end fundraiser

By Jeff Ward

The annual year-end fundraiser for the Lundar Co-Op Golf and Country Club brought an official end to clubhouse operations. But for those willing to brave less than desirable golf conditions the season will continue until the snow arrives.

The fundraiser took place Oct. 1 and offered a full roast beef dinner as well as a silent and live auction. Both auctions and the meal act as a fundraiser to help keep the golf course open and in shape. President of the co-op, Darryl Rudge said that although the

clubhouse is closed, golfers are free to head out onto the course for as many rounds as they can get in before the snow flies completely free of charge. Rudge said that the funds raised brought in what is necessary for the club to operate financially until spring.

He added that people are very supportive of the golf course because of how rare they are becoming in the Interlake.

Rudge explained how locals from Eriksdale and Lundar donate items that they believe are saleable during

the live and silent auction.

"Doug Kirby who took over for Al Kelner who tragically passed away a few days before the fundraiser conducted the live auction. Rudge said that Kelner was a big part of bringing life to the live auction and that he even helped find a replacement in Kirby this year. Kelner had been the auctioneer since the fundraiser began six years ago.

"Since we started Big Al has always been our auctioneer. Doug did a great job, but it was certainly tough without Al," said Rudge.

The grounds keeping team will be creating temporary greens as they prepare the course for winter over the next few weeks. Snow fences will go in on the greens to help keep the snow in place so that the grass doesn't get burned out in the off-season.

The golf course was probably in the best shape it's ever been in this year because of our superintendent, Jason Olafson. Everything he and his team have been doing has contributed to a fantastic playing surface. Golfers definitely noticed," said Rudge.



# Ashern man crowd funding his board game invention

By Jeff Ward

An Ashern man is looking to the Internet to help crowd fund his new board game that he hopes will be a hit.

Raymond Northcott is already 25 per cent of the way towards his \$22,000 goal on Kickstarter with more than \$5,000 pledged towards his project. His game, *The Hackers Guild* combines competitive and cooperative play in a dystopian future where computer hackers must take down an evil corporation in order to save the human race from being enslaved. One player takes the role of the Administrator who works for Monolith Global, while the other players take on the roles of several hackers, each with their own unique abilities who are tasked with hacking core sites in order to shut the corporation down. Northcott is hoping to bring his vision to life and make it available to the masses, but first he needs to fund it.

Kickstarter is a website where anyone with an idea can post their creation and petition people all over the world to give them money to make their idea come to life. Depending on how much a person pledges there are different reward tiers. Northcott even has a few stretch goals in place in case he raises more money than he needs.



EXPRESS PHOTO BY JEFF WARD

Raymond Northcott has spent the last 10 months creating his board game, *The Hackers Guild*, and hopes to fundraise \$22,000 to help bring his game to market.

Movies, books, music and games are all on the site and many rake in millions of dollars in funding.

Northcott has been working on the

*Hackers Guild* since December of last year.

"I remember lying in bed and then

a thought popped into my head and I said I need to make a board game. After that I just got to work and have refined and refined and even did some play testing over the summer," said Northcott.

He said that the game he's marketing on Kickstarter is quite different from the game he started back in December. Through play testing with his brother, Northcott was able to iron out features of the game that were either too complex or that weren't fun. Like most creative he doesn't feel like the game is perfect, but is very proud of what he has and believes it to be a fun experience.

Northcott plans to have the game out in the hands on his backers by April of next year if the project is funded. Kickstarter does offer flexible goals, however, this one is not one of those situations. Northcott needs to raise the entire \$22,000 or he gets nothing.

"I've tried not to focus on the site too much. It'll either get funded or it won't. I think the game is fun and I have a lot of interest in it already so there's definitely a future for it somewhere," said Northcott.

Anyone interested in helping fund the project can go to [kickstarter.com](http://kickstarter.com) and search for *The Hackers Guild* to learn more.

# Lundar Community Resource spreads awareness with luncheon

By Jeff Ward

The Lundar Community Senior Resource Council held their annual awareness luncheon recently and hosted approximately 100 people who were able to get a better understanding of all the services available to them.

The luncheon provided an opportunity for attendees to learn more about the senior resource council, Lifeline, diabetes treatment and reflexology. Chantal Rae is a chronic disease nurse for the area and left information about diabetes and upcoming chronic disease sessions she's hosting. Terri Cramp who is a certified reflexology therapist gave free 10-minute foot massages to attendees. Thorkelson said the line for foot massages was very long. The council helps enable seniors and people with disabilities to live independently and safely in their

homes for as long as possible. Cindy Thorkelson is the senior resource coordinator and organized the event and said that the reception from attendees was very strong. She said her phone at the office is always ringing but does see an uptick in calls following the luncheon because residents are interested in many of the things they learn about during the event. Thorkelson said that the event also serves as the main fundraiser of the year and this year the council raised \$1,100.

