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## Celebrating culinary arts

EXPRESS PHOTO BY PATRICIA BARRETT

Riverton Collegiate and the Evergreen School Division celebrated the completion of their remodelled culinary arts room with a lunch and a ribbon-cutting celebration Oct. 19.

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# Riverton Collegiate launches remodelled culinary arts room

By Patricia Barrett

Riverton Collegiate and the Evergreen School Division celebrated the completion of their remodelled culinary arts room with a lunch and a ribbon-cutting celebration Oct. 19.

The re-vamped room has five kitchens, double sinks and a wheelchair-accessible cooking station. It also has a washer and dryer that cooking and sewing students use. State-of-art-tables designed like jigsaw pieces can be pushed together to form a long table on which sewing students can lay out designs and cut patterns. Space was at a premium in the former room, making it difficult to organize supplies.

"This renovation has provided our students an opportunity to learn in a welcoming, uplifting space," said Sarah Boaz, who teaches cooking, sewing and social studies in the new room. "It's the same size, but the natural light, the extra storage and design features of the space make the room brighter. And the design and craftsmanship of Netley Millwork has provided us greater functionality and

brings about a sense of calm."

Netley Millwork's Walter Hofer, who oversees sales and design, along with Silas Hofer, attended the unveiling.

"We made sure we designed the cabinets to their specifications," said Hofer, whose family-owned company from Petersfield designs and manufactures custom kitchens and cabinetry for both residential and commercial clients across the province.

The former provincial government under the NDP provided \$800,000 for the new industrial kitchen, citing opportunities for students wishing to enter the hospitality, food service and tourism industries, according to its June 25, 2015, news release.

RCI principal Erin Furgala said the project also came together through financial contributions

from local organizations and partnership support from the school board and school staff.

"Today marks the culmination of an idea that began ... as a result of the investment of the provincial government, Evergreen School Division and educational partners within our

**"I STRONGLY BELIEVE HOME ECONOMICS HAS AN EXTREMELY IMPORTANT PLACE IN OUR EDUCATIONAL SYSTEM."**



EXPRESS PHOTOS BY PATRICIA BARRETT

Student Taylor Lee and home economics teacher Sarah Boaz serve up lasagna and Caesar salad to guests.



Silas (left) and Walter Hofer of Netley Millwork designed and installed the cabinetry in the new culinary arts room.

closely connected community," said Furgala. "It's the sharing, caring and support ... that enriches the lives of the students who attend each day."

In addition to the province, Noventis Credit Union (Riverton), the Riverton Elks Lodge, the Westshore Community Foundation and the Riverton Community Music Alliance contributed funds to the remodelling.

The Westshore Community Foundation, which has provided over \$560,000 in grants and \$110,000 in student scholarships since 1998, contributed \$2,000 to the project.

"I strongly believe home economics has an extremely important place in our educational system today," said director Dave Douglas. "No other academic discipline incorporates in its curriculum as many pertinent life skills that will help students succeed in their chosen career paths."

The Riverton Community Music Alliance donated \$2,500 to the new room. Chair Tracy Bjornson Collins, who was

unable to attend, wrote a congratulatory letter, which Boaz read.

"I had a peek [at the room] a few days ago and it is absolutely beautiful," wrote Bjornson Collins. "The RCMA is a small group of community members initially started to support the expansion of our music program. We've evolved into a strongly committed group of community members supporting all learning within Riverton Collegiate."

Guests, collegiate staff and trustees cut the ribbon then enjoyed a hearty lunch of lasagna and Caesar salad prepared by the students.

"This room is also the space of our fantastic breakfast program and the after-school Kids in the Kitchen program, which is run by our local recreation director (Tyanna Mytz)," said Boaz. "It has been a gathering place for many years. Often it is food that brings communities together and this is a place for food."

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# From hobby to business to dream job

By Jeff Ward

Lundar resident Lauren McLeod recently took what was a beloved hobby of hers and turned it into a full-time business that now employs two of her friends.

McLeod has done what many only dream of doing by monetizing her passion to becoming her own boss and spending more time with family. But how did she do it?

The short answer, McLeod explained, is that she knew what she was good at, leveraged it and worked very hard to make it a success. The long answer is more interesting and involved a leap of faith, a whole lot of self-confidence

and really good timing.

McLeod started her business, The Rustic Nest, during Christmas last year. The business hosts custom sign-making parties where participants build, paint and finish wood signs to take home. The parties were a big hit right away, and McLeod said that she was almost immediately flooded with appointments to host more. The idea of hosting more creative events where people get to build their own artwork wasn't new, but the artwork that McLeod had people doing was.

"When I started, I didn't know anyone doing this kind of party in Manitoba and I think that's why it took off

so quickly," said McLeod.

"From there, it just blew up, caught on like wildfire. I quit my job working at the care home in Lundar and dove in. My goal was to find something I could do where I could stay at home with my two small children."

McLeod's two friends, Brittany Lindal and Elyse Miller, were both hired as partners who were also trying to achieve the same goal of working while spending more time with

their young children.

McLeod said that she took some time to figure out if her leap of faith was going to pay off and explained that there was some initial fear before quitting her job.

"I did a lot of thinking about it and asked myself if this was a good idea. It was a risk because I have a responsibility to my family, but I knew deep

Continued on page 9



EXPRESS PHOTO SUBMITTED

Rustic Nest owner-operator Lauren McLeod has taken her favourite hobby and turned it into a new business.

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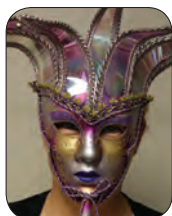
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# getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

## > ARNIE WEIDL **The fish that got away without Andy's toe**

Greetings, good friends. This week, unpredictable fishing action, not to mention the fish themselves, have conspired to give us some extraordinary stories.

On the wide sandy bay north of the Winnipeg Beach Marina last Tuesday, I saw a couple shore fishing. I tread down through the deep sand to a distinguished looking chap by the name of Jeff Bostock and his wife Eva, a petite outdoorsy lady with short curly hair. Though home base was Winnipeg Beach, they were seasoned travelers who liked to tell stories of fishing in many places in North America.

One time, they took a friend, Nadine from Chicago, boat fishing with them on Revell Lake, Ont. It was a calm, warm, overcast day, and only minutes after Nadine dropped her jig into the water, she caught a 14-inch pickerel. As a rookie, she excitedly reeled in as fast as she could, causing the dangling fish to fly over the boat's side and bounce up off the seat. As it flew back over the water, it slipped the hook. It slashed into the water, just wiggling around confused under the surface until it saw Nadine's jig again, which had dropped into the water after she had let her rod go. The pickerel shot for the jig and hit it again. This time, Nadine controlled herself and reeled it in slowly, carefully to claim her bouncing prize.

