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WEEKLY NEWS

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Snow Play

EXPRESS PHOTO BY SARAH FLYNN
Sarah Flynn took advantage of the wet, sticky snow to build snowmen this past weekend. Flynn is the actress that many will remember from *Mary's Wedding*. The Theatre Projects Manitoba play opened last season when the group did a tour through a number of communities in TPM's Interlake Chautauqua project.

> everything you need to know in your locally owned and operated community newspaper

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Community celebrates 70 years in the Geysir Hall

By Teresa Carey

Approximately 170 adults and children helped mark Geysir Community Hall's 70th anniversary on Oct. 6, while enjoying an afternoon of food, socializing and live entertainment by local favourite, The Country Pride Band.

This was one of thousands of events that have taken place at the community hall since a small parcel of land east of Arborg was purchased, where the hall was built in 1949. It has seen a lot of use by the local communities throughout the years for such events as weddings, socials and funerals, weekly dances and live theatre, according to Joel Fridfinnsson, Geysir Hall board member and local Icelandic historian.

"Over the decades, the hall has been the site of weekly dances with (live music by) Johnny and his Musical Mates from Riverton. It was (a place) where relationships were formed and where people met. It held countless (live theatre) plays — basically held all of the functions that a community building serves," Fridfinnsson said.

The current hall is the Geysir area's third community hall. The first one,

situated a half-mile west of the current hall, was built in the late 1880s; while a second hall, located a mile south on PTH 68, was built between 1909 and 1910. Like the current hall, both saw many functions including community dances and live theatre. When, in 1949, the Geysir Community Co-op acquired a piece of land at the hall's current location (one mile north of PTH 68 on Road 17E), the current hall was built.

The first community event held there was a dance with live entertainment by Johnny and His Musical Mates on Sept. 9, 1949. The band would regularly be billed there each Friday night for years to come, drawing crowds from all around the Interlake region and beyond.

Fridfinnsson said another memorable event held there was one in 1958, when internationally renowned Arctic explorer Vilhjalmur Stefansson (who was born in nearby Arnes) appeared as a guest lecturer.

"I think he was doing a lecturing tour in Manitoba and that was one of his stops," Fridfinnsson explained.

Although the current Geysir Hall has not seen as much use as it has



EXPRESS PHOTO SUBMITTED

People of all ages enjoyed an afternoon of dance, food and live music at Geysir Community Hall's 70th anniversary, held on Oct. 6.

seen in its long and storied past, its 12-member board of directors usually holds a Christmas social to raise funds for the maintenance costs of the building. The hall also continues to be rented for assorted functions by different groups.

Despite newer venues that have moved into the surrounding area,

Fridfinnsson believes the hall will continue to remain a vital part of the community.

"The Geysir Hall will always have an interest because it has a unique atmosphere and spirit to it that the people enjoy," said Fridfinnsson. "It will always have its place."



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Interlake paramedics honoured at annual gala

By Evan Matthews

It's not every day that local heroes and heroines are formally recognized. Such was the case a couple of weeks ago.

The Paramedic Association of Canada hosted its annual gala in Winnipeg at the Metropolitan Theatre on Sept. 20, with three Interlake paramedics receiving the Governor General of Canada Emergency Medical Services Exemplary Service Medal.

Cathy Kozminski-Kirby, Christine Ewacha and Lenore Olafson, all IERHA employees, received the Emergency Medical Services Exemplary Service Medal for 20 years of exemplary service.

"The most rewarding part is helping my fellow Interlakers — I do live in Stonewall — I'm helping them through some of the most difficult moments in their life," said Ewacha, who was also stationed in Stonewall throughout her career.

"A paramedics role is to take control of someone else's emergency. To me, it's an honour that people have trusted me enough to allow me to do that," she said.

Ewacha recently switched jobs and now works with the College of Para-

medics of Manitoba as the co-ordinator of regulatory practice.

Previously she had worked as a Paramedic with the IERHA, and progressed to an EMS operations supervisor, all the while stationed in Stonewall, where she started volunteering in 1998, 21 years ago.

"To have my peers acknowledge the work I've done in my career as exemplary. It actually means a lot to me," said Ewacha.

"It's a recognition of my life's work. I always felt it was my calling. It's just a huge honour."

Each province also has its own subsidiary paramedic association, and the Paramedic Association of Manitoba (PAM) is the professional association for Paramedics and Emergency Medical Responders licensed in Manitoba.

Representing both rural and urban practitioners, PAM aims to enhance the role of paramedicine as a vital component in our health-care system and promotes the highest quality of emergency medical services and out-of-hospital care possible, according to its website.

"It's important you recognize people but not just for time of service. This is about employees who have really

exemplified exemplary service over a long career. ... These people are involved in their communities, so it's about people going that extra step," said Eric Glass, a former paramedic now the vice-chair of Paramedicine Across Canada Expo (PACE). Glass also received the Award of Excellence for Leadership and Community Building.

"Everybody appreciates a little bit of recognition," he said.

The awards ceremony was in con-

junction with the PACE 2019, which happened Sept. 19 to 21 at the RBC Convention Centre, according to Glass.

PACE is Canada's premier conference event attracting paramedics from across Canada and around the world, according to Glass. The event provides attendees with the opportunity to explore the latest in research and evidence critical to paramedics and their practice.



EXPRESS PHOTO SUBMITTED

Pictured left to right: John Prno (chair of the EMSESM National Advisory Committee), Thor Stevens, (IERHA supervisor), Lenore Olafson, Christine Ewacha, Cathy Kozminski-Kirby, Louise Alaire (IERHA EMS director).

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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.

Bring your Manitoba Health Card and wear a short-sleeved shirt.			
	Dates	Time(s)	Location(s)
Arborg	October 30	2:00 pm - 7:00 pm	Arborg Bifrost Community Centre, 409 Recreation Drive
	November 2	11:00 am - 2:00 pm	Arborg Provincial Building, 317 River Road
	November 5	10:00 am - 2:00 pm	Arborg Assisted Living Centre, 341 Ingolfs Street
	November 21	3:00 pm - 6:00 pm	Arborg Bifrost Community Centre, 409 Recreation Drive
Ashern	October 23	9:00 am - Noon	Ashern Community Health Office, 1 Steenson Ave
		1:00 pm - 4:00 pm	
	October 28	1:00 pm - 3:00 pm	Ashern Legion Hall, 3 Main St
	November 2	9:00 am - Noon	Ashern Community Health Office, 1 Steenson Ave
	November 6	3:00 pm - 7:00 pm	Ashern Community Health Office, 1 Steenson Ave
Eriksdale	November 13	1:00 pm - 4:00 pm	Ashern Community Health Office, 1 Steenson Ave
	October 29	9:30 am - 3:30 pm	Eriksdale Wellness Centre, 35 Railway Ave
	November 2	10:00 am - Noon	Eriksdale Wellness Centre, 35 Railway Ave
	November 5	1:00 pm - 7:00 pm	Eriksdale Wellness Centre, 35 Railway Ave
Faulkner	November 12	9:30 am - Noon	Eriksdale Wellness Centre, 35 Railway Ave
	October 30	1:30 pm - 3:00 pm	Faulkner Senior Centre
	October 22	1:00 pm - 6:30 pm	Fisher Branch Clinic, 23 Main St
Fisher Branch	October 26	10:00 am - 1:00 pm	Fisher Branch Clinic, 23 Main St
Gimli	October 22	12:30 pm - 6:00 pm	Gimli Community Health Centre MPR, 120 6 th Ave
	October 24	9:00 am - 1:30 pm	New Horizons, 17 North Colonization Road, Loni Beach
	November 12	9:00 am - Noon	Rotary Towers, 94 5 th Ave
	November 12	1:30 pm - 3:30 pm	Waterfront Centre, 94 1 st Ave
	November 16	10:00 am - 1:00 pm	Gimli Community Health Centre MPR, 120 6 th Ave
Gypsumville	November 1	10:00 am - 1:00 pm	Gypsumville Clinic, 1st St
Hodgson	October 29	10:00 am - 11:30 am	Early Settlers Lodge, 2nd Ave
Lundar	October 30	9:30 am - 3:30 pm	Lundar Community Health Office, 97 1st St South
	November 2	1:00 pm - 3:00 pm	Lundar Community Health Office, 97 1st St South
	November 6	9:30 am - Noon	Lundar Community Health Office, 97 1st St South
	November 13	1:00 pm - 7:00 pm	Lundar Community Health Office, 97 1st St South
Matheson Island	November 1	10:30 am - 11:30 am	Matheson Island School
Matlock	October 25	9:30 am - Noon	Matlock Recreation Centre, 77 Matlock Road
Moosehorn	November 5	1:30 pm - 3:00 pm	Moosehorn Curling Club, 1 st Ave
Pine Dock	November 1	1:30 pm - 2:30 pm	Pine Dock Hall
Poplarfield	October 29	1:30 pm - 2:30 pm	Poplar Villa, Hwy 68
Riverton	October 26	10:00 am - 1:00 pm	Riverton Clinic, 68 Main St
	November 14	2:00 pm - 6:00 pm	Riverton Clinic, 68 Main St
St. Laurent	November 5	1:00 pm - 6:00 pm	Laurentia Lodge, 444 Veteran's Memorial Road
	November 16	11:00 am - 2:00 pm	St. Laurent Community Health Office, 51 Parish Lane

Residents-only flu clinics may be planned in some senior and other community housing facilities. These clinics are not listed here. Check your building bulletin boards for a flu clinic poster that will have clinic details.