**"WE HAVE A PRETTY EXCEPTIONAL COMMUNITY THAT SUPPORTS US, SO IT'S REALLY GREAT TO SEE."**

"Our fundraiser just serves to cover our office expenses for things like our phone because we're a not for profit," said Thorkelson who added that the RM of Coldwell gives

them office space free of charge which



EXPRESS PHOTO SUBMITTED

Certified reflexology therapist Terri Cramp gave free foot massages during the awareness luncheon. Her booth was extremely popular with attendees.

Continued on page 21



# New health centre hopes to bring more docs to Selkirk

By Lindsey Enns

A new health and wellness centre coming to Selkirk is hoping to bring more than 100 new medical and health care professionals to the area.

Barry Mosiondz, vice president of human resources and administration for Easton Place Medical Centre, said the medical clinic will employ 10 family doctors, hip surgeons, two psychiatrists, two pediatricians as well as several other specialty doctors from chiropractors to dentists.

"We're very excited to have a facility where it will be a one stop shop for all your medical needs," Mosiondz said during an earlier interview with the *Record*. "There's nothing that we are aware of that has all of those in one place."

Mosiondz said "as a recruiter, Selkirk is not a hard sell."

"This is an extremely desirable place to live," Winther said. "Combined with a culture that embraces technology and strong mentorship, we hope Easton Place will encourage doctors and their families to become a part of the community and share in our common goal of making Selkirk and the Interlake the best place to live in the province."

Mosiondz said they are on track to begin construction of the first phase of the roughly five-year project in spring 2017.

The first phase will be the medical clinic, which will be home to an array of doctors including an orthodontist, dentist, chiropractor, physiotherapist, optometrist, audiologist as well as visiting specialists to make it easier for patients to access multiple medical experts in one day.

The second phase will be the health, wellness and education centre, which is being described as "the heart of Easton Place." The non-profit centre



**EXPRESS PHOTOS BY LINDSEY ENNS AND SUBMITTED**  
**ABOVE:** Members of the City of Selkirk, including Selkirk Mayor Larry Johannson, pictured centre, as well as representatives of the upcoming Easton Place Medical Centre gather for a photo under their new billboard located along Easton Place across from the new Selkirk hospital last Wednesday. **BELOW:** A more recent rendering shows what the front entrance of the new health and wellness centre will look like once completed.



will serve as a community hub for physical activity, nutrition, coaching and education.

The third phase will be a retail and commercial mall equipped with a res-

taurant plaza.

Lastly, the fourth phase will be the transitional care facility, which will serve to help those recovering from surgery or those unable to manage at

home alone.

"Easton Place will provide Selkirk and Interlake residents access to world-class medical and wellness services in one convenient location, without the expense and stress of traveling to Winnipeg," said Neil Winther, vice president of planning and development for Easton Place.

Winther added they are also working closely with the Selkirk and District Hospital and Selkirk Mental Health Centre so that their services will complement what they are already doing.

"We want to integrate our project with everything else that's being offered in the community," he said.

Once complete, it is estimated the health and wellness centre will cost around \$80 to \$100 million, some of which is being funded by a local surgeon and they are hoping to raise the rest through fundraising efforts.

Although they haven't started officially collecting funds just yet, Winther said they've been receiving all kinds of support from community and area organizations.

Winther added the project is very "unique" and unlike anything else in North America.

Easton Place will occupy nearly 16.5 acres of land along Easton Drive directly across from the new hospital that is currently under construction and adjacent to Selkirk Veterinary Services.

"We are making great progress and hope to break ground on the Medical Centre as soon as the spring of 2017," Winther said. "MMP Architects have been hired to design and oversee all phases of the project, and the Creado Group have been hired to conduct a fundraising feasibility study for the Not for Profit Transitional Care and Wellness Centers with a report expected this October."

## > LUNDAR COMMUNITY RESOURCE, FROM PG. 20

is a big help because they don't have to worry about paying rent. And the location at the RM office on Main St. makes them more accessible for seniors.

"We charge for the lunch but one of the more amazing things about our luncheon is that all our food is donated, except the salad bar. So people prepare things to eat but then also buy them from us after donating. We have a pretty exceptional community that supports us, so it's really great to see."

Thorkelson said that she's never been surprised by the way the community supports the services the council provides. She said that over the years it's become normal to see the community rally behind certain causes and that while it's not expected, it's also not surprising when it happens.

Anyone looking for more information about what services the resource council offers can call Cindy Thorkelson at 204-762-5378.

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## A banner day in Zone 5 cross country

By Brian Bowman

The weather may have been cold but the running was red-hot at the Zone 5 cross-country championship in Lundar last week.

The Stonewall Collegiate Rams dominated at the Zone 5 meet, with runners finishing first overall in each race while the junior varsity boys won their zone banner.