A day later, I strolled up and down the Selkirk Waterfront pier visiting with anglers when I heard a young tyke jabbering endlessly in a high-pitched voice. I went over and met Winnipeggers Matt Halischuk, his wife Bobby and their precocious and



**EXPRESS PHOTO BY ARNIE WEIDL** Matt, Bobby and Mike Halischuk with Bobby's catch off the Selkirk pier.

very vocal son Mike, just as Bobby landed a pickerel. As Matt and I began talking, young Mike interjected, "You can call me Miceal Halischuk." I stifled a chuckle, trying not to interrupt Matt when his bright son added "I caught and lost a great big jackfish, you know." I couldn't help telling Matt, "Your Mike is way beyond his years in smarts." I so enjoyed taking the family's picture with Bobbys' fish. As I left them, Mike was still going on about his jackfish.

I continued upstream by the Red and met Ron Chorney of Oakbank. As

we talked, he remembered a number of years ago when he was boat fishing here with his 10-year-old son Chancey and nature insisted he "add a little water to the river." He went to the bow of the boat, and with Chancey driving the boat forward and seeing no one in sight, he proceeded to comply with nature. Suddenly, the bow hit a mud bar and stopped dead. Ron did a perfect somersault over the bow and disappeared from Chancey's sight. Chancey waited, then heard a sucking sound as his father, covered from face to foot with black mud, appeared by the side of the boat. Ron pulled himself over the boat side just enough to roll in and, trying to catch his breath, said to his son, "Please, quick, back us out of the mud before anybody sees us."

Last weekend, I met a couple, Russell Kruz and Debbie McKechnie, who love to fish Betula Lake. A while back, they invited a friend, Andy, to come fishing with them. It wasn't long after they got out on the water in the boat that they realized Andy wasn't, shall we say, adept with machinery or of a calm nature. He fumbled about with his rod that he hadn't used in years until the reel handle literally fell off into the water. He tried to fish finger-ing the reel. When that didn't work, he lost his temper. Deb and Russ had all they could take and set him out on a huge rock outcropping to fish by himself. No sooner alone, he caught a big pickerel. Deb and Russ, 30 feet offshore, tried not to laugh at Andy as he tried desperately to wind the reel with

Continued on page 5

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### OUR EDITORIAL STAFF

Patricia Barrett 204-914-1293  
[patricia@expressweeklynews.ca](mailto:patricia@expressweeklynews.ca)

Jeff Ward 204-298-3381  
[jeff@expressweeklynews.ca](mailto:jeff@expressweeklynews.ca)

Brian Bowman Sports Reporter  
[sports@expressweeklynews.ca](mailto:sports@expressweeklynews.ca)

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# Six Lakeshore schools work together on writing continuum

By Jeff Ward

Teachers from six Lakeshore schools met a few weeks ago to work on the divisional writing continuum that establishes baseline competency for each grade level based on previous student work.

The writing continuum is an exciting document that outlines summative and formative goals for writing skill levels.

Where a student's ability currently lies and an action plan on how to get a student to where they need to be if they don't reach that level were all discussed during an Oct. 13 professional development day. Staff from Alf Cuthbert School, Ashern Central and Early Years schools, Eriksdale School, Lundar Early Years School and Fisher Branch Collegiate all took part in the session.

Lakeshore School Division literary support teacher Lori Emilson facilitated the event. She said that the work on how to define these levels was all done by teachers and there was a good healthy debate on establishing goals. Teachers looked through packages of

student writing from kindergarten to Grade 9 to find "student exemplars." Students who show good understanding of sentence structure, grammar, creativity and ability to translate ideas to the page were some of the factors that made up those exemplars.

"It's an exciting process and using student writing is an important part in this process," said Emilson.

"We want to use this to help us assess our students but also help them assess themselves. So, are our students meeting grade level expectations? And if not, how do we get them to where they need to be?"

The continuum was drafted last year by teachers but with the working group this month, it was finally taken out of draft status. Emilson explained that there are many reasons why a student is or isn't a good writer and that

understanding those issues and how to correct them is a complex issue. It also happens to be wildly different for each student, making the job of the teacher much more difficult in the long run as they work to help dozens of students of varying levels.

Emilson said that students who read a lot tend to be better writers, and that's not just a coincidence.

"Students who are being exposed to a writer's craft will often become better writers," she said.

Another big part of this continuum is how those expectations change from grade to grade. The progression from each grade level needs to have an increasing challenge and teachers are working to avoid scenarios in which those expectations spike or plateau. The demand and expectations on students

"STUDENTS WHO ARE BEING EXPOSED TO A WRITER'S CRAFT WILL OFTEN BECOME BETTER WRITERS."

have to be realistic. Teachers are also not designing this method to artificially inflate the division numbers of literacy competency either. Those at the table in this session genuinely want to make their students better writers and that means not letting them off easy.

This is the eternal boxing match between teacher and student that happens in every classroom. It's the Goldilocks effect of needing everything to be not too hard but not too easy — it has to be just right. The difficulty comes in needing to do that for hundreds of Goldilocks across the division who all learn at different rates. There is no one-size-fits-all approach.

"The greatest barrier is time. There are only so many hours in a classroom and only so many hours of that day that are devoted to writing. The continuum is just a tool we can use. It is teachers that have to do the work," said Emilson.

The group will hold another professional development session on the continuum on Nov. 10.

# Province launches website for waste management and recycling depots

## Sustainability Awards deadline for nominations Dec. 8

By Jeff Ward

A new website that will allow Manitobans to find their nearest recycling depot and learn about what that depot can handle was launched last week as part of Waste Reduction Week.

The website, [www.gov.mb.ca/waste-wise](http://www.gov.mb.ca/waste-wise), is interactive and can be used to find out where to take your recyclables. Things like cell phones, batteries, fluorescent lights, oil and anti-freeze among many other categories are searchable with the site. October

is Sustainability Month and the province is working on raising awareness and engaging communities in sustainability initiatives.

In a press release dated Oct. 16, Manitoba Minister of Sustainable Development Rochelle Squires outlined the new website and also announced that nominations are now open for the 2017 Manitoba Excellence in Sustainability Awards.

"All Manitobans have a role to play in making our province as environ-

mentally conscious as possible and the province is taking a leadership role," said Squires in the press release.

"We're collectively taking action on climate change and energy conservation. We want Manitobans to have easy access to information on recycling and waste reduction."

The Sustainability Awards recognize Manitobans who embrace the spirit and principals of sustainable development. Nominees can include action items such as climate change, air quality and energy efficiency, sustainability in water and natural area stewardship, education for sustainability, and innovation and research for sustainability among others.

The awards are open to all Manitoba residents and any organizations or businesses operating within the province. Those interested in nominating someone can apply online at <http://www.gov.mb.ca/sd/susresmb/mrtsd/ mesa/>.

The deadline for nominations is Dec. 8.

## > GET FISHING, FROM PG. 4

his thumbs. Finally, he just grabbed the line and hauled the fish in. The flapping fish landed on the rock, which slopped down to the water so he stuck his foot out, shoving it further up. That's when the fish clamped its mouth over Andy's big toe. Skinny Andy split the air, howling as he danced about with his foot high in the air and the fish dangling from his toe. Deb and Russ couldn't help themselves and roared with laughter. After they quieted down, they landed and rescued Andy's toe from the fish.