For more information, please contact your local community health office:
Arborg: 204.376.5559 Ashern: 204.768.2585 Eriksdale: 204.739.2777
Fisher Branch: 204.372.8859 Gimli: 204.642.4587 Lundar: 204.762.5469
Riverton: 204.378.3102 St. Laurent: 204.646.2504

To confirm the status of your flu clinic, please call toll-free 1-855-347-8500. Any changes to this listing will be posted online at www.ierha.ca – click on the banner “2019 Flu Clinics” on the home page.

Power outage cancels major curling event

By Ty Dilello

It was an unfortunate first in the curling world this past weekend as the Canad Inns Prairie Classic in Portage la Prairie was cancelled due to the major storm that recently hit the central region of our province. It's the first time in recorded history on the World Curling Tour that an event had to be cancelled mid-spiel.

The Canad Inns Prairie Classic is the most prestigious World Curling Tour event that our province hosts every season as it boasts several of the world's top teams such as Kevin Koe, John Epping, Brendan Bottcher, Peter De Cruz, Brad Gushue and Mike McEwen, amongst others.

Teams from all over the world including the United States, Switzerland, Japan and Korea came into Portage with hopes of winning big cash and lots of world ranking points. Unfortunately, the power went out in Portage on Friday night and didn't come back on until Sunday morning, leaving hundreds of curlers in limbo at the Canad Inns hotel in Portage for nearly two days with no electricity, hot water and little amounts of food to go around.

Because of the lack of power, the curling ice had melted, which left event organizers no choice but to cancel the bonspiel on Saturday afternoon. However, because of all the highways being closed, the curlers were stranded at the hotel and most weren't able to get back to Winnipeg until late Sunday.

Winnipeg Beach's Tanner Horgan featuring the Lott brothers were having a decent run when the event was cancelled. After winning their opening game, they pushed the world's number one ranked team Kevin Koe to an extra end before falling 5-4. Horgan's team was one of the many teams playing shorthanded as third Colton Lott was stranded in the Interlake with no way to get out to Portage on Friday as all of the highways to get out there were closed.

"It was a wild 48 hours out in Portage to say the least. The lights were flickering a little during our game against Koe and then soon after our game ended the lights went out for good and we were in the dark for good," relayed Horgan's second Kyle Doering.

"We were all using our phone's lights to see and get around at night-time. And then most curlers just hung around the hotel lobby for the next day and a half where there was the most sunlight coming in. Luckily when the Trans-Canada highway was reopened late Saturday night, my team and a couple of others got out of there and made it back to Winnipeg, which turned out to be a good idea as the whole town of Portage wouldn't get their power back until the next morning."

Despite the event being cancelled, the general consensus from the players was that the organizers and hotel staff were tremendous and extremely accommodating during the power outage and storm. This event will run again next year pending another out-of-this-world storm and most teams that were here last weekend have already indicated that they'll be playing in next year's event, which is a great sign for event organizers as the hosts in Portage really do a top-notch job in having the world's best curl in their city.

Weather shuts down Lundar Goose Shoot, first time in history

By Evan Matthews

Mother Nature won first, second and third prize at the 2019 Lundar Goose Shoot.

For the first time in its 43-year history, the event was cancelled due to extreme weather.

"Mother Nature, she didn't quit with the snow and wind, not all night," said co-organizer Jim Law. "The roads were unbearable, and in the name of safety, we had to cancel."

Organizers went ahead with a dinner and dance, and Calcutta auction on the Friday night, before finally opting to cancel Saturday's events.

Organizers returned all Calcutta funds raised to individuals who purchased teams and fields.

With regional residents providing private lands to host the event — in-

cluding Coldwell, Armstrong and the Eriksdale areas — Law said organizers didn't want to "force people" to get out to their assigned fields, potentially putting people's safety at risk.

Participants, though disappointed (for good reason), were extremely kind and understanding, according to Law.

Participants had the option to leave their entrance fees with organizers, providing them with free entry to the 2020 event — which leaves organizers with one issue: an excess of teams in 2020.

Typically, 20 teams, made up of four people per team, are registered in the event. This year saw 24 teams register.

Organizers held a draw and decided on the 20 teams who could participate in 2019. The four teams who "drew the

short straw" were assured entry into the 2020 event, according to Law.

Now, 24 teams have been deferred to the 2020 event.

"We're wondering if we're going to do a one-off next year and find more land to include all 24 teams," said Law.

"We haven't finished dealing with that aspect yet, so we'll have to make some decisions."

A silent auction happened on Friday, with sponsors for the silent auction including Cabela's and Voltage Power, Law said. In addition, for the second consecutive year, Dr. Vince Horbay donated a gun from his collection to the Goose Shoot.

Jay McCauley purchased the gun and shells donated by Dr. Horbay for \$2,200.

Under normal circumstance

Teams are scored on the total number of birds hunted, with the tiebreakers going first by cumulative team weight, and finally if there is a tie in cumulative team weight — which has happened in year's past — longest wingspan would be the final tiebreak.

Hunters will be allowed five birds, totalling no more than 20 birds per team.

Lifelong friendships and bonds have formed, as teams come from as far as Alberta, Florida, Iowa, Wisconsin, even South Africa, according Law.

The event is put on by the Lundar Elks. All funds raised and controlled by the Elks are injected back into the community, Law said.

Rising costs for Crown land leases becoming unaffordable

By Evan Matthews

As if the 2019 season hadn't hit farmers hard enough, some are saying the Province's Modernized Agricultural Crown Lands Leasing Program might be the final straw for their business.

Lyle Cook, a beef farmer in the Moosehorn area, said after attending the Oct. 2 meeting in Ste. Rose, he expects the cost associated to his Crown land lease to increase upwards of 300 per cent.

"One producer volunteered his operation's financials (to me), and the cost of the lease went from \$5,200 for one (quarter) to about \$15,000," said Cook, who added his operation is made up of owned land as well as Crown land leases. He's been farming the land since 1970, when he worked with his dad.

"The land I lease is about 12 quarters of Crown land. We've cleared a lot of the land over the years. ... Though the land isn't that productive, we seed it, you'll get a couple years of grazing," he said.

"It's cattle country."

Originally, Cook had two concerns after the Oct. 2 meeting. His first concern is that with the province switching to an auction-style system as it relates to allocation of Crown land leases, he may not have first crack at the land he and his family have been leasing since the 1970s.

His second concern is the government's 300 per cent increase to the cost associated with the lease. Cook estimated the cost for his Crown land lease, currently, is less than 10 per cent of his farm's total operational cost.

But on Oct. 11, the provincial government put one of those issues to rest, as

Minister of Agriculture Ralph Eichler announced producers will be given the first right to renewal for existing leases on Crown lands as part of the Manitoba government's "continued support of multi-generational family farming."

"Giving existing forage lease holders the option to renew their legacy leases for additional terms provides the consistency they need for their operations," said Eichler, answering some of the concerns expressed at the Oct. 2 meeting.

"This will enable succession planning for family farms. Opportunities are created for new or young farmers to acquire use of these public assets through new leases to be offered at auction."

"This balanced approach shows we're listening to the concerns of farmers and are supportive of the livestock industry in Manitoba."

Keystone Agricultural Producers president Bill Campbell said the immediate change by government, adding the caveat enabling farmers to have first crack at land they've been leasing for years, shows the government is paying attention.

Campbell said this is just the first example, that through regulation, the province has the ability to change what works and what doesn't.

"We believe that they will do that as the process goes on, and that's some-

thing they already did by making this change," said Campbell.

"We expect the government to refine this program as necessary, as the program develops. KAP has called previously for new young cattle producers to be given an opportunity to access Crown land leases, and this new system allows for that."

While the government has taken a positive step to ensure farmers like Cook will have first opportunity to renew their leases, Cook added the increase to the cost of his lease is still a major concern.

"My son and I are in partnership on a Crown land lease," said Cook. "We're just trying to make a living."

The provincial government announced its new Balanced, Modernized Agricultural Crown Lands Leasing Program on Sept. 27.

Some of the staple changes to the program include shortening lease terms from 50 years to 15, removing unit transfers with the exception of family transfer cases, awarding (land) allocation by open auction and altering forage and grazing rent values to accurately reflect cattle markets.