In the junior girls' race, the Rams Tess Derksen placed first ahead of teammates Megan Van Heyst (second), and Hope Blanchette (sixth).

Warren Collegiate's Alexis Cowan finished third. All of the Wildcat junior girl runners placed in the top 10 to capture the Zone 5 banner.

The varsity girls' race saw Stonewall Collegiate's Amber Schneider win the race while teammate Hanna Marshall was third. Teulon Collegiate's Kailen Ledochowski won the silver medal.

The Gimli Lakers won the varsity girls' Zone 5 banner.



**EXPRESS PHOTOS BY JEFF WARD**  
The Gimli girls won the MHSAA Zone 5 varsity Cross Country banner.

The Rams' Scott Yeo won the varsity boys' race, finishing ahead of Ashern's Evan Klyne-Geisler and Teulon's Mark Shinnie. Shinnie led the Saints to the varsity boys' Zone 5 banner.

Stonewall was also very good in the junior boys' race as the Rams swept all three medals. Aiden Erickson placed first, followed by team-



Ashern's Evan Klyne-Geisler, far right, finished third in the Varsity boys cross country run.

mates Cale Woods (second), Noah Bracken (third), Chris Wiebe (fifth), Alex Renner (sixth), Braden Richardson (seventh), and Brayden Renner (eighth).

The MHSAA cross-country provincials took place yesterday in Nelson House. No results were available at press time.

## Lightning finish 1-2 at Bantam 'AAA' Showcase

By Brian Bowman

The Interlake Lightning saved their best for last at the Bantam "AAA" Showcase last weekend at the MTS Iceplex.

After losing 6-4 to the Winnipeg Sharks on Friday and 6-0 to the Pembina Valley Hawks Saturday, the Lightning rebounded nicely to edge the Norman Wolves 4-3 in a penalty-filled game on Sunday.

"It was a good effort by our kids," said Lightning head coach Chad Balmer, a Selkirk resident. "It was nice to get a win and, in the other two games, our kids (were competitive)."

In Sunday's win, Colby Bear led the Interlake with two goals while Carter Bateman added a goal and an assist. Easton Hazelton also scored for the winners.

Jackson Kummén earned the win in goal.

In the Sharks' loss, Interlake led 2-1 after the first period but Winnipeg broke the game open with five second-period goals.

"They scored four goals in about a five-minute span," Balmer recalled. "We just seem to have that moment

where we give up a lot of goals in a short period of time."

Cody McMillan and Hazelton scored for the Lightning in the first period and then Nathaniel Murdock and Lyle Murdock tallied in the second.

Graeme Patrick (two), Tyler Carvalho, Chase Sobey, Leonard Baranyk and Rhonan White replied for the Sharks.

Kummén and Chris Fines split the goaltending duties for the Interlake.

Against Pembina Valley, the Hawks held period leads of 2-0 and 3-0 but then turned a relatively close game into a rout with three unanswered goals in the third.

Pembina Valley scored the three goals despite being outshot in the period.

Caelan Russell, Riley Goertzen, Roux Bazin, Trent Cane, Daniel Isaak, and Justin Keck scored for Pembina Valley.

Fines took the loss in goal.

The Lightning roster is made up of players scattered throughout the Interlake. That makes it tough to ice a competitive team early in the season but Balmer is confident that their club will be competitive against most teams by Christmas time.



**EXPRESS PHOTO BY LANA MEIER**  
Interlake's Lyle Murdock battles for the puck against a Pembina Valley player during the Bantam "AAA" Showcase last weekend.

"It's going to take some time and a lot of practice," Balmer admitted. "But we'll definitely be competitive this year."

The Lightning hosted the Monarchs this past Tuesday in Stonewall but no score was available at press time. Interlake will then host the Warriors this Friday (7:30 p.m.) in Stonewall.

## Arborg wins JV boys' Riverton tournament

Staff

The Arborg Athletics won a junior varsity boys' volleyball tournament in Riverton last Thursday, defeating Warren Collegiate 2-1 in the championship game.

After losing the first set 25-20, Arborg then won the next two by scores of 25-20 and 15-0. The Athletics placed first overall in the five-team round-robin, finishing with a 6-2 record in sets.

In the round robin, Arborg swept Fisher Branch (25-14, 25-8) and Lundar (25-21, 25-4) and split with Warren (20-25, 25-23) and Riverton (25-20, 23-25).

The Wildcats reached the finals after squeaking past Riverton 2-1 (25-20, 14-25, 15-13) in a semifinal matchup.

Warren and Riverton were both 6-2 in the round robin while Fisher Branch and Lundar were each 1-7.

## Finnson traded to the Blues

Staff

Kristjon Finnson will be playing hockey a little closer to home for the remainder of the season.