Bye till next week.

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# Eriksdale doctors excited to welcome patients to new clinic

By Jeff Ward

Last week several Interlake-Eastern Regional Health doctors officially moved across the street into new clinic space in the Eriksdale Wellness Centre from the E.M. Crowe Memorial Hospital.

Doctors say that this new location at 35 Railway Ave. will provide a more comfortable environment for patients and for them to work in.

Previously patients being seen by Eriksdale doctors would have to go to E.M. Crowe Memorial Hospital. The building housed a small clinic that was, as Dr. Ayman Soliman explained, difficult to work in. Examination rooms were very cramped and provided little extra space for family members accompanying patients or even wheelchairs.

Many patients, Dr. Soliman said, would have to get up out of their wheelchairs, walk into the room and then sit back down once their chair had cleared narrow door frames. Those issues, among others like no windows and natural light, made for an uninviting and sometimes stressful scenario for patients.

The new space has rooms double the size with natural light. The new environment feels more welcoming and was designed with overall patient care in mind.

"We don't want to be adding stress to our patients when they visit us. We

want them to be more relaxed so we can provide care," said Lori Wahoski, clinical team manager of primary health care for the Interlake-Eastern RHA.

"The new environment we have here is much nicer. The rooms are bigger and can fit more than one person as well as our diagnostic machines. We think patients are going to have a much easier time being in this location."

**"CERTAINLY CHANGE IS ALWAYS DIFFICULT, BUT I THINK OUR PATIENTS WILL UNDERSTAND QUICKLY THAT THIS IS MUCH BETTER."**

Dr. Soliman said that even in the short time he has been practising in the new clinic, he's already heard good feedback. He explained that in terms of his job, he is able to see patients more efficiently in the new space. Not having to cart in blood pressure machines or have people get up from a wheelchair and play musical chairs with other equipment is saving him time in the room.

Patients will have to cross the street and go back to the hospital if blood work or an X-ray is ordered.

"I can spend more time seeing patients and I'm saving time in my day. I've had patients say 'It's a real examination room now,'" said Soliman.

Wahoski said that she and the doctors want residents and patients to treat this facility like their home clinic. She said she understands that there will be some concerns in moving this



EXPRESS PHOTO BY JEFF WARD

Eriksdale doctors Dr. Sunu Thomas (left), Dr. Hakimeh Khazen (middle) and Dr. Ayman Soliman are excited to be in the new clinic across the street from the E.M. Crowe Memorial Hospital.

service away from the hospital and hopes that once patients see the new location, they'll understand why the change was made. Ultimately it was one that doctors asked for, and after working for so long in what comparatively could be called closets, their new rooms are a big quality-of-life improvement for staff.

Wahoski said that this new facility will help the recruitment of more doctors in the future. Trying to recruit doctors to work in the old space in the hospital wasn't easy because those rooms simply weren't an inviting

space. That shouldn't be a problem for future recruitment, though, as the clinic is very modern and feels like any clinic a person would see in Winnipeg.

"Certainly change is always difficult, but I think our patients will understand quickly that this is much better than what we had before. We're able to provide a much better level of care here," said Wahoski.

All three doctors are accepting patients and can be contacted at the Eriksdale Medical Clinic at 204-739-2672.

## Fly-tipping at Gimli Harbour

By Patricia Barrett

A mattress dumped near the Coast Guard station at Gimli Harbour a number of weeks ago continues to blight the area.

The stained double-sized mattress was left on the grass beside a dumpster just feet away from the municipality's historic T-33 fighter jet and across the street from the Waterfront Centre.

"We didn't do it," said a Coast Guard staffer last week. "We would have paid to have it taken away."

The RM does not provide a pick-up service for household items, which likely prompted the fly-tipping excursion.

RM residents are supposed to take

mattresses and other large household items (sofas, chairs, etc.) to the landfill site in Arnes, said CAO Joann King.

Unlike Dunnottar's landfill site, the Arnes landfill does not charge property owners who want to consign old furniture to the tip.

Residents will, however, be charged for dumping items in back lanes or other spaces under the RM's Solid Waste Bylaw and Neat & Tidy Bylaw.

"An amount up to \$1,000 and the cost to clean up the illegal dumping," said King, referring to the fines. "This includes dumping in a commercial bin that you do not own."

King said the RM does not have statistics on the numbers of mattresses illegally dumped throughout the RM.



EXPRESS PHOTO BY PATRICIA BARRETT

A soiled mattress was illegally dumped near the Coast Guard station at Gimli Harbour.

# Gypsumville RCMP respond to erratic driver, catch offender on probation

## Submitted

On Oct. 14, just before 2:30 a.m., Gypsumville RCMP received a report of an erratic driver heading northbound on Highway 6 near Provincial Road 513. Police were able to locate the driver approximately 20 kilometres north of Road 513. Police attempted to stop the vehicle, which had stolen plates, but the driver continued northbound on Highway 6.

At a safe distance, the officers con-

tinued to follow the vehicle, which was going approximately 110 kilometres per hour and weaving into the southbound lane. As the vehicle was travelling, items were being thrown out of the driver's window and hitting the police vehicle. The officer identified the items as marijuana and Canadian currency.

Approximately 100 kilometres north of Road 513, the vehicle entered the ditch and the suspect exited the ve-

hicle and went into the woods on the west side of the road.

Grand Rapids and Ashern RCMP, and RCMP police dog services, attended to assist. Police dog Ozzy and his handler arrested a male in the woods.

Officers on scene located a significant amount of currency spread out on the road and some that had been stuck to the grill of the police vehicle that had been following the suspect.

Abraham Horace Saunders, 26, of Thompson is charged with flight from peace officer, possessing property obtained by crime, driving carelessly, driving while disqualified and failing to comply with probation order. He remains in custody.

The investigation continues and more charges may be pending.

## Dr. Arminster Mann joins Arborg and Riverton clinics



Dr. Arminster Mann

## Submitted

Interlake-Eastern Regional Health Authority is pleased to announce Dr. Arminster Mann is now accepting new patients.

He is practising at the Arborg and District Health Centre and on Thursdays at the Riverton Clinic. Dr. Mann is a family physician originally from India who completed his medical training in Punjab.

"My life started in Canada up north in rural B.C. I love living the rural life. It's beautiful and provides a good work-life balance," says Dr. Mann, who moved to Canada with his wife, 10-month-old son and two-and-a-half-year-old daughter. "All of Manitoba is beautiful, but I love the calmness of the rural communities best."

When he is not busy at work, Dr. Mann enjoys home construction, including building things, cooking, hiking and surfing. He loves travelling, especially through Canada, and has even driven from Vancouver to Toronto along the Trans Canada Highway.