Under the new regulation, producers who have legacy forage leases that

expire before Dec. 31, 2034, will be eligible to renew only until that date before lands go back to auction.

Producers with leases that expire after Dec. 31, 2034, will continue under their current terms and are not affected by the new regulation.

Agricultural Crown lands are used by roughly 1,750 forage leaseholders, according to the province, with roughly 90,000 cattle on those lands during the grazing season.

The province has scheduled public meetings to discuss the new regulations on Tuesday, Oct. 15 from 7 to 9 p.m. at the Ste. Rose Community Hall and on Thursday, Oct. 17 from 7 to 9 p.m. at the Moosehorn Community Hall near Ashern.

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evan@expressweeklynews.ca



A not-so-gentle reminder

By Evan Matthews

This past weekend's weather, even for Manitobans, was rare.

We're used to snow, and we're even used to snow in October.

It's no surprise, but we're tough and we handle it.

So many other places in the world, if they had experienced what Manitobans did over Thanksgiving weekend, those places would have shut down.

In this case, so did a lot of Manitoba, which doesn't often happen.

Much of highways 6, 7 and 8 saw upwards of 30 centimetres of snow — almost a foot.

Some highways had been shut down, trees fell, hydro poles were damaged.

Manitoba Hydro has said it could take upwards of a week to restore power in some parts of the province.

There are 1,000 evacuees in downtown Winnipeg, many of whom are First Nations, as their homes are currently uninhabitable.

Simply, this is not an everyday occurrence.

At times during the most recent "winter" storm, despite drawing on all of our past Manitoban experience, it felt as though we were at the will of Mother Nature.

She just wouldn't let up.

For the first time in 43 years, the first time in its history, Lunder had to cancel its annual goose shoot.

School classes all across the Interlake were cancelled.

These things happen, but in congruence, it's kind of odd. Especially given the date was Oct. 12.

We could talk about climate change, policy reform, etc., but the point this time isn't about debate.

The point is, as Manitobans, we are privy to extreme weather all our own.

In summer, it's severe thunderstorms, hail and tornadoes, but in winter, it can be as extreme as being buried under a foot of snow over a 12-

hour stretch.

Rather than get political, maybe we can get practical.

Emergency kits are always a good idea for the vehicle, but it's a good idea to think about the home, too, in case you might not have any option but to hold up for a while.

If you do have to travel, give yourself way more time than you need.

It's a good idea to have canned foods in the pantry (soups, vegetables, fruit, etc.) and excess water on hand, as well as a heat source and blankets.

Shovels to clear a path, preventing one's self from becoming snowed in, is an obvious necessity.

Though most rational people don't debate climate change, there is still general debate on the topic's specifics.

Survival doesn't require debate.

We know the extreme weather can hit. We need to be prepared.

Farmers will be given first right of renewal on leases for Crown lands

Submitted by Manitoba government

Producers will be given the first right of renewal for existing leases on Crown lands as part of the Manitoba government's continued support of multi-generational family farming, Agriculture Minister Ralph Eichler announced Friday.

"Giving existing forage lease holders the option to renew their legacy leases for additional terms provides the consistency they need for their operations," said Eichler. "This will enable succession planning for family farms. Opportunities are created for new or young farmers to acquire use of these public assets through new

leases to be offered at auction. This balanced approach shows we're listening to the concerns of farmers and are supportive of the livestock industry in Manitoba."

Following extensive consultations, amendments to The Crown Lands Amendment Act and the Agricultural Crown Lands Leases and Permits Regulation came into effect Oct. 1. The updated regulation will increase the program's transparency and accountability by including such features as a public auction process, the capping of leases at a 15-year maximum instead of 50, and measures to ensure the land is used effectively in

a sustainable manner that contributes to economic growth in Manitoba.

Under the new regulation, producers who have legacy forage leases that expire before Dec. 31, 2034, will be eligible to renew only until that date before lands go back to auction. Producers with leases that expire after Dec. 31, 2034, will continue under their current terms and are not affected by the new regulation. The province is pursuing further amendment to the regulation to enable successive renewals for legacy leases, provided

Continued on page 7

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The lunch cooler is as important as the tackle box

Hi friends.

We'd all agree we shouldn't let mishaps during a day of fishing spoil the enjoyment. The stories from our fellow anglers lately might seem to push that notion to its very limit!

Jim Inch, a gangly, easy-going charming fellow, and his long-time buddy Nick Borison, who was shorter, quicker and fun-loving, gave us a story during a chance meeting a few days ago. Some 20 years back they went fishing in the Lake of the Prairies. Jim had a small aluminum motor boat and he, Nick and another chap they didn't know that well piled in and made for the middle of the lake. Nick and Jim broke out their rods, baited their pickerel rigs for walleye and cast out a short distance. Their new partner (let's call him "Bert") got out his rod and began attaching a huge eight-inch long, triple-hooked, yellow lure to his line.

"I'm going to catch a jackfish," he stated.

Jim and Nick looked at each other as if to say, "What have we gotten ourselves into bringing this guy along?"

They sat on their bench seats and watched, amazed, as Bert tossed — not cast but tossed — his lure over his shoulder into the water by the outboard motor, which was idling forward for trolling. The motor growled then stopped, its prop plugged with Bert's fish line. The men sat in silence, hearing a singular "ping" as Bert's line, tight over the transom, broke,

springing away.

"What in the heck are you doing?" Jim said as he crouched, steadying himself by holding onto the gunwhale of the boat and creeping to the transom.

He braced himself and swivelled the motor, bringing its low end out of the water, then cut Bert's line and lure from the prop shaft. Oddly, Bert's big beautiful lure slipped out of his hand and was lost to the depths of the lake.

Jim reclaimed his seat and, now with the motor back in the water unencumbered, he moved the boat closer to shore where he felt they might catch some pickerel. Jim and Nick did but Bert, unfortunately, using a weighted jig with an artificial worm, did not. As the sun sank to the horizon, Jim and Nick came ashore making camp leaving Bert in the boat to keep trying to catch something.

"Did you tie the boat's rope to a tree?" Nick asked Jim.

"No," Jim responded.

"Wow," said Nick. "Bert's drifted a couple of boat lengths from the shore he might get a lucky bite, stand up and fall overboard!"

"Yeah, he might," Jim agreed, smiling.

It was an unbelievably warm, sun filled, dry "second summer" day at the junction of the Red River and Netley Creek last week, just before the snow storm, that is. I stood on the riverbank beside Stu Gordon and Carol Laible who sat in folding chairs shore fishing

as we watched boat anglers crowding into Netley Creek after saugers and pickerel.

"You know, Arnie," Stu said, "we've almost caught our limit with the added bonus of being entertained by the boating anglers and their antics."

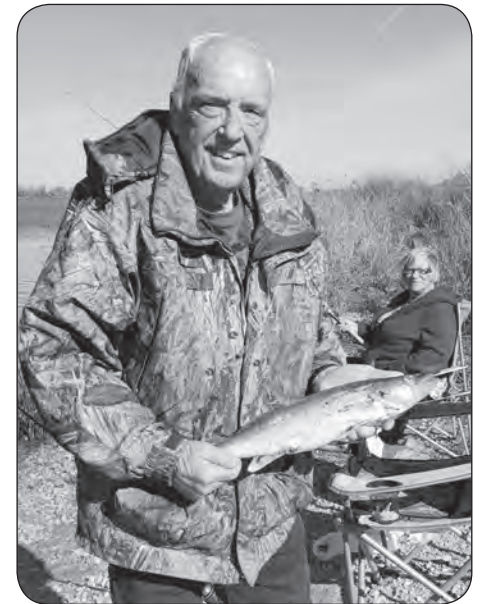
"What do you mean?" I asked.

"Well, it's the comedy of watching anglers coming to launch their boats and being so excited, they trip up. We watched as one guy backed his boat into the water, stopped his truck, got into the boat to free and beach it only to realize he hadn't put the water plug in. The boat almost became swamped as he struggled to put the plug in. With the plug in place, he jumped into the water, getting wet up to his knees, scrambled up the launch pad, climbed into his truck and pulled up to dry land. It took him a half an hour to get the water out of his craft before he could launch again," Stu explained.

"Then there was the chap who forgot his bait. He unloaded his boat, took off downstream only to return 10 minutes later for his minnows!"

"Let's not forget the other fisher who left his tackle box in his truck," Carol put in. "He had this big truck and boat and some young guys with him. He kept on telling them as they launched how he was going to teach them fishing."

Stu and Carol watched in amusement as he and the boys backed the boat into the water, unhooked it, beached it, parked the truck-trailer



EXPRESS PHOTO SUBMITTED

Stu Gordon and Carol Laible shore fishing at the junction of the Red River and Netley Creek while being entertained by boat anglers.

rig, piled into the boat and tore off down the river yelling and laughing. Not long after our couple saw the loud, merry crew idling back to the launch pad much quieter. Our hero teacher jumped out of the boat and strode sheepishly to his truck. He opened the door and pulled out his huge tackle box. He walked back to the boat but froze with one leg high, about to get in the craft, as he heard one kid say, "Our lunch cooler's not here. It was beside the tackle box!"