The Waywayseecappo Wolverines traded the Stonewall defenceman to the Winnipeg Blues last week for the MJHL list rights of defenceman Connor Dunn (1997).

Finnson played five regular-season games for the Wolverines this season, registering an assist and two penalty minutes.

He started his MJHL career with the Portage Terriers in 2013 and then spent the next two-plus seasons in Waywayseecappo.

In 145 MJHL regular-season games, the 6-foot Finnson has scored three goals and produced 21 points.



# Local teams begin KJHL action

By Brian Bowman

The Keystone Junior Hockey League regular season began last weekend but there wasn't much good news for the local teams.

Lundar started its regular season Friday with a 7-4 road loss to the St. Malo Warriors.

The score was tied at 4-4 until 5:25 remaining in the third period when St. Malo's Jonathan Kostek scored the eventual game winner. Dustin Wiebe then added a pair of late goals to secure the win.

Dennon Sichevski and Landen Gray scored first-period goals for Lundar and then Maurice Hince tallied for the Falcons early in the second. Eric Miller scored Lundar's fourth goal on the power play midway in the third.

Kostek, Brandon Stratton, Riley Hunter, and Elmar Table also scored for St. Malo. Jared Magne had five assists.

On Sunday, the Falcons lost 5-1 to the Fishermen in Selkirk.

Brayden Kowalchuk and Connor Cyr gave Selkirk a 2-0 first-period advantage before Gray cut that lead in half early in the second period.

But it was all Selkirk after that.

Mike Smiley scored midway in the second period and then Gordie Longbottom and Kale Ilchena tallied in the third.

Travis Schalk made 21 saves for the win.

The Arborg Ice Dawgs also had a shot at the Fishermen and were shut out 6-0 on Saturday.

Milan Horanski led Selkirk with two goals and an assist. He opened the game's scoring in the first period and then Drayton Mendrun tallied in the second.

The Fishermen then broke the game open in the third with goals from Connor Cyr, Coel Forsyth, Ilchena, and Horanski.

Meanwhile, the Peguis Juniors and Fisher River Hawks were both scheduled to host the Norway House North Stars last weekend but those games were postponed.

Arborg is back in action this Friday (8 p.m.) when it visits St. Malo and then the Ice Dawgs host Peguis on Saturday (7:30 p.m.). The Juniors will host Cross Lake on Sunday (3 p.m.).

Fisher River will travel to Selkirk on Saturday (7:30 p.m.) while Lundar will host St. Malo on Sunday (2:30 p.m.).



EXPRESS PHOTO BY LANA MEIER

The Falcons' Maurice Hince wins a faceoff against a North Winnipeg player during Lundar's win on Oct. 4.

## Interlake players on MJHL college hockey prospect watch list

Staff

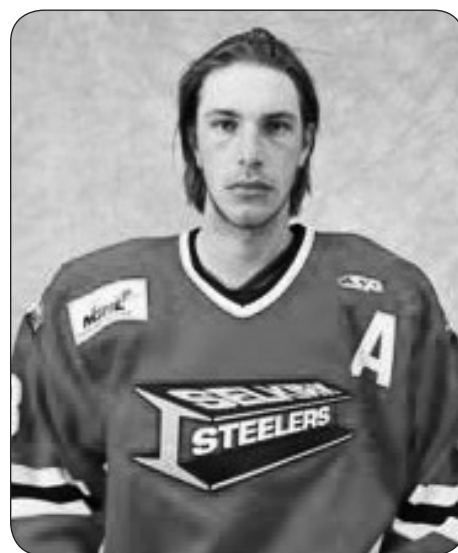
The Manitoba Junior Hockey League has announced its initial College Hockey Prospect Watch List, which includes the top two college-eligible prospects from its 11 teams.

Three Interlake players – Arborg defenceman Griffin Chwaliboga, Gimli forward Noah Basarab, and Selkirk forward Dallas Starodub (Selkirk Steelers) - were placed on that list.

This list will be followed up by a MJHL League-Wide Top 25 Prospect Watch List, which will be released prior to the Old Dutch-MJHL Player Showcase held Dec. 12-14.

In order to keep scouts and fans updated, a final Watch List will be posted at the end of the regular season.