Patients can make an appointment with Dr. Mann by phoning the Arborg and District Health Centre at 204-376-2781 or Riverton Clinic 204-378-2460. Please be sure to have your Manitoba Health card available when calling to make an appointment.

## Clarification

### Staff

Clarification in reference to the article "Cost of false alarms to be recouped by RM of Bifrost-Riverton" published in the Oct. 19 Express Weekly News.

Residents and business owners in the RM of Bifrost-Riverton will be facing fines for false alarms that involve policing and fire department resources.

It should be clarified that the false alarms that RCMP Sgt. Rob Gray and Cpl. Dave Spakowski were discussing at the council's regular meeting on Oct. 11 were referring to the building that Westshore Marine occupied at Highway 68 and Main Street before moving to their new location on the east side of Highway 68 and Main Street.

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# Gimli Community Health Centre welcomes two new physicians

## Submitted

Interlake-Eastern RHA is pleased to welcome Dr. Jessica Chan and Dr. Dylan Thompson to the Gimli Community Health Centre. Dr. Chan and Dr. Thompson are accepting patients at the health centre and are also taking call in the emergency department.

Dr. Chan graduated from the University of Queensland in Brisbane, Australia, and completed her residency in Winnipeg. Dr. Thompson graduated from the Northern Ontario School of Medicine in Thunder Bay and completed his residency in Portage La Prairie.

"We had visited Gimli a number of times for day trips while working in Winnipeg and always had a lovely time," says Dr. Jessica Chan. "Gimli made a great impression on us — the facilities are wonderful, and everyone

has been very friendly. As we both have an interest in full-spectrum rural practice, it was a perfect fit."

To unwind, Dr. Chan enjoys traveling, yoga and growing orchids. Dr. Thompson enjoys hiking, jogging and playing board games in his spare time.

"I am originally from a rural community, and it has been my plan to work rurally since starting medical school," says Dr. Thompson.

They both enjoy travelling, and Dr. Chan has recently returned from medical outreach in Ghana, Africa.

Patients can make an appointment with either doctor by phoning the Gimli Community Health Centre at 204-642-1618. Please be sure to have your Manitoba Health card available when calling to make an appointment.



Dr. Dylan Thompson



Dr. Jessica Chan

# Lundar's Chase the Ace pot now over \$50,000

By Jeff Ward

The elusive ace of spades remains unselected after the Lundar Legion's Chase the Ace last Friday bloating

this week's pot to over \$50,000.

Ann Harris is a Lundar Legion board member and said that when they started this Chase the Ace almost one

year ago, they never thought it would stretch this long. Harris said that the excitement last week was palatable and that people lined up around the block to buy tickets several hours early. She added that the 50/50 draw that night was over \$3,400. Only 10,000 tickets are sold and the limit is 100 tickets per person. Each ticket costs \$1 and only one ticket will be drawn. The person whose ticket is drawn will be able to select a card from the ones remaining.

"We had 250 people in the Legion that night and when the card was selected you could hear a pin drop. It's a lot of pressure to be in that position," said Harris.

The money raised from this Chase the Ace will be used, Harris said, for future renovations of the legion space. This Chase the Ace has actually breathed new life into the legion, which was on the verge of having to shut its doors due to financial issues. Harris said that those supporting this lottery are providing a great boon to the legion.

Those interested in purchasing tickets for tomorrow's draw can do so between the hours of 6 and 8 p.m. on Friday, Oct. 27 at the Lundar Legion Hall. Given the size of the pot and the popularity of the event, Harris said it's a good idea to arrive early.

**"WE HAD 250 PEOPLE IN THE LEGION THAT NIGHT. YOU COULD HEAR A PIN DROP."**



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## Two physicians accepting new patients in Ashern

Interlake-Eastern Regional Health Authority and its community partners are pleased to announce Dr. Armin Sabri and Dr. Mina Gendi are now accepting new patients at the Ashern Medical Clinic. Dr. Sabri graduated from Tehran University of Medical Sciences in Iran. Dr. Gendi graduated from the University of Alexandria in Egypt. Dr. Gendi and Dr. Sabri recently completed additional medical training at the University of Manitoba.



**Dr. Armin Sabri** **Dr. Mina Gendi**

Appointments with the doctors can be made by calling **204.768.3821**



**Interlake-Eastern**  
Regional Health Authority



# A buckin' good time at 21st annual Boyz & Bulls

By Jeff Ward

Hundreds packed into the Eriksdale Recreation Centre on Oct. 14 to see some of the toughest bull riders compete in the 21st Annual Boyz N Bullz competition.

The event featured some tough competition for riders and bulls. Organizer Ben Kinkead said that this year, even though riders get to pick their bulls, the animals fought hard and knocked off all but one rider in the final round. Wyatt Laughlin from Pincher Creek Alta., was the last man riding after a tough event, taking home the prize buckle and \$3,400. Trenton Reimer from Grunthal won the novice bull riding competition while Damien Tritthart from Hilbre won the junior steer riding competition.

"It was a good event. The dinner did well, selling all 160 steaks, and the show was packed as well. We're happy with the turnout and the competition," said Kinkead.

The Calcutta, where riders are auctioned off to raise funds for the Eriksdale Recreation Centre, had an unusual finish this year. The money is typically distributed with 60 per cent going to whoever buys the first place rider, 15 per cent going to the second place buyer and the remaining 25 per cent going to the rec centre. However, because only Laughlin stayed on his bull, there was no second place, meaning the lucky Larry Weatherburn took home a prize of \$2,850 and the rec centre received \$950.



Alberta rider Wyatt Laughlin, left, took home \$3,400 and the trophy buckle for being the old rider to stay on for a full eight seconds.

New this year to the event was the champions round, which was supposed to feature the champion of the event, Wyatt Laughlin and two other riders. But, as Kinkead explained, Laughlin had some malfunctioning equipment that caused him to give up his spot in that round, opening the door for Brazilian rider Marco Gloria, who ended up winning the event against Ty Ellis from Saskatchewan and Ryan Neufeld from Morden. Gloria took home \$500 for his 85-point performance.



EXPRESS PHOTOS BY ROBERT E. WILSON

The pyro-filled opening to the 21st Annual Boyz N Bullz event had the crowd hyped before they were treated to another solid bull riding event in Eriksdale on Oct. 14.



Volunteers Leanne Kell, Marilyn Sigurdson, Vienna Kinkead, Vanessa Miller, Sam Miller and Ray Miller.

## > DREAM JOB, FROM PG. 3

down it was going to be successful. My fiancé was extremely supportive and he told me that I just have to go for it because it's something I really want," said McLeod.

With the support of her fiancé, Shawn Nikkel, McLeod said she was able to push aside any trepidation and fully devote herself to the business. She said that currently she and her two partners are hosting five parties every weekend at locations all over the province. And that even during party preparation, which can be very time consuming, it never feels like work.

McLeod is working more than she would've been at her previous job, but the work is fun so the extra hours she spends are doing something she already loves.