Till next week. Bye for now.

> FIRST RIGHT OF RENEWAL, FROM PG. 6

leaseholders remain eligible.

"Having the first right of renewal on legacy leases is very important to all cattle producers," said Tom Teichroeb, president of the Manitoba Beef Producers (MBP).

"Access and predictability are essential to long-term planning related to livestock operations, especially related to their grazing and haying resources. This is a valuable commitment on the part of the provincial government. MBP will continue to engage with it about various aspects of the modernization of the Crown lands program to ensure it is both effective and efficient for beef producers."

Public meetings to discuss the

changes have been scheduled for Tuesday, Oct. 15 from 7 to 9 p.m. at the Ste. Rose Community Hall and on Thursday, Oct. 17 from 7 to 9 p.m. at the Moosehorn Community Hall near Ashern.

Producers are encouraged to monitor the province's website at www.gov.mb.ca/agriculture/land-management/crown-land/index.html, call 204-867-6550 or call toll-free 1-844-769-6224 in the event of changes due to weather.

The Agricultural Crown Lands Leasing Program distributes leases and permits to approximately 1,750 farmers and ranchers throughout the province, providing an additional

land base to support their operations. The land administered through the program is sufficient to feed nearly 90,000 cattle for the grazing season, contributes to ecological goods and services, and provides mitigation and adaptation to climate change.

Additionally, a number of workshops have been scheduled to discuss strategies to stretch feed supplies for producers adversely affected by the dry conditions much of the province has experienced this summer. Meetings will be held on the following dates:

- Wednesday, Oct. 16 at 7 p.m. at the Ethelbert Drop-in Centre at 9 First St. East;
- Thursday, Oct. 17 at 7 p.m. at the Rorketon Curling Rink at 800 First St.

South;

- Wednesday, Oct. 30 at 1:30 p.m. in Brandon, at the Manitoba Beef and Forage Initiatives Farm at the north-east corner of PTH 10 and PR 353;

- Monday, Nov. 4 at 7 p.m. at the Ashern Auction Mart on Auction Mart Road;

- Tuesday, Nov. 5 at 7 p.m. at the Arborg Heritage Village Hall on PTH 68 East; and

- Wednesday, Nov. 13 at 7 p.m. at the Lunder Legion Hall at 50 Third Ave.

For more information on the updated Agricultural Crown Lands Program, visit: www.gov.mb.ca/agriculture/land-management/crown-land/index.html.

Wat's cooking, Gimli Chef feeling accepted and at home

By Evan Matthews

The difference between average and gourmet food is the respect a chef puts into its preparation.

For Winnipeg native Mathew Wat, executive chef at Seagull's Restaurant in Gimli, respect for food has been a priority as long as he can remember.

"If they didn't run their own restaurant, at the very least, everybody in my family has worked in a kitchen at some point. I started cooking when I was nine years old," said Wat.

"My parents are from Hong Kong. In Asian culture, we love food. It's how we gather, it's how we communicate, and it's how we spend time together as a family."

Wat, 32, has been living in Gimli for almost three years.

But he got his start some 23 years ago, at his uncle's restaurant in Winnipeg, Wat said, as he washed dishes and served coffee. He worked his way up from there and started cooking.

While some felt he was too young to work, his culinary passion coupled with his drive to make money at a young age pushed Wat to succeed in industry.

"It was different, and some people even think I missed out on a child-

hood or something. I still had a childhood. I only worked on weekends," said Wat.

"At the age of 10, to be making \$50 per weekend, that was crazy to me. I thought it was so awesome I was able to do that. Most of that went to the arcade or the candy store," he said, chuckling.

Though he comes from an Asian family, Wat said he briefly attended culinary school in 2005 and acquired a "French influence" in many of his creations.

Salt and butter are common themes in French cuisine, according to Wat, and between the two he said creations inevitably end up, simply, delicious.

"People globally have different opinions on who made pasta first, who made rice first. ... But a lot of people think the French revolutionized cooking, specifically Chef Paul Bocuse," said Wat.

The late Paul Bocuse, who died in 2018 at 92 years old, was a French chef known for running high quality restaurants, as well as his innovative approaches to cuisine.

"It's a matter of respect. Respecting the history of previous chefs, and the knowledge that's been passed down," he said.

Keeping with the notion of respect, Wat said he's really come to appreciate the concept of farm-to-table, especially living in a rural community.

Now a Gimli local, Wat said working



EXPRESS PHOTO SUBMITTED

Chef Mathew Wat said respect for food, locally sourced products and a high attention to detail are key to producing gourmet food.

to become better at his craft includes ensuring a high quality product. The best way to do that is to make local farm contacts.

"Straight from the farm, to the chef's hands, and to the table. There is no middle man, and you exactly what's gone into your food and where it's come from. With one of the farmers we've paired with, we were able to plough and till some of his land ourselves, to grow produce for the hotel," said Wat.

"It's amazing when a customer has questions for me, to be able to say,


'This rutabaga,' or 'this kohlrabi, it actually came from two miles down the road.' It helps me reduce my cost and it helps the farmer with his own advertising. ... We've got to scratch each other's backs, as it's a small industry."

Cost and quality both improve dramatically by locally sourcing, according to Wat, and as a result, Seagulls restaurant is able to produce extremely high quality food at a relatively low cost to the customer.


"The slogan is 'Friendly Manitoba,' and when I came here to Gimli, I just found that to be more true than anywhere I had ever been," said Wat, adding he's learned so much about Icelandic culture and heritage since moving to the town.

"People are friendly, inviting. People here don't even need to know you. They'll invite you to things or help you out. It's a nice change. It's home now."

Any questions can be directed to Seagull's Restaurant at 204-642-4145.



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ROBERT A. SMITH

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Severe fall storm knocks out power across Interlake, causes flooding

By Patricia Barrett

A fall snowstorm that raged for two straight days last week across the southern part of the province battered the Interlake, downing trees, knocking out power, packing highways with snow, causing flooding and forcing school closures.

Winnipeg Beach was among the communities hit hard, with 628 people affected by power outages, according to a Manitoba Hydro update last Friday. And to make matters worse, high winds whipped up Lake Winnipeg, causing overland flooding in the town's central core.

The province had issued a high wind effect warning for communities along the lake, stating wind speed and wave action could raise water levels by as much as five feet. The province had also opened the Red River Floodway mid-week before the storm hit on Thursday to deal with rising river levels in the city of Winnipeg.

On day two of the snowstorm, Winnipeg Beach Coun. Frank Masi told the *Express* the town had to close down part of Main Street because high waves were causing flooding.

"There was water accumulating in a catch basin. It was rising up and had nowhere to go because it was not draining quick enough into the lake," said Masi Friday. "The lake was pushing it back."

Masi, who oversees public works as part of his portfolio, said the town has three major storm drains that empty into the lake and which are the responsibility of the province. But with the intensity of the storm, the town had to act quickly to try to stop water from backing up onto town property.

Public works sent a backhoe to the shore, where it dug up sand the waves had pushed into the drains.

The town also lost power on the west side of Highway 9.

"The west side has had no power since approximately midnight last night [Oct. 10] from Park Avenue, or

229, as far as Kernstead Road," said Masi. "It probably goes further than that, but that's the perimeter of the town."

The east side of Highway 9, including the downtown, did not lose power.

Council was working closely together with its service departments to ensure people were safe and to minimize property damages, said Masi.

"We have our community centre open and it has heat should people need to come in and warm up," he said, "and we're keeping in close contact with Manitoba Hydro to see when the power might be restored."

Like other centres in the province's southern region, Masi said the town could not keep up with the relentless Colorado low that barrelled in from the U.S.

The storm caused ice to build up on power lines, toppled trees that fell on power lines, and dumped large accumulations of snow that made highways and roads treacherous or impassable. Environment Canada had estimated 30-50 centimetres of snow for the Interlake by late Saturday.

Manitoba Hydro said over 100,000 customers in the southern region — a "record" number — experienced outages as of last Friday. Premier Brian Pallister announced a state of emergency Saturday to grant Hydro additional resources to deal with power losses.

In the Interlake, hundreds of people living along the west side of Lake Winnipeg — from Dunnottar all the way up to Hecla, as well as a stretch of Highway 68 west of Arborg — lost power. Municipalities along the eastern shore of Lake Manitoba, including St. Laurent, Coldwell and West Interlake also experienced outages.

Six First Nation communities that are part of the Interlake Reserves Tribal Council, including Peguis and Lake St. Martin, declared a state of emergency before the requisite 72-hour wait period after losing power,



EXPRESS PHOTOS BY RAVEN SHARMA SHARIOT

The waves were fierce during the storm.