There are currently three players in the MJHL this season who have committed to NCAA Division 1 schools: defenceman Tyler Jubenvill (1999) Winkler Flyers (committed to Bemidji State); defenceman Brady Keeper (1996)



Dallas Starodub

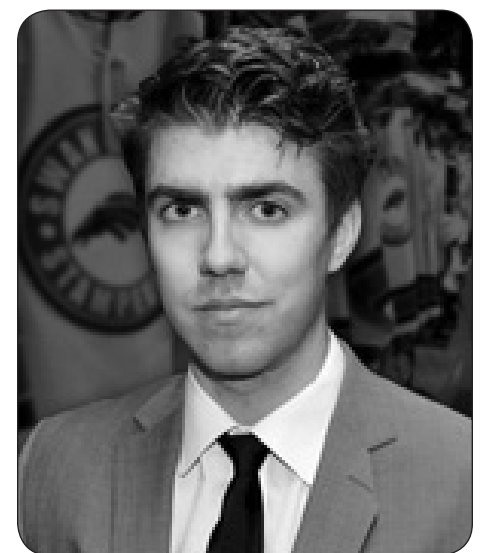
OCN Blizzard (committed to University of Maine); and forward Dylan Thiessen (1998) Virden Oil Capitals (committed to Mercyhurst).

Each team's players on the MJHL Watch list include: Steinbach (Darby



Griffin Chwaliboga

Gula, Mackenzie Graham), Swan Valley (Trevor Mann, Basarab), Winkler (Scott Gall, Lawson McDonald), Dauphin (Riese Gaber, Brett Piper), OCN (Travis Roch, Brady Valiquette), Neepawa (Sam Stewart, Chwaliboga),



Noah Basarab

Portage (Chase Brakel, Layne Toder), Selkirk (Taylor Fisher, Starodub), Winnipeg (Matt Leblanc, Mike Forsyth), Virden (Ben Dalke, Tyler Kirkup), and Waywayseecappo (Riley Martin, Landon Cochrane).



# Thunder advance to MFLM semifinal

By Brian Bowman

The Interlake Thunder will have a very tough test against the Falcons Football Club in their semifinal clash this Saturday afternoon.

Interlake (3-5) will have to defeat the Falcons (7-1) to advance to the Midget Football League of Manitoba final later this month.

"This will be our third time playing them, so our two teams know each other very well," said Thunder head coach Kris Johnston. "We know that they are obviously a very good offensive team. They have good team speed and they definitely like to throw the ball."

The Falcons defeated the Thunder twice during the regular season – 36-0 on Oct. 6 and 22-2 on Sept. 14 – so Interlake will have to play great defence, sustain long drives for touchdowns, and win the turnover battle to upset the high-powered Falcons.

"We're going to have to be very assignment sound on defence," Johnston said. "And we're going to have to make sure we use our athletes intelligently. Our focus will be to defend the run and the pass, particularly the pass."

Interlake will battle the Falcons today at 3 p.m. at East Side Eagles Field. In the other semifinal clash Saturday (3 p.m.), St. Vital will play Southwest.

The Thunder finished their regular season with a dominating 44-6 win over the Sunrise Coyotes last Saturday. Interlake's offence, which had struggled in recent weeks, looked real good against Sunrise.



Fraserwood's Colton Noedotiafko had a great game running 190 yards on 19 carries along with a touchdown.

"They ended the regular season on a fantastic note," Johnston said of his club. "We had really great performances all over the field."

The Thunder's Colton Nedotiafko had a great game running the ball, finishing with 190 yards on 19 carries to go along with a touchdown.

"Colton has just been an outstanding rookie and he had himself a great day," Johnston said, noting Ryan Doak and the offensive line in front of him



EXPRESS PHOTOS BY LANA MEIER

Interlake's players Carter Becker (57) and Austin deLaroque (59) take down a Coyote player while St. Martin's Joel Pashe (90) and Stonewall's Carter Safiniuk (23) look on during the Thunder's 44-6 win last Saturday.

also played really well. "He grounded out the hard yards that we needed."

Interlake quarterback Thomas Dunlop, Cordell Holder and Tristan Kisilowsky also had rushing TDS for the Thunder.

Dunlop, who had a strong game, also threw touchdown passes to Germain Waldner (six catches, 133 yards) and Alex Frances (three catches, nine yards).

Defensively, Interlake's Kevin List-

er played real well, finishing with a team-high 11 tackles and a sack. Tanner McCallen and Colton Meisner also played very well defensively, said Johnston.

"He was amazing," Johnston praised of Lister. "He was all over the field... and just an utter standout. He was fantastic and he has been amazing all year. He's one of our biggest leaders on defence along with Austin deLaroque."

## Lightning zapped twice in Manitoba AAA Female Midget Hockey action



TRIBUNE PHOTO BY LANA MEIER

Interlake's goaltender Kerigan Dowhy makes a save during the Lightning's 7-1 loss to Yellowhead last Sunday.

By Brian Bowman

The Interlake Lightning opened its Manitoba AAA Female Midget Hockey League regular season with a pair of losses last weekend.

Yellowhead blanked the Interlake 4-0 on Saturday and then won 7-1 Sunday in Stonewall.

In Saturday's game, Yellowhead scored once in the second period and then added three more in the third.

On Sunday, Kyra Shewchuk scored the Lightning's lone goal in the second period, assisted by Jillian Henry and Ashley Sigfusson.