"I used to do this just as a hobby and my girls loved doing crafts with me as well. So even if I wasn't doing this to make money, it's still something I'd be doing in my free time. To turn it into

a business is a dream."

McLeod is exploring new ways to expand the business and to offer more things for people to create. She is also looking to expand her reach and hire more people to host parties. The explosive growth she's seen over the last year is very exciting, but she said that expanding too quickly can be a bad thing.

Patience and planning are key in keeping the business healthy over time. She is diversifying the business by offering kits so people can create their own signs at home as well as a service that makes signs for people who don't have the time. McLeod's signs will be featured at many Christmas craft shows throughout the Interlake this holiday season. Taking risks is a tough thing to do and leaving a job that provides financial security is certainly not for everyone.

But McLeod and others like her take those risks because of the promise of something better — a better work-life balance, a job they're passionate about and a life most people only dream of.

"I still can't believe where I am not even a year later. I think that if you have something you re-

"I STILL CAN'T BELIEVE WHERE I AM NOT EVEN A YEAR LATER."

ally enjoy doing and there's an opportunity to make that a job, just go for it. I like to say that you only live once. Take a risk and do it."

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## Your Home FALL FIX IT PAINT IT BUILD IT IMPROVE IT & MORE

### How to properly care for your gardening tools

Neglecting to care for your gardening tools (shovels, hoes, trowels, garden shears, etc.) before the colder season sets in is a surefire way to ensure their poor condition come spring. This fall, don't forget to follow these three essential steps to make sure your gardening tools are ready for duty once the warmer weather rolls around:

- 1. Clean**  
Wash your gardening tools with soapy water (if necessary, use a brush to scrub away dirt and grime), rinse and dry with a clean towel or cloth. For your cutting tools, you can scrub the blades with a rag soaked in alcohol to eliminate stubborn filth.
- 2. Sharpen**  
Carefully sharpen all of your cutting tools with the help of a whetstone,



metal file or grindstone. Pro tip: place your tool in a vice to ensure a steady hold while sharpening to reduce the risk of damage and personal injury.

- 3. Protect**  
Apply a protective layer of lubricant, oil or grease on your tools' springs and metal surfaces to keep them from rusting over the winter.

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# Gimli Ford fundraises for High School's 2018 grads

By Patricia Barrett

Members of the family-run Gimli Ford dealership and Ford Canada held their final Drive One 4UR School event last Saturday to help raise funds for Gimli High School's graduating class of 2018.

For a \$20 donation, people were able to take a Ford vehicle for a five-minute spin around town. Ford will donate up to \$6,000 to the graduating class to help with organizing expenses.

The dealership brought a number of 2017 models to the school, including a Fusion, Focus, Explorer, F-150, Edge and Escape.

"It was a great Ford vehicle, easy to handle," said Violet, who arrived early at the three-hour event to take an Eco for a test drive. "It's important to support this fundraiser because the grads get the financial benefit. It's great for the grads."

Grads have to foot the bill for their own dresses and suits and pay for a hall rental and decorations.

"Last year, it cost roughly \$10,000," said Grade 12 student Aaron, who's

serving as the grad head this year. "You've got to decorate the Recreation Centre and pay for all the food."

This is not the first fundraiser Gimli Ford has held to help the community. Earlier this year, the family supported the Gimli Children's Centre and organized a fundraiser for the high school's 2017 graduation class. The dealership has raised almost \$4,000 from Drive One events this season.

The final fundraiser will boost that tally.

"We've had 70 people register and 20 have taken a test-drive in the first half-hour," said Karen Raemer, the dealership's events planner and service consultant. "And people who brought a 'Tin for the Bin' could enter a draw for a free oil change."

The grads' parents also stepped up to help in the fundraising effort.

"The parents have organized the barbecue, but Ford Canada and Gimli Ford do the fundraiser for us," said one of the parents helping lay out the food. "We just decided to do the barbecue as an extra fundraiser."



EXPRESS PHOTOS BY PATRICIA BARRETT

Ford's Russell Einarson (left) with Violet and Merv, who helped raise money for Grade 12 grads.



Grade 12 students Jillian, Kalli, Darren and Aaron offered barbecue hotdogs to participants.

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## Noventis renewal to enhance service across the Interlake



EXPRESS PHOTO BY PATRICIA BARRETT

Noventis Credit Union, Gimli branch.

### By Patricia Barrett

Noventis Credit Union is undergoing staffing changes as part of an internal renewal that began this fall and is expected to be completed by January 2018.

The changes are being undertaken to ensure rural clients are provided with the best in-person service and access to the latest technology.

Despite rumours of job cuts swirling around Interlake communities, where the majority of Noventis branches are located, there will be no layoffs.

"Some of the people who were previously branch managers are transitioning to different roles," said Noventis CEO Kevin McKnight. "And we're trying to streamline some of our administration duties in each branch. We're trying to consolidate those so they're done centrally."

Noventis is dedicated to providing rural communities with banking and financial services. Its Interlake branches are located in Arborg, Ashern, Eriksdale, Fisher Branch, Gimli, Moosehorn, Riverton, Selkirk and Winnipeg Beach. It also has branches in Headingley and Starbuck.

McKnight said it's normal for most companies to evolve in response to the needs of its clients and to maintain and improve services in a bid to stay relevant.

"We're always trying to improve our processes and make the best use of our people," said McKnight. "That's part of our re-design and there are no staff reductions. Our members want the best online service and different technologies the same as everybody else, and that's part of what we're doing on a regular basis — trying to evolve our service delivery so we're providing the best service possible."

Noventis broke technological ground when it became first financial institution in Manitoba to introduce iTMs (interactive teller machines), whereby members can see (via a video screen) and speak with a service representative to perform a number of after-hours transactions that go beyond deposits and withdrawals.

The iTMs are available from 7 a.m. to 7 p.m. in three of its branches: Gimli, Selkirk and Starbuck.

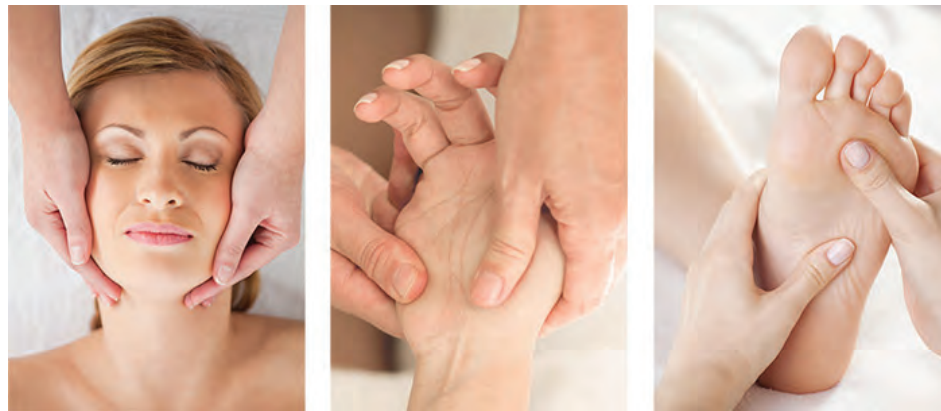
McKnight said Noventis employs local people and is currently in the process of hiring additional staff.