A backhoe digs up sand to keep it from clogging a storm drain.

and began making preparations to evacuate some residents as well as start emergency sandbagging.

In Winnipeg Beach, Masi said council was working closely with the town's utilities operation manager Raven

Sharma Shariot, who was monitoring the town's water supply, lagoon and other infrastructure.

"So far we're holding our own and monitoring everything by the hour," said Masi.



Part of Main Street was flooded.

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Gimli family left with questions after pit bull relocated

By Patricia Barrett

After six years of incidents between a neighbourhood pit bull and her son, a Gimli woman said she's not satisfied with the way the municipality has handled the situation from the time of the first incident in 2013 to the present.

Despite the pit bull's owner reporting that the dog had been taken out of town (see Sept. 19 edition of the *Express*), Tanis Benson said she feels the RM has failed to adequately address her concerns.

"The way they've handled my advocacy for Alec over these last six years — and my communication with the [pit bull's] family — has made me not trust," said Benson. "People are not out for Alec's best interest."

Benson showed the *Express* a Sept. 26 email she sent to the CAO, the mayor and a number of councillors, questioning the RM's response over the years to her reports that the pit bull, named Blue, attacked, pursued and stressed her son Alec Baldwin, who has autism, as well as bit Alec's dog, Charlie, two months ago. She said there have been no real consequences as a result.

"I have heard that there is no documentation on the problem our family has had with Blue. If you have no record of my communication with the town, animal control or the [pit bull's] family, I can show you mine. I saved everything and have no problem with anyone seeing any of my documentation," Benson wrote, with reference to the pit bull's attack on Alec in 2013 as well as later incidents.

"Between the town, animal control and the [pit bull's] family, you've been successful in the past with regards to ignoring the problem with the hopes it wouldn't happen again."

Benson said she's made numerous requests to the RM to ask the pit bull's owner to build a fence to prevent the dog from going after her son and to keep the dog itself and the family free from scrutiny.

"Here's the answer: he's been re-homed and you should be happy about that now," said Benson. "I'm not happy about that because that wasn't what I wanted. I didn't want them to lose their dog. All I wanted was for them to build a fence so that it would protect people in the community."

The pit bull's owner had told the *Express* he had to take the dog out of town after threats were made on social media to poison it in response to a recent incident with Alec.

Even if the dog has been relocated, Benson said that doesn't absolve the RM from failing to address her concerns. And she has no idea if the pit bull's re-location is for the short-term or whether he'll be periodically visiting his family.



EXPRESS PHOTO BY PATRICIA BARRETT
Alec with his two dogs Copper and Charlie.

Alec is an athlete who likes to jog around town and he walks his dogs every day, said Benson. He even picks up garbage in town when he's out for a walk.

Alec said he's uncertain of the arrangement regarding the pit bull, and if the dog is "not leaving from Gimli, I don't think this will work."

Benson has a large file with correspondence from the town and animal control. She also has records of witnesses who either dealt with the pit bull when it was at large, saw it at large or saw it pursuing Alec.

Tracy Robertson, who lives near Benson, is one of those witnesses. She told the *Express* the pit bull had gotten loose and wandered around her yard on three or four occasions in the past. Because she "didn't like the feeling from that dog," she would wait until it went away before going outside.

"He didn't do anything to my dogs. It's just when he came in my yard, he would taunt them," she said. "My dogs are fenced in and he would come right in my yard, but he never got to my dogs because they were behind the fence."

She would be upset if her dogs had hurt somebody or another dog, she said, and she'd follow up and even pay the vet bill because that's what a responsible dog owner would do.

"In general, it's a pet owner's responsibility. That's how I feel. It doesn't matter if it was Oprah's dog. It's an owner's responsibility to make sure your dog

doesn't run out after people, stay in your yard and make sure it's not a violent dog," said Robertson. "And if someone approaches you and says that happened, you need to take that seriously."

She said she's seen Alec walk his dogs "hundreds of times" and he's an "excellent" dog-walker. He has even walked her dogs.

"He was not taunting that [pit bull]. That's never happened. That's just bullshit," said Robertson, referring to comments that Alec caused the pit bull's behaviour. "I love my dogs, too, and I totally get it. They love their dog, but get it trained and fenced in."

Robertson said she's aware the pit bull has been taken away, but "where?" she said. "Are the people he's been re-homed by, is it going to happen to them? What if there are kids in the area?"

Benson said in 2013 she alerted the municipality and the then-animal control officer after the pit bull ran out of his yard and attacked Alec in a back lane near Gimli High School. She also provided the officer with the contact information of a teaching assistant who saw the dog go after Alec and intervened to stop the attack. Benson also reported a second incident in October of that year when the pit bull "came through the bushes" and chased Alec as he went to school.

"I just spoke to the owner again," the officer wrote in response. "I will speak to the RM and recommend fines be issued."

By mid-November of that year, Benson said she hadn't heard from him and followed up, asking whether fines had been issued and whether he had contacted the teacher.

Benson said she never received a response to that or to a further communicate she sent a week later. And it has never been explained to her why there are no records of those incidents.

The municipality's CAO Joann Murphy said she hadn't received a report of the 2013 incident and was unaware of what transpired.

"We take issues with dogs very seriously," she said. "If we felt that this was a dangerous dog, we would have had a hearing and it would have been dealt with."

As for the incident a few months ago with the pit bull and Alec's dog, Charlie, assistant CAO Kelly Cosgrove said council received a report from the RM's animal control officers, who had met with the Benson family, and that council understood that the Bensons were going to make arrangements with the pit bull's owners to resolve the matter.

"Therefore, council did not get involved," she said.

Construction on Gimli's 55-plus housing complex underway

By Patricia Barrett

The 55-plus housing complex the government announced last May is underway in Gimli.

Construction on the government-funded, Manitoba Housing-operated complex, located at the north end of town by the sports park, began in September.

"They put up a perimeter fence around the construction area and they're pounding in the piles," said Gimli Coun. Richard Petrowski, who sits on the board of the Gimli Seniors' Residence Inc, a not-

for-profit organization that advocates for affordable housing.

Petrowski said he believes the complex, which is being built on municipal land, will be four storeys and contain 40 suites.

A notice on the Gimli Seniors' Residence website says a one-bedroom unit will be 641 square feet while a two-bedroom suite will be 789 square feet. There will also be space for socializing and recreation.

Last May the government pegged the cost of the complex at between \$8 million and \$10 million.

Petrowski said he doesn't know when the complex is scheduled to open, but it will likely take around 18 months to build.

He said he's pleased to see more rental housing in Gimli as the town's population is aging.

"Everyone is quite happy about this here," he said.

Riverton continues to fight for municipal services in town

By Evan Matthews

Riverton residents are fighting to keep municipal services available in their community, but conversations have been tabled for another month.

For the second straight month, at its Oct. 9 meeting, Bifrost-Riverton council opted to table its decision as to whether it would close its satellite office in Riverton.

At the meeting, a five-member delegation — including Ken Palsson, Clyde Sigurdson, Irwin Schellenberg, Brad Kornelsen and Linda Loewen — presented its position to council, clearly opposing the proposed closure.

“Our core issue is that the main office is not in the municipality,” said one of the delegates, who agreed to speak on the condition of anonymity.

“We pointed out, Bifrost (residents) are investing hundreds of thousands of dollars and several jobs into another municipality every year, and in terms of fiscal responsibility, this is not growing Bifrost. It’s draining Bifrost.”

The delegation expressed frustration, in that Arborg — due to being

near double the size of Riverton — receives more annual cash influx from Bifrost than Riverton does.

Delegates expressed their belief that tax funds from the Bifrost region could and should be used in Riverton to help the community grow and prosper.

“We have young people in town ready to drive this growth and they already have been. We have a population here of hardworking people who are used to taking care of themselves,” said the delegate.

“This area is going to grow again and be as prosperous as it was before, and we need a business office here to do that. Since it won’t cost the RM anything, we think Bifrost-Riverton should keep their Riverton office open.”

The delegate added that, Riverton is the only one of six wards with a plan for organized growth.

But Bifrost-Riverton council and staff are concerned about Arborg being thrown into the discussions relating to the closure of the Riverton satellite office.

The conversation, according to Chief

Administrative officer Cindy Stansell, should be centring on the service that the RM provides to Riverton.

“The majority of our service requests (in Riverton) come to us via call and via email,” said CAO Stansell.

“Foot traffic is actually quite minimal in our Riverton office, so too would be the loss of service relating to the proposed closure.”

Both sides spoke of underlying tension between the communities, yet emphasized the need to bridge the gap between the two.

Background

In 2018, the RM of Bifrost-Riverton spent \$32,000 on staffing, travel, building operations, etc., for the Riverton Satellite office, according to Reeve Brian Johnson.

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

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

according to Johnson.

Quantifiably, the potential closure would save the RM roughly \$25,500 annually.

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

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

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

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

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

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

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Proposed Bell MTS radio tower in RM of Fisher

By Evan Matthews

The RM of Fisher may soon have improved communication throughout the region.