Yellowhead scored three times in the first period and then added two more in each of the second and third periods.

At a preseason tournament late last month, Interlake posted a 1-3 record. The Lightning defeated Norman 2-1 but lost to Westman (4-1), Battleford (3-1), and Central Plains (3-1).

Next action for the Lightning is this weekend when Interlake hosts Central Plains in a pair of games in Stonewall. Saturday's game will start at 8 p.m. while Sunday's matchup will begin at 4:30 p.m.



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Saturday October 15th @ 10:00 am

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## GARAGE SALE

Friday, Oct. 14 9-6 pm  
Saturday, Oct. 15 9-3 pm  
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Supplies/Trolley, Craft Supplies, Lots of  
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Good Bulls.....	105-121	Older & Shelly Cows..	55+up
<b>STEER PRICES</b>		<b>HEIFER PRICES</b>	
400-500 .....	170-194	400-500 .....	170-179
500-600 .....	160-187	500-600 .....	139-156
600-700 .....	153-174	600-700 .....	120-165
700-800 .....	148-172	700-800 .....	118-167
800-900 .....	142-179	800-900 .....	115-163
900-1000 .....	152-157	900-1000 .....	110-151

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## MUNICIPALITY OF BIFROST-RIVERTON REQUEST FOR QUOTATIONS Multiple Projects

The Municipality of Bifrost-Riverton invites quotations for the cleanout of the following separate projects:

- 1) East ditch of 10-23-2E and the west ditch of 11-23-2E.
- 2) West ditch of 20-23-3E
- 3) West ditch of 4-23-2E and the east ditch of 5-23-2E

Quotation packages are available at the Main Office or online. Sealed bids marked "BASIC Project (project description)" and clearly displaying the bidder's name will be received by the undersigned until 12:00 noon on October 21, 2016.

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

Cindy Stansell, CMMA  
Chief Administrative Officer  
Municipality of Bifrost-Riverton  
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Ph: 204-376-2391, bifrost@mymts.net

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LAKESHORE  
SCHOOL DIVISION

## TRANSPORTATION SUPERVISOR

Lakeshore School Division invites applications for a permanent full-time **Transportation Supervisor** commencing as soon as possible.

Lakeshore School Division is seeking a reliable individual to provide hands-on and supervisory duties related to transportation. Lakeshore School Division is located in the west Interlake with the division office in Eriksdale, Manitoba approximately 120 km north of Winnipeg. The school division is comprised of eight public schools, two Hutterian schools and 29 school bus routes operating approximately 1,000,000 km annually.

## RESPONSIBILITIES and DUTIES

### 1.0 Training and supervision of school bus drivers

- Ensure that bus drivers are adequately trained and have proper credentials.
- Conduct or arrange for annual in-services for bus drivers.
- Train bus drivers in proper driving techniques and pre-trip inspection procedures to ensure the buses are kept in safe mechanical condition and operated as economically as possible.
- Advise drivers of, and monitor their adherence to, all Provincial, Department of Highways and School Board regulations.
- Check periodically that bus loading times and procedures are followed.
- Evaluate bus driver performance when required.

### 2.0 Evaluating school bus routes

- Manage the Bus Planner program to update the addition or deletion of students on routes.
- Suggest additions or deletions of routes to the Director of Operations & Infrastructure.
- Evaluate passengers' behavior 'en route' where required.
- Investigate any instances of vehicle abuse or excessive breakdown of buses, implement remedial action.

### 3.0 Ensuring safe operation of buses

- Assess winter road conditions and ensure that it is safe to transport students. Report these findings to the Director of Operations & Infrastructure.
- Work with Principals and/or Bus Drivers to address safety concerns (i.e. loading zones, unruly passenger behavior, road conditions).
- Ensure monitoring of two way radios to assist Bus Drivers traveling in adverse weather conditions.

Please forward a letter of application with a resume and three references to:

Mark Parkes, Director of Operations & Infrastructure  
Lakeshore School Division, Box 100, Eriksdale, MB, R0C 0W0  
Phone: (204) 739-2101 Email: parkesm@lakeshoresd.mb.ca

**Application deadline: Wednesday, October 19th, 2016 at 12:00 p.m.**

We thank all who applied for their interest, but only those selected for an interview will be contacted. Lakeshore School Division may contact former employers. *Successful candidates must complete a Criminal Record and Child Abuse Registry check prior to commencing employment.*



# Classifieds Announcements

THE EXPRESS  
WEEKLY NEWS

## FARM EQUIPMENT

For sale – HD5 crawler dozer, good cond., undercarriage 75%, also has canopy, new clutch, asking \$7500 obo; 44 Massey diesel, good running cond., asking \$2500 obo. Ph 204-376-2495 or cell 204-641-0603.