"Part of our vision and mission refers to building our communities. That's part of who we are," he said. "We support our communities by employing people locally but also making sure services are available. We recognize the fact that we have to grow and change and evolve with the members' needs. That's kind of what we're doing — we're streamlining internally and that might mean people are doing different roles."

In the past few years, some banking institutions have closed branches in the Interlake. CIBC, one of Canada's six wealthiest banks, closed its Fisher Branch location in June 2016, citing "low and increasingly lower volumes."

Noventis is filling the financial services void, as well as contributing funds to worthy local causes.

"We're always contributing back with \$250,000 per year to local community groups or different fundraisers or projects. We're pretty proud of that, and proud of the fact that we are still in communities where the big banks have pulled out. In six of our 11 locations, we're the only financial institution in town."



## Massage Therapy Awareness Week October 22-28, 2017

### Pain in the Neck?

Massage Therapy Awareness Week is Oct. 22 to 28, and the Massage Therapy Association of Manitoba is encouraging all Manitobans to be aware that registered massage therapists can help with your neck pain.

Neck pain can be a lot worse than just a pain in the neck — it can lead to symptoms including jaw pain and headaches — but treatment by a registered massage therapist can help to solve the problem at the source and get you moving again.

Sheila Molloy, executive director of the Massage Therapy Association of Manitoba Inc., says the neck is vulnerable to injuries and dysfunction that can lead to both pain and restricted motion.

"The neck is a flexible narrow structure which supports a wider and less flexible skull. This makes the neck more vulnerable," she explains. "Causes of neck pain include; whiplash, TMJ dysfunction, reduced or increased spinal curvature, joint or disc degeneration, nerve or spinal compression, repetitive strain injury, incorrect posture and body mechanics, trauma and a number

of other medical conditions."

Symptoms of neck pain can include tingling in the neck, upper back, shoulders, arms or hands; pain and stiffness in the jaw or upper back; decreased range of motion in the neck; headaches; inflammation; as well as numbness in the neck, upper back, shoulders, arms or hands.

Molloy says there is a great deal of research in this area showing how massage therapy can effectively deal with neck pain, headaches and migraines. Depending on the cause and severity of a patient's specific symptoms, treatments can include remedial exercise, joint mobilizations, thermal therapy and a variety of other massage techniques that can be used to help.

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# Walk to the Rock honours Icelandic settlers

## NIHM exhibit recognizes Indigenous assistance to settlers

By Patricia Barrett

Approximately 60 people took part in an annual pilgrimage to the big white rock on Willow Island where the first Icelandic settlers to the Gimli area landed 142 years ago.

The annual Walk to the Rock on Oct. 21 of each year was started by Gimli resident Connie Magnusson to honour the 1875 arrival on Willow Island, a peninsula about six kilometres south of Gimli.

Walkers paid tribute to the settlers' bravery and endurance, and to John Ramsay, an Indigenous man credited with saving 35 Icelandic families from starving to death during their first winter in the area.

Herb Bjarnason, the great-grandson of the first baby born on Willow Island, told the story of the Icelanders journey up Lake Winnipeg to New Iceland, a reserve within the District of Keewatin that was granted to settlers by the Canadian government and which was outside the boundaries of Manitoba.

"My grandfather Jon Olafur Johannson was born right beside this rock 142 years ago," said Bjarnason. "I never did meet him. He died when I was two years old."

Bjarnason said a fierce snow storm began to pound the settlers as the tug boat Colville pulled them up the lake on flat-bottomed boats.

"The Colville chugged north 20 miles or so when a stiff southeaster began to blow," said Bjarnason. "The skipper screamed, 'I can't go on anymore. Untie the scows and scramble for shore.'"

The settlers set up buffalo-hide tents beside the big white rock on Willow Point, where they weathered the storm, and Bjarnason's great-grandfather was born on the beach the following day.

East Interlake Conservation District manager Armand Bélanger, his wife Michelle and their daughter Madeleine also took part in the walk to honour Michelle's forebears, who were among the first wave of Icelandic settlers.

"My great-aunt is Connie Magnusson," said Michelle, "and she's done the walk for the past 42 years."

Magnusson's great-grandfather was among those who landed on Willow Island. She and Madeleine laid a red rose on the white rock.

Among those paying homage to the Icelanders and the First Nations people who helped them survive were Ruth Christie, the great-granddaughter of John Ramsay, St. Clements CAO D.J. Sigmundson, Gimli High School graduate Cameron Lozinski and Lisa Martin, who read a poem written by a family member of one of the original settlers.

Kristine Sigurdson, executive director of the Icelandic Festival of Manitoba, also took part in the walk.

"This is a community event that's been going on for many years, commemorating the first Icelanders that landed on the point in 1875," said Sigurdson.

Later that afternoon, the New Iceland Heritage Museum launched a permanent exhibit dedicated to John Ramsay, telling the story of the sacrifices



EXPRESS PHOTOS BY PATRICIA BARRETT

About 60 people took part in Gimli's 2017 Walk to the Rock to honour 142 years of Icelandic settlement. They gathered in front of the big white rock at Willow Point where the first Icelandic settlers arrived Oct. 21, 1875.



Herb Bjarnason, great-grandson of Jon Olafur Johannson, the first baby born in New Iceland (Oct. 22, 1875), read a poem.



Ruth Christie's great-grandfather, John Ramsay, saved the lives of 35 Icelandic families.



Lisa Martin read a poem written by a descendant of one of the original settlers.

he made to help the Icelanders survive in their new home.

"The NIHM recognized it was of historical value to expand on their acknowledgment of the contribution of John Ramsay to our founding settlers," said Gimli Coun. Thora Palson. "This exhibit has truly contributed to our country's commitment to reconcile with the Indigenous peoples of Canada. The impact of this work touched many people today and, as a permanent exhibit, will touch many people for years to come."



Connie Magnusson and her grandniece Madelaine Bélanger laid a rose on the white rock to commemorate Icelandic settlers in the Gimli area.

# Nature Conservancy of Canada says there's hope for Lake Winnipeg

By Patricia Barrett

Although zebra mussels and frequent algal blooms compromise Lake Winnipeg, the Nature Conservancy of Canada believes it is not a lost cause.

NCC's senior conservation biologist Dan Kraus, an expert on the Great Lakes and a member of the Great Lakes Ecosystem Indicators and Reporting Task Team, said there are a number of protective actions that can be taken along the shoreline and across the watershed to improve the health of the lake.

"It's not as bad as you think it is," said Kraus during a presentation Oct. 19 at the New Iceland Heritage Museum. "We'll get through it. In the Great Lakes, we've been through some really tough times. And we can take some of the lessons we've learned from the Great Lakes and apply them to our own great lake here."