Bell MTS, in a public notice, said the tower will improve service for the P25 Public Safety Network and the future Bell LTE site.

“(The tower) will house equipment for the new public safety mobile radio network that Bell is building for the provincial government,” said Morgan Shipley, communications manager for Bell MTS.

“The new network will provide first responders and public safety organizations throughout the province with advanced communications services. We also plan to use the site to enhance cellular service in the area in future.”

Bell MTS expects the construction of the proposed 97-metre-high tower, which will be located roughly two kilometres southwest of Fisher Branch, to be completed over the next few months.

The site will include a shelter, roughly seven by eight feet, at the base of the tower with a perimeter fence to restrict public access, according to Shipley.

When asked about any concerns relating to subsidiary affects of a radio tower, Shipley said, “All wireless equipment adheres to the federal government’s strict safety regulations.”

Bell Mobility will be responsible for end-to-end service delivery and the ownership and operation of towers, radios and antennae, as well as other needed infrastructure.

The construction of the new tower in the RM of Fisher is one five additional telecommunications towers being added by the province to expand coverage in northern Manitoba, and new mobile tower

units will be available to provide additional coverage where needed on an emergency basis.

Any person in the region may comment by the end of the Nov. 6 business day, according to Bell MTS.

Bell MTS is working with a consulting company called Medallion Wireless, and residents in the area with questions can email feedback@medallion-wireless.com.

Background

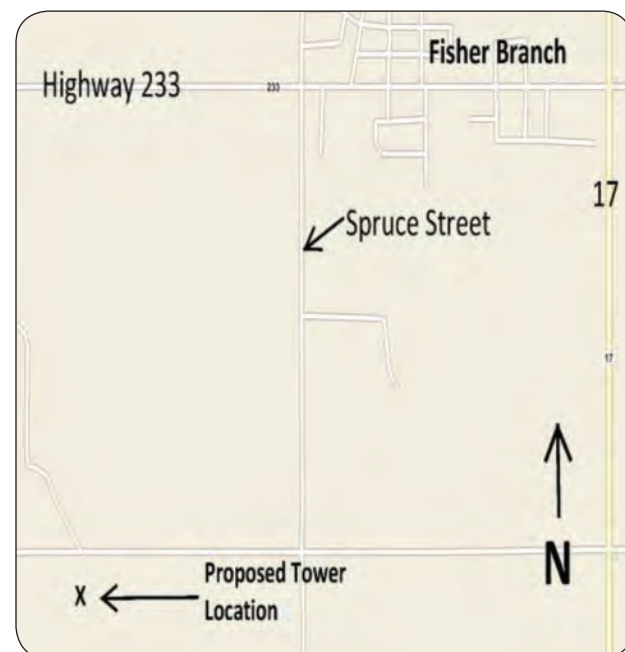
Back in August 2018, the Manitoba government awarded Bell Mobility the tender to replace of the provincial public safety communications service.

“Ensuring the safety of Manitobans is our duty. During an emergency, it’s essential we have reliable communications service across the province including in rural and remote areas,” Premier Brian Pallister said at the time.

“This new digital two-way mobile radio system will provide expanded coverage over a more secure network and improve the safety of our first responders.”

The new equipment is replacing what Pallister referred to as, “the outdated” FleetNet system used by public safety organizations such as fire, ambulance and police services, and the very high frequency (VHF) radio system operated by Manitoba Sustainable Development and used by conservation officers and forest firefighting crews.

The new equipment for first responders includes radios with GPS, which can track the location of first responders to improve their safety, according to the province, while advanced radio encryption



EXPRESS PHOTO SUBMITTED

Bell MTS is planning to construct a 97-metre-high tower, roughly two kilometres southwest of Fisher Branch to improve the provincial public safety communications service.

will ensure police operations are secure and the equipment will be compatible with other systems outside of Manitoba to enable co-ordination during emergencies.

Total project costs for the replacement of the public safety communications service is expected to be \$380 million, according to the province.

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Spruce Sands artist to be featured in upcoming Manitoba Art Expo

Manitoba Art Expo in
Winnipeg Oct. 25-27

By Patricia Barrett

Spruce Sands artist Melaney Robins will be exhibiting her work at Manitoba's largest annual art show, the Manitoba Art Expo, in a week's time.

She's the only member of the Interlake WAVE artists' group that will be featured this year at the expo, which selects artists from across the province by invitation only.

Robins is a painter who uses watercolour, ink, acrylic and encaustic, a mixed media technique that incorporates heated beeswax into coloured pigments.

Robins is inspired by the Interlake's natural beauty and her richly coloured work depicts rocky shorelines, prairie landscapes and quiet forests.

"I bring a lot of the Interlake to the show with my work," said Robins from her home in Spruce Sands, about 16 kilometres north of Gimli.

The art expo is the largest professional art show and sale in the province. Each year over 40 artists showcase paintings, prints, sculpture,



Melaney Robins from Spruce Sands is the only WAVE artist this year to be featured in the Manitoba Art Expo in Winnipeg.

glass, photography and textiles. The show was founded by the Assiniboine Group of Artists Cooperative, which selects artists through a jurying process to ensure the work exhibited is of high quality. It also introduces new talent to the public.

Robins, who was recently featured in the magazine *The Cottager*, said she's



EXPRESS PHOTOS COURTESY OF MELANEY ROBINS

Fall colours along the lakeshore.

been part of the expo since its inception about 20 years ago. She usually exhibits over 100 of her works.

"It's a very high-end show. We have sets and lights every year and large backdrops," she said. "Some of my works are framed pieces and some are

canvases. Those will go on the backdrop. I also have a lot of unframed pieces that are matted and people can get those framed."

The expo is unique in that it brings

Continued on page 14

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Restoration efforts continue in Southern Manitoba

Submitted by Manitoba government

Provincial government staff and Manitoba Hydro continue to deal with the aftermath of the major winter storm that swept a large area of the province, Premier Brian Pallister said recently.

"While many Manitobans are preparing for a return to work after a long weekend, there are areas of the province still feeling the impact of the storm and much restoration and cleanup work remains," said Pallister. "The cities of Winnipeg and Brandon will also host a number of evacuees for several days."

Eight states of local emergency have been declared by municipalities including the City of Winnipeg, as well as the provincial declaration providing Manitoba Hydro with access to resources in other jurisdictions. Manitoba Hydro has requested specific

resources such as replacement transmission towers, distribution poles and specialized electrical equipment as well as crews to help with restoration.

Manitoba Hydro asks motorists and pedestrians to stay clear of crews working on downed lines.

Anyone coming across fallen trees and power lines should avoid contact and call 911. If power is affected by the storm, Manitoba Hydro has tips to help people stay warm and keep food safe at www.hydro.mb.ca/outages/power_outages/.

Also, during this extended outage, Manitoba Hydro is reminding everyone to never use portable fuel-burning equipment inside homes for heating such as generators, patio heaters, barbecues or camp stoves inside homes for heating. Fuels used in these, such as natural gas, wood,

propane, oil, gasoline, diesel, coal or kerosene, create carbon monoxide – a highly toxic gas that can cause illness and death.

If it is safe for travel, stay with a friend, neighbour or family member until power is restored.

As of Monday, 50 to 100 millimetres of precipitation fell in the central, Interlake, southern and southeast portions of the province in the past seven days. Most of the precipitation has occurred as snow in the western, central and Interlake region of Manitoba and as rain snow mix in southern and southeast parts of Manitoba.

There is still significant amount of snow accumulation in central, south, southwest and Interlake regions of Manitoba.

Temperature is forecast to fluctuate between 0 C and 4 C for the next few days and will start to increase up to 10

C at the end of the week. This rise in temperature later in the week could start a gradual melt and increased run-off in the south, southwest and central parts of Manitoba. Flows are expected to increase once the melt begins. Rivers, lakes and streams in these areas are being monitored by officials from municipalities and the province.

Levels on the Red River continue to rise on average between 0.5 and 0.7 feet per day along the Red River valley. The peak level is expected to arrive the Red River valley within a week.

The Red River Floodway is expected to operate until the end of October after being activated at approximately 7 p.m. on Oct. 9, under Rule 4 to lower levels within the city of Winnipeg.

> MANITOBA ART EXPO, FROM PG. 13

the public in direct contact with an artist, providing them an opportunity to glean a little insight into the creative process.

"Working galleries sell our work for us and we don't rub shoulders with our clients when that happens," said Robins. "This is a unique opportunity for the public to talk to all the artists about an interesting piece. They can tell you what they were thinking and what the idea was that initiated a work in the first place. So that's fun."

Manitoba is one of the few provinces that showcases its artists in one spot, and people often spend the entire day at the expo because there's so much

to see, she said.

The Manitoba Art Expo takes place Oct. 25-27 at 3975 Portage Ave. in Winnipeg (Assiniboine Downs).