## HAY & FEED

Round hard core bales of alfalfa, brome & timothy. Horse & cattle hay avail. Ph 204-467-5078 or 204-461-0722.

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## McSherry Auction

Annual Fall Gun Auction

Saturday, Oct. 22 9:30 am

Stonewall, MB #12 Patterson Drive

Book Your Guns & Hunting Related Items in Now to Take Advantage of our Coast to Coast Advertising!

Stuart McSherry Stonewall, Manitoba (204) 467-1858 or (204) 886-7027

## ANNOUNCEMENT

### FOUR GENERATIONS



### Four Generations of Cooks

Great-grandfather Wesley Lyle Cook (January 19, 1931) of Moosehorn, Mb holding new arrival Andrew Wesley Cook (July 6, 2016), along with proud grandfather Ralph Philip Cook and father Drayton Wesley Cook.

## ANNOUNCEMENT

### ANNIVERSARY



October 23, 1976-October 23, 2016

Happy 40<sup>th</sup> Wedding Anniversary

Roy and Candice Sigurdson

Come celebrate with the happy couple

Sunday, October 16, 2016

from 2 – 4 p.m.

At the Riverton Fellowship Circle

No gifts please just the pleasure of your company

## Meyers Auctions NOTICE OF PUBLIC AUCTION

TOWN OF NEEPAWA / NEEPAWA & AREA PLANNING DISTRICT

6:00 pm Oct. 28, 2016

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## RURAL MUNICIPALITY OF GIMLI

# PUBLIC NOTICE

PUBLIC NOTICE IS HEREBY GIVEN, pursuant to Section 194 of *The Municipal Act*, that the report of the Municipal Auditors and related Financial Statements for the year 2015 for the RM of Gimli have been deposited in the office of the Rural Municipality of Gimli at 62 2nd Ave, Gimli, Manitoba and are available for inspection by any person or their agent between the hours of 9:00 a.m. and 5:00 p.m., Monday to Friday, inclusive.

Any person or their agent, at their own expense, may make a copy thereof or extracts therefrom.

Dated at Gimli, Manitoba this 5th day of October, 2016

Randy Woroniuk, Mayor, Rural Municipality of Gimli

# take a break

> GAMES

## SUDOKU

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

Level: Intermediate

### Here's How It Works:

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

### Fun By The Numbers

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

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

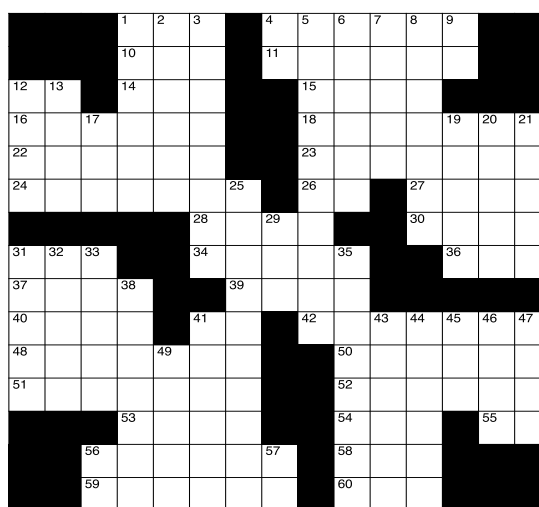
Sudoku Answer


Crossword Answer

# CROSSWORD

## CLUES ACROSS

- Not him
- Discrimination against older people
- A team's best pitcher
- Hard aromatic seed of an East Indian tree
- San Francisco
- Superhigh frequency
- Not fat
- A movable indicator on a computer
- Endings
- Rapper Iggy
- Environmental kind
- Agent of downfall
- Spanish be
- Rocky Mountain herb
- \_\_\_ and void
- Uprising
- Automatic teller machine
- European country
- No seats available
- Make sense of a language
- Sea eagle
- One of Thor's names
- Public relations
- Chitchat
- Metal alloys made of copper and zinc
- Explain
- Canned fish
- Of the nervous system
- Surrounded by
- Adam's wife
- Thallium
- Called
- Monetary unit
- If not
- Very fast airplane



## CLUES DOWN

- Bother
- Sounds caused by reflections
- Abstains from
- Article
- Intuition
- Ideas of right and wrong
- Group of chemicals
- Elected official
- Magnesium
- Inspect
- Initiates function (military)
- Los Angeles footballer
- Decomposition of a cell
- Spartan Magistrate
- Treaty organization
- Supplants
- The common gibbon
- Members of a Semitic people
- Small tropical fish
- Of the cheek
- Closeness
- Consider to be unworthy
- Of the penis
- Plural form of beef
- Able to speak or write a language
- Body part
- Information
- Communicate information
- Nabran village
- Of (French)
- Darmstadtium



# get inspired

> MEAL IDEAS

## No bake peanut butter granola bars



- 2 cups (500 mL) low-fat granola cereal
- 1 1/4 cups (300 mL) crispy brown rice cereal
- 1 cup (250 mL) uncooked quick-cooking oats
- 2 tbsp (30 mL) chopped almonds
- 1/4 cup (50 mL) dried cranberries or dried blueberries

- 1/2 cup (125 mL) honey
  - 1/2 cup (125 mL) creamy natural peanut butter
  - 1 tbsp (15 mL) canola oil
  - 1 tsp (5 mL) vanilla extract
- Directions

In large bowl, combine granola, rice cereal, oats, almonds and dried berries; set aside.