Although the NCC is a land conservation organization that purchases properties across Canada to conserve or protect vital habitats, Kraus said a lot of water problems are actually land problems.

Those "problems" entail the removal of vegetation (trees, undergrowth) beside lakes, the application of agricultural fertilizers and intense agricul-

tural operations, and the construction of dams, canals and roads that affect fish habitats.

Historically, bad management practices such as the dumping of sewage and industrial waste into waterways, the removal of rocks where fish spawn and over-fishing have also put stress on the lakes.

"We were pulling a lot of fish from the lakes," said Kraus. "When you look at what has caused the biggest decline in fish in the Great Lakes, it's not invasive species and it's not pollution. It's because we caught too many fish and we caught them in an unsustainable way."

He said the Lake Erie fishery has recovered somewhat, but a lot of fish species such as sturgeon, trout and herring have "crashed." And the blue pickerel is now extinct.

The construction of canals and shipping traffic made it possible for invasive species such as alewives (a species of herring) and sea lamprey (which parasitizes other fish) to enter the lakes and has affected the commercial fishery.

Kraus said the good news is invasive species such as the zebra mussel is declining in some Great Lakes and that there's hope the same thing will



EXPRESS PHOTO BY PATRICIA BARRETT

Five members of the Nature Conservancy of Canada paid a visit to Gimli last week with the message that it's possible to improve the health of Lake Winnipeg.

occur in Lake Winnipeg.

"Zebra mussels have started to decline a little bit," he said, using Lake Michigan as an example, "because some native animals have learned how to use them. Diving ducks will eat zebra mussels and a whole bunch of native fish will eat them as well. Fishers were finding that white fish were eating zebra mussels and were switching to them as a primary food source. Lake sturgeon will also eat them."

The bad news is that there are new invasive species on the way. The quagga mussel, for instance, has blanketed Lake Michigan.

And an aggressive plant called the European common reed (or phragmites) is invading wetlands and diminishing their quality. It has also started to colonize beaches, preventing their use and bringing down property values.

Continued on page 16

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# Bus service to run from Koostatak to Winnipeg

By Jennifer McFee

Commuters are about to get another transportation option since bus service is coming soon to the Interlake including Koostatak and surrounding areas.

Maisie Hicks, general manager of Kasper Transportation Service, spoke to Stonewall council last week about the company's plans to expand its offerings.

The company originates in Ontario, where it successfully operates minibuses from northern communities into Thunder Bay. They hope to replicate the same success in Manitoban communities.

"We've taken over the Selkirk run, which has its ups and downs," said Hicks, a former Greyhound driver. "We've taken it on with some challenges."

Now the company is planning to offer service from northern communities into Winnipeg.

They are aiming to begin operations in mid-November, but Hicks said that it will more likely be December. The projected route will include stops in Koostatak, Dallas, Peguis Centre, Hodgson, Fisher Branch, Poplarfield, Inwood, Teulon, Balmoral, Stonewall and Stony Mountain before reaching the final destination of downtown Winnipeg.

To start, the bus will leave Koostatak

at 7 a.m. and arrive in Winnipeg at 10:30 a.m. Then later in the day, the bus will leave Winnipeg at 6 p.m. and will arrive back in Koostatak at 9:15 p.m. Along the way, the bus will leave Stonewall 9:30 a.m. and return at 6:45 p.m.

The schedule was created to allow enough time for people from northern communities to come to the city for dialysis and then return home the same day.

"The key thing for us is getting northern people into Winnipeg so that they can get health care," Hicks said.

The 15-passenger Mercedes Benz and Ford Transit buses feature comfortable leather seats and are equipped with Wi-Fi. They can tow a trailer on the back for luggage or freight. The company is also acquiring a 30-passenger bus that will be equipped with satellite TV.

To help subsidize the cost of operating the bus, Kasper Transportation Service is hoping to be able to transport freight, and they're partnering with Greyhound to arrange Canada-wide freight delivery. To facilitate the process, they need to find a pick-up and drop-off location for freight.

"We're looking for somebody who will be able to help us with the freight. In Selkirk, we put a proposal out to the community living program out there. We proposed that we would



EXPRESS PHOTO SUBMITTED

Kasper Transportation Service plans to add a route from Koostatak to Winnipeg.

help them out with paying for their staffing if they could help us house freight, so it's helping get their people working and getting job experience," Hicks said.

"We want to invest in the community and get people job experience and get us working. It's a partnership."

In addition, she's hoping to spread the word in Stonewall and other communities that the bus service will be coming soon. The estimated return-trip cost will be \$100 from Koostatak, \$27 from Balmoral (\$16 one way), \$18 from Stonewall and Stony Mountain (\$11 one way). Hicks said that passen-

gers will be able to reserve their seats by making a booking online, by phone or on Facebook. She will be making presentations in other communities to share the information.

"It's a new adventure and we're very, very excited," Hicks said.

"There's a lot of things that we still have to work out. The biggest piece right now is getting the people moving and getting the word out there that we're coming."

For more information about Kasper Transportation, visit [www.gokasper.com](http://www.gokasper.com) or call the office at 204-632-4710.

## Sparkle Tea new ownership



EXPRESS PHOTO BY ANDERS KUUSSELKA

The ribbon cutting ceremony for Sparkle Tea, at 77 1/2 2nd St in Gimli, was an exciting event for new owner Jennifer Hoplock. The business has been around since spring of 2016 and was recently purchased by Hoplock who said she wanted to do something that she could make her own. Sparkle Tea sells over 50 varieties of organic tea as well as accessories including mugs and infusers. Hoplock said customers can expect a nice relaxing atmosphere when they come into her store. Pictured from left, Mayor of Gimli Randy Woroniuk, Susan Holfeur, Jennifer Hoplock, Gimli Chamber of Commerce vice-president Peter Holfeur and MLA for Gimli Jeff Wharton.

## > NATURE CONSERVANCY, FROM PG. 15

"It's coming your way. Why you should be really concerned about it is because the only thing that's stopping it is time," said Kraus. "It's not limited by temperature or snowfall. There is an opportunity for you to do what we didn't do in Ontario, which is try to find it as soon as it gets established and to manage it right away. The economic costs of this plant in Ontario are huge – tens of millions of dollars."

About 10 years ago, when the Canadian and American governments began "looking beyond" cleaning up toxic waste and controlling phosphorus inputs, the NCC and its environmental partners started developing biodiversity strategies or "roadmaps" detailing actions to keep the lakes healthy. Federal, provincial and municipal governments can use the roadmaps.

Major actions focus on protecting shorelines, islands, wetlands and offshore waters.

"The only way to manage a lake is to manage the watershed," said Kraus. "And this is something the

NCC does well. By protecting grasslands, forests and headlands, you can contribute to the health of the lakes."

Protecting the lakes also ensures a healthy economic future for the communities living beside them.