The Downs has free parking and a restaurant on site. The expo runs from 1 to 9 p.m. on Friday, 10 a.m. to 9 p.m. on Saturday and 10 a.m. to 5 p.m. on Sunday. Admission is \$6, or \$5 with a printable coupon on the expo's website. Children under 12 get in free.


Visit manitobaartexpo.ca for more information about participating artists. Visit <http://secure.campaigner.com/csb/Public/show/cbcu-1e335u-ms4n4-5c60cg10> for the admission discount coupon.

Sky high snowman



EXPRESS PHOTO SUBMITTED

Riverton's Wes Barkman and his daughter and son-in-law Katrina and Michael Vanderzwaag built this 11-foot-tall snowman this past Sunday after Mother Nature dumped as much as 50 centimetres of snow on parts of the province. On Wednesday, a Colorado low-weather system moved into Manitoba from the United States before leaving the province on Saturday.



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Recipe courtesy of MilkPEP
 Servings: 6
 pudding:
 2 tablespoons unsweetened cocoa powder
 2 tablespoons cornstarch
 2 cups cold chocolate milk
 1 pinch salt
 1 large egg
 4 ounces chopped semisweet chocolate (about 3/4 cup)
 10 ounces chocolate vanilla sandwich cookies (about 20 cookies)
 12 gummy worms
 In large saucepan over high heat, stir cocoa powder, cornstarch, chocolate milk and salt to incorporate dry ingredients into milk. Cook until mix-

Scary Sweet Cemetery

ture starts to boil then reduce heat to simmer until mixture starts to thicken, about 3-5 minutes.

In large bowl, using whisk, beat egg, slowly drizzling hot chocolate mixture into bowl, whisking continuously. Fold in chopped chocolate and stir until chocolate has completely melted. Pour pudding mixture into glass baking dish. Place piece of parchment paper on top of surface of pudding. Chill in refrigerator 3 hours, or overnight. To prepare "dirt," place chocolate vanilla sandwich cookies in large resealable bag. Using rolling pin, crush cookies into crumbs.

When ready to serve, sprinkle cookie crumbs over pudding and place gummy worms on cookie crumb layer, making sure to "bury" parts of gummy worm ends as if worms are coming out of dirt.



Nonstick cooking spray
 1 box spice cake mix
 1 can (15 ounces) pumpkin
 1 cup water
 1/2 cup canola oil
 3 eggs
 1 1/2 cups caramel sauce, divided
 1 package (8 ounces) cream cheese
 2 tablespoons milk
 1 cup powdered sugar
 1 carton whipped topping
 Heat oven to 350 F. Lightly spray 9-by-13-inch baking pan with nonstick cooking spray.

Pumpkin Caramel Spice Cake

In bowl, mix cake mix, pumpkin, water, oil and eggs until smooth. Pour batter into prepared pan. Bake 30-33 minutes, or until toothpick inserted in middle of cake comes out clean.

While cake is hot, using end of wooden spoon, poke holes throughout top of cake. In microwave, heat 1 1/4 cups caramel sauce. Pour sauce into holes of cake. Let cool completely.

In bowl, mix cream cheese and milk. Gradually add powdered sugar while mixing. Mix until smooth. Fold whipped topping into mixture.

Spread frosting over cake, pressing frosting into holes of cake. Smooth out frosting.

Drizzle remaining caramel sauce over frosting.



As a therapist, I always tell those who come for marital counseling that I will do everything in my power to help them overcome their difficulties and make their marriage stronger and more joyful. If both individuals want to do this, I have an abundance of strategies to accomplish this objective. When both are committed to this objective, the success rate is very high.

Sometimes, however, the commitment is simply not there for one, or both. The one who wants the marriage may be stymied by the fact that the therapist cannot convince the other to commit. He or she may even conclude that the therapist did not do a good job.

A good therapist, however, will explore deeply with the uncommitted partner to see if there is any possible way his or her feelings might be

Deal With Marriage Problems Sooner Than Later

changed. By the time a professional is saying it may be best to separate, it should be because she has been assured repeatedly by the distancing partner that there is no hope, or that she feels the relationship is unhealthy to the point of being toxic.

Unfortunately, it is often the case that by the time couples come for counseling, the problems have been there, steadily worsening, for years. Instead of coming for marriage counseling when the problems first began, they are actually coming for separation counseling, because it is too late. Sadly, only one of the partners may truly know this, while the other struggles in vain to resuscitate something that is over.

The sad part for the therapist is knowing that had they come earlier, things might have been different.

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



Nonstick cooking spray
 4 eggs
 3 1/2 cups flour
 2 teaspoons baking soda
 2 teaspoons cinnamon
 1 teaspoon nutmeg
 1 teaspoon salt
 2 sticks butter
 2 cups sugar
 1 can (15 ounces) pumpkin puree
 1 cup chocolate chips
 1 cup walnuts, chopped
 Heat oven to 350 F.

Pumpkin Loaf

Prepare loaf and muffin pans with nonstick cooking spray.

In bowl, whisk eggs. Set aside.

In separate bowl, sift flour, baking soda, cinnamon, nutmeg and salt together. Set aside.

In another bowl, cream butter and sugar. Add whisked eggs and mix until blended.

Alternately add flour mixture and pumpkin puree to egg mixture, beating until blended. Fold in chocolate chips and walnuts.

Pour batter into loaf and muffin pans. Bake 40-45 minutes, or until toothpick inserted into center comes out clean. Cool 10 minutes before removing from pans.

Harvest Fruit and Oat Energy Bites

Recipe courtesy of Emily Caruso of Jelly Toast on behalf of Milk. Love What's Real

Servings: 10, 2 bites per serving

1/2 cup milk

1 1/2 cups rolled oats, divided

2 tablespoons almond nut butter

2/3 cup dried apple rings, chopped (soft variety)

1/2 teaspoon apple pie spice

1 pinch salt

1/4 cup dried cranberries or dried tart cherries

2 tablespoons chopped pecans or

almonds

1 glass milk (8 ounces each) per serving

In bowl of food processor or high-speed blender, combine milk, 1 cup rolled oats, nut butter, dried apple rings, apple pie spice and salt. Pulse until mixture becomes fairly smooth and holds together when rolled. Transfer mixture to medium size bowl.

Stir in remaining oats, dried cranberries and chopped nuts. Roll mixture into tablespoon-sized balls and place on parchment paper-lined baking sheet. Chill 1 hour, or until firm. Keep bites covered and refrigerated up to 3 days.

Pair each serving with 8-ounce glass milk.



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INSIDE > OUTSIDE > UPSIDE DOWN

Oil Capitals, Einarson busy the past week

U18 female Lightning lose to Selects

Staff

A four-goal second period lifted the Eastman Selects to a 4-1 road win over the Interlake Lightning in Manitoba Female Hockey League U18 AAA action Saturday in Stonewall.

Madelaine Desrosiers led Eastman with a goal and two assists while Janique Labossiere, Kylie Lesuk and Liza Vigier also tallied.

Jenna McLennan chipped in with two assists.

Interlake had 31 shots on Selects' goaltender Emma Flett. The Lightning goal scorer was not available on the league website at press time.

On Friday evening, Interlake's home game against the Westman Wildcats was postponed due to poor weather and driving conditions. It will be rescheduled at a later date.

Interlake will host the Pembina Valley Hawks this Saturday at 7:30 p.m. in Stonewall.

The next day, the Lightning will play the Yellowhead Chiefs in Shoal Lake. Game time is 2:30 p.m.



EXPRESS PHOTO BY BRETT MITCHELL

Virden Oil Capitals' forward Jack Einarson, a Gimli product, has two goals and eight points through 13 games this season.

Staff

While most Manitoba Junior Hockey League teams had some extra time off this past week due to the storm, the Virden Oil Capitals saw plenty of game action.

Virden played four times in a seven-day stretch, beginning with a 5-2 road

loss to the Selkirk Steelers on Oct. 8.

Two nights later, the Oil Capitals were downed 5-2 by the Waywayseecappo Wolverines.

Virden's losing streak of three games was snapped when the Oil Capitals doubled the OCN Blizzard 6-3 last Sunday.

Gimli's Jack Einarson had an assist in the game. Einarson now has two goals and eight points in 13 games.

OCN avenged that loss, however, with a 4-2 win on Thanksgiving Day.

Virden will host the Winnipeg Blues this Saturday (7:30 p.m.) and the Winkler Flyers Sunday (7 p.m.).

Falcons, Ice Dawgs lose CRJHL season openers

Staff

A bad seven minutes in the third period cost the Arborg Ice Dawgs dearly in their home opener against the St. Malo Warriors.

St. Malo snapped a 2-2 third-period tie with four unanswered goals in a 6-2 victory in Capital Region Junior Hockey League action on Saturday evening.

Brennan Shidlowsky, Evan Anstett, Nolan Handergan and Logan Unger scored third-period goals for St. Malo.