In small saucepan, bring honey, peanut butter, canola oil and vanilla over low heat and heat 5 minutes or until blended.

Pour peanut butter mixture over cereal mixture, stirring until coated. Press mixture into lightly greased 9 x 13 inch (22 x 33 cm) pan. Press mixture down tightly with wax paper. Cover and cool completely in pan in refrigerator at least 1 hour before slicing into 24 bars.

## Blackberry Streusel



- 1 1/2 pints blackberries
- 1/2 cup granulated sugar
- 1 tablespoon cornstarch or tapioca flour
- 1/2 teaspoon freshly squeezed lemon juice
- 1 9 1/2-inch tart crust

- Streusel
- 3/4 cup all-purpose flour
  - 1/3 cup firmly packed brown sugar
  - Pinch of kosher salt
  - 3 ounces cold unsalted butter, cut into 1/2-inch pieces
  - 1 recipe Chantilly cream (see box)

To make the streusel: In a food processor, combine the flour, brown sugar, salt, and butter and pulse until the butter is the size of large peas. Sprinkle evenly over the blackberry

filling.

Bake until the streusel is browned and the fruit is bubbling, about 25 minutes. Let the tart cool until it can be handled, then remove the pan sides and place on a platter. Serve warm or at room temperature, with chantilly cream on the side.

Planning ahead:

The streusel made be made two days in advance, covered and refrigerated. The tart is best served the day it is made. Store at room temperature. You may reheat the tart in a 325 F oven for 10 minutes. PC111266

Chantilly Cream

- 1 cup heavy whipping cream
- 1/2 teaspoon vanilla extract
- 1 tablespoon granulated sugar

Put the cream, vanilla and sugar in a bowl and whip by hand with a whisk or with an electric mixer on medium speed until soft peaks begin to form. The cream should hold its shape but still be very smooth.

Cover and refrigerate until serving.

Planning ahead: You can whip the cream an hour or two in advance, cover and refrigerate it. If it sits longer than that, it will start to thin out and you will need to rewhip it lightly before using. A few quick stirs with a whisk will do the trick.

## Building Motivation and Releasing Procrastination



"Nothing is so fatiguing as the eternal hanging on of an uncompleted task."  
~William James

We probably all, at one time or another (if not all the time) have difficulty motivating ourselves to complete some task or begin a project. Whether it is cleaning the basement or starting an exercise program, we may procrastinate for months, if not years.

This can be very frustrating, because one part of us really wants to begin working towards that goal. There is another part, however, that resist. Why does it resist?

Perhaps the task involves work and the resisting part would just as soon watch television.

The task may seem overwhelming, and it seems impossible to even decide where to start.

There are some concrete steps you can take to overcome the inertia of procrastination.

First make a list of the things on which you really want to, or feel you must take some action.

Then, put each one on a separate page. For each one, list the steps that must be taken to get the job done.

Pick the one, or ones you want to

start on, and put dates beside each step; the date by which or upon which you will complete that one step. It is much easier to contemplate and complete one step, than thinking about the entire project.

Let's imagine you are a teenager who needs to clean her room. On Monday, you go through the room and throw away anything that is garbage. On Tuesday, you pick up all the clothes off the floor and furniture, either hanging it up, putting it in a drawer, or into the laundry.

On Wednesday, you put books back on shelves, and anything else that needs to be stowed. On Thursday you pull out everything from under the bed and repeat the first three steps with whatever you find there. On Friday, tidy dresser tops and desk tops and the closet if needed. On Saturday, vacuum and dust. On Sunday, show your parents what you have done!

So, whatever it is you need to do, make a list, commit to dates, and get started. Completing each step will motivate you to take the next one, and before you know it, you have succeeded. (See below for information on where to get my MP3 on Building Motivation: Releasing Procrastination.)

Gwen Randall-Young is an author and award-winning Psychotherapist. For permission to reprint this article, or to obtain books, cds pr MP3's, visit [www.gwen.ca](http://www.gwen.ca)

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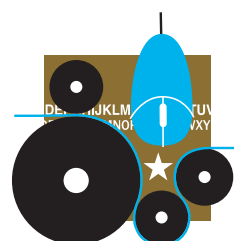
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