The Warriors took a 1-0 lead with a first-period goal by Austin Leonard.

But Arborg's Blaze Bezecki came back with a pair of goals just over six minutes apart in the second.

The Warriors' Maxime Collette tied the score at 2-2 with just 1:03 remaining in the middle frame.

St. Malo outshot Arborg 46-24 as Tre Strachan took the loss.

Meanwhile, last Thursday's game between the Lundar Falcons and Arborg was postponed due to poor weather conditions. It will be played at a later date.

Arborg visited the North Winnipeg Satellites this past Tuesday but no score was available at press time.

The Ice Dawgs will then host the defending-CRJHL champion Selkirk Fishermen on Saturday. Game time is 8 p.m.

Lundar, meanwhile, lost 6-2 to Sel-

kirk on Sunday afternoon.

Braeden Paulic scored a second-period goal for the Falcons and then Derek Benson tallied in the third.

Reece Tessier led Selkirk with two goals and an assist while Chad King also scored twice.

Ben Kelly had a goal and an assist and the Fishermen's other goal was scored by Nico Morrow-Litke.

Selkirk's Evan Leeson and Cole Wasnie each finished the game with two assists.

The Fishermen outshot the Falcons 39-28 as Chris Lesage took the loss.

The Falcons will host North Winnipeg on Friday (8 p.m.) and St. Malo Sunday (2:30 p.m.).



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Hockey done differently: Winnipeg Beach gearing up for non-competitive fun

By Patricia Barrett

Non-competitive recreational hockey in Winnipeg Beach has proven to be so popular that it's entering its fifth year this season and its executive board will be offering an expanded program.

Kris Isfeld is one of the on-ice volunteers and spokesperson for the board, which is composed of parents. He said the program is "hockey done differently," meaning competitiveness is not the name of the game.

"We're not at all like traditional hockey programs such as Hockey Manitoba or Interlake Minor Hockey," he said. "We're focussed strictly on kids just playing hockey, not on league play, standings, wins/losses and competition. We're not a development program. The focus is on fun play."

Because of its burgeoning popularity, the program has been expanded to give kids aged 4-17 more ice time per week and a chance to skate with others their own age.

"We've grown from one small group of 'beginner' hockey players in the first year, with one hour of ice time per week, to four separate age categories this year, with eight hours of ice time per week," said Isfeld.

Kids aged 5-8 make up the youngest group, affectionately called the Anklebenders. Kids aged 8-12 will be slotted into the Benchwarmers while those aged 12-15 will join the Sweat Hogs. The newest age category, which comprises kids aged 15 and up and



EXPRESS PHOTO COURTESY OF WINNIPEG BEACH RECREATIONAL HOCKEY EXECUTIVE BOARD

adults up to the age of 99, is called the Undrafted.

"The names are, of course, a tongue-in cheek nod to the program's commitment to not take hockey too seriously," said Isfeld. "We're all just playing for fun, exercise and team friendship."

Kids with more hockey experience than others are free to move between age categories. And kids who've never played before or who are just learning to skate need not fear any pressure to perform or keep up, he said.

The program fills a void that's existed for a long

time in the area. Traditional minor hockey is "ultra competitive" in its focus on winning games and tournaments, said Isfeld, and that can lead to kids dropping out of the sport. The high cost of travel to tournaments and for equipment, as well, can act as a barrier to some kids and their families.

The rec hockey board has set up an equipment exchange program to help defray the cost of buying new equipment. Parents can donate equipment such as helmets, protective equipment, skates and sticks that their child has outgrown and find something that will fit.

The program costs \$160 for one day a week for the entire season or \$280 for two days per week.

"We keep our registration fees as low as possible, just enough to pay for basic ice rentals and some necessary equipment. There are no extra fees, no fundraising and no travel requirements," said Isfeld.

Weekly ice times start in November and the program has lots of space for new players, both boys and girls.

Practices and games are supervised and staffed by volunteers, who "assist, guide and facilitate the program with the simple goal of ensuring that all our kids are having fun while playing hockey," said Isfeld. And the program welcomes anyone who wants to be a volunteer.

The board will be holding a registration and equipment exchange evening on Oct. 29 from 7 to 8 p.m. at the Winnipeg Beach Community Centre.

U18 Lightning lose pair of weekend games to Winnipeg teams

Staff

The Interlake Lightning had a tough time with a pair of Winnipeg teams last weekend.

Interlake lost both home games while getting outscored 15-4.

Sunday afternoon saw the Winnipeg Wild defeat Interlake 8-1 in Teulon.

The Wild took a 4-0 lead 11:14 into the game.

Tyler Thoendal opened the game's scoring just 16 seconds into the contest and then Tyson Smith, Stephen Grahn and Rory Neill tallied.

Karson King put the Lightning on

the board at 11:23 of the first period, assisted by Matthew Vandel.

Winnipeg outshot the Interlake 23-5 in the first period.

Grahn scored the lone goal of the second period and then Ryland Hueging, Matthew Wisener, and Carter Halamandaris tallied in the third.

For the game, Winnipeg outshot Interlake 54-16 as Lightning goaltender Dominic Jacobson made 46 saves.

On Saturday evening, the Lightning lost 7-3 to the Winnipeg Thrashers.

Winnipeg snapped a 3-3 third-period tie with four unanswered goals.

The Thrashers led 2-0 after first-period goals by Charle Kosman and Cameron Hibbert.

Nate Goodbrandson made it 3-0 early in the second but the Lightning roared back with second-period goals by Austin Adair, King and Kaden Stewart.

Goodbrandson, a St. Andrews' product, finished with a game-high three points.

Winnipeg put the game away with third-period markers from Brandon Ambrozik, Branden Huminuk, Lucas Brenton and Hibbert.

The Thrashers scored twice with the man advantage and once while short-handed. The Lightning had a power-play goal and a shorthanded tally.

Winnipeg outshot the Interlake 39-23 as Chris Fines took the loss in goal. Selkirk's Cole Plowman earned the victory.

With the two weekend losses, the Lightning are now 3-3 on the season.

Interlake is back in action Saturday at 8 p.m. when it takes on the Central Plains Capitals. On Sunday afternoon at 3:30 p.m., the Lightning will play the Parkland Rangers.

Bantam Lightning, Selects have good battle

Staff

There was playoff-style hockey being played Sunday between the Interlake Lightning and Eastman Selects during Bantam 1 East action in Landmark.

Eastman's Mason Hooper scored the game's only goal midway in the third period to lift Eastman to a slim 1-0 victory.

The Selects outshot the Lightning 40-31 as Interlake goaltender Dawson Cowan made 39 saves.

Interlake's next league game isn't until Oct. 24 when it hosts the Winni-

peg Hawks in Stonewall. Puck drop is 7:30 p.m.

In U17 Prep action on Saturday, the Lightning lost 8-2 to the Winnipeg Bruins at the Notre Dame Arena.

Lucas Gillson, Naaman Hofer and Eric Mork (on the power play) gave Winnipeg a 3-0 lead.

Interlake's Hayden Wheddon replied with a power-play goal of his own at 18:22 of the opening period, assisted by Stefan Schaible-Schur.

The Bruins' Braeden Bzovy and the Lightning's Nathan Vigfusson traded second period goals as Winnipeg led

4-2 after two periods.

Andrew Henry and Joel Kingsland assisted on Vigfusson's goal.

But Winnipeg blew the game wide open with third-period goals by Joel Purdom, Paison Butler, Brandon LeBlanc and Austin Peters.

The Bruins outshot the Lightning 50-18 as Lightning goalie Zack Meadows made 42 saves.

Interlake will see the Bruins against this Sunday when it hosts Winnipeg in Warren. Game time is 2:30 p.m.

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Gimli Septic Service Ltd. has an opening for a part-time Administrative Assistant position. Approx. 1-2 shifts per week. Applicants must: be able to answer phones and take messages; be available and willing to work some weekends; No former training is required although experience is an asset. Please submit resume via fax or email. Fax: 204-389-5129 E-mail: gimliseptic@gmail.com

Gimli Septic Service Ltd. has an immediate opening for a vac truck operator. Operators must have a class 3 or class 1 license with air endorsement. Applicants must: be a responsible individual; demonstrate good truck driving ability with a clean driving record; work independently; have the ability to lift 65lbs, job requires physical labour; be available and willing to work weekends; be motivated and bring a positive attitude! We expect our operators to deliver excellent service to our customers while representing our company in a courteous and professional manner. Part-time position with the availability to become full time. We offer competitive wages, experience is an asset! Please submit resume via fax or email. Fax: 204-389-5129 E-mail: gimliseptic@gmail.com Please send us an email if you have any questions. No phone calls please!

HELP WANTED

Seasonal Snow Clearing Personnel - Aspen Park, Gimli on an on-call basis and may include weekends. This is a physically demanding job and applicants need to be in good physical health. Applicants should be familiar with the use of snow blowers.

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