"In the U.S. they've done a good job of identifying how conservation and restoration helps to stimulate the economy, how it is really an investment in communities," said Kraus. "Because when the waterfront is clean and people can use the beaches and swim in the lake, you'll have more people coming to those areas and spending money."

The NCC protects over 63,000 acres of important habitat in nine distinct regions of Manitoba.

"Our goal here in Manitoba is that the natural spaces that you grew up knowing are there for your children and grandchildren," said NCC communications manager Christine Chilton.

For more information about NCC, visit [www.natureconservancy.ca](http://www.natureconservancy.ca)



# Gimli residents oppose Coast Guard boathouse at harbour

By Patricia Barrett

The Coast Guard's proposal to construct a boathouse at Gimli Harbour for the Vakta search and rescue vessel has raised concerns among residents who want the municipality to create a masterplan for the harbour area.

At its regular meeting Oct. 11, Gimli council indicated the Coast Guard has agreed to participate in a variation hearing at which the public can provide input.

Fisheries and Oceans Canada (which oversees the Coast Guard) has already constructed a concrete base on a piece of RM-owned land leased to the Coast Guard, and has commissioned a design from JML Engineering, showing a facility of about 35-40 feet high.

A few weeks ago, a resident had presented council with a resolution expressing his/her concerns with the proposed structure.

"An individual came to council and they spoke about their concerns with this site," said CAO Joann King. "They were talking about

some different developments in the harbour area and they put together a resolution for council to consider. It was just not worded correctly."

Council rescinded the resolution because it was seeking to vary a "zone" rather than a particular piece of property.

"When I viewed the motion, it was not based on what we can or have the authority to do as a council," said King. "A resolution has to be based on the laws we work under, which is the Planning Act or the Municipal Act.

Residents are concerned about the height of the proposed structure and its close proximity to First Avenue.

But King said a "higher level of government" (i.e., federal government) is not required to comply with a municipality's zoning bylaw. Nevertheless, she said she spoke with the Coast Guard a few weeks ago about public concerns and it has now agreed to participate in a variation hearing.

Tim Arnason, who attended council's Oct. 11 meeting, said he's very much in favour of having the Coast Guard in the community, but any development at the harbour should be carefully considered in order to preserve its character.

"I'm not speaking for anybody else or any organization – only me – but I do know there's a significant groundswell of objection to the building of

that structure for a few reasons," said Arnason after the meeting. "And I think the No. 1 reason is it's on a very valuable prime piece of harbour-front property. It would seem to me that there could be a much better use of that particular piece of property other than putting in what looks like a four-storey storage shed."

Arnason said he thinks there should be a "masterplan" drawn up for the harbour, perhaps creating a defined pathway from the Lakeview Resort to the newly built Viking Park. It should, as well, protect the unique features of the site.

"It should be something that marries the community and the history of the community, and our culture and our commercial fishing industry and

such things. I'm of the view that a four-storey storage shed is not consistent with what I'd personally like the harbour front to be."

The RM owns land at the Industrial Park, and Arnason thinks that might be a more suitable location for a large boathouse.

If the boathouse is built to a height of 35-40 feet,

it would essentially hem in First Avenue and block the view of residents living across the street at the Waterfront Centre.

Two part-time residents, who attended the council meeting but didn't want their names used, are concerned about preserving the view of the harbour for residents who rent or own units at the Waterfront and about maintaining the harbour's ability to attract tourists.

"It's a complete detriment to the entire harbour front and the view," said the man after the meeting. "A lot of time, a lot of effort and a lot of money has gone into improving the harbour front right from Viking Park. The harbour front is a huge tourist draw. A lot of people come to Gimli and spend lots of money here, and, quite frankly, they don't come here to shop – that's the not purpose of Gimli being a destination place – they come to enjoy the harbour front and while they're here, they dine and shop."

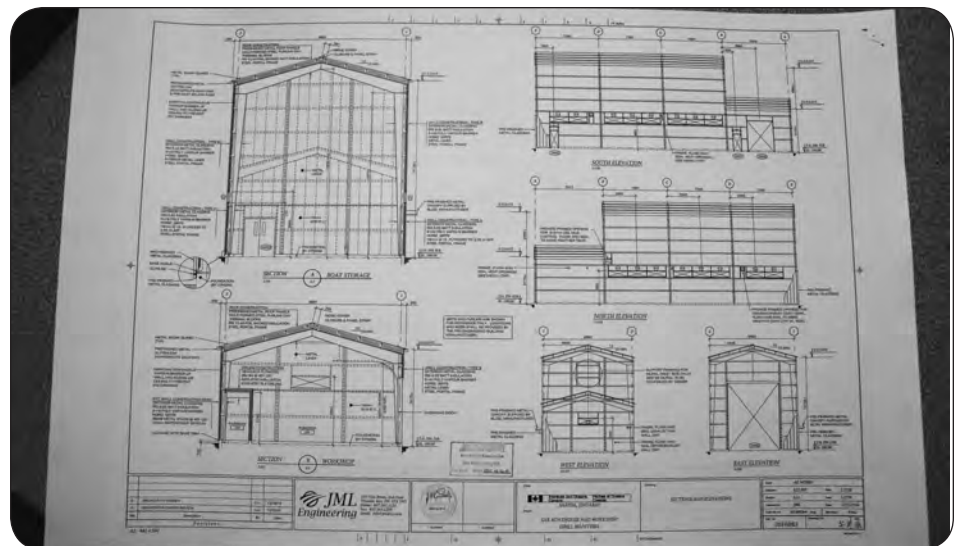
Although he's in favour of maintaining Coast Guard services, and understands the importance of protecting the Vakta, the man said the boathouse could "seriously compromise any further development along the harbour or enhancements in that area."

"The Vakta is out of the water seven months of the year," he said. "There is nobody present on that site during



EXPRESS PHOTO BY PATRICIA BARRETT

The concrete foundation of what will be the Vakta boathouse has already been completed.



EXPRESS PHOTO SUBMITTED

JML Engineering's design of the proposed boathouse shows a facility of about 35 to 40 feet high.

that time. An industrial commercial structure doesn't fit the landscape, it doesn't fit the area. Should it be built? Quite possibly yes, but not there."

D.J. Sigmundson said the proposed boathouse – including the concrete pad that has already been laid – does not follow local zoning bylaws, and he disagrees with King's statement that a higher level government can override municipal laws.

"I know of no legislation that says the federal government can do whatever they want," said Sigmundson while taking part in the annual Walk to the Rock event Oct. 21. "In an active war they would or in a state of emergency, but I don't believe there's any other legislation. It's up to the council. It's public land, it's public money and it should be a public decision."

The pad itself should lie 30 feet back from First Avenue, he said, rather than 10.

About 454 people (as of Oct. 22) have signed an online petition opposing the boathouse.

The petition on the Change.org web-

site states, "This new building will occur on the most valuable real estate in Gimli and effectively block further development opportunities that could offer improvements to our quality of life and provide opportunities to help make this Gimli economy grow."

Sigmundson said the variation hearing isn't really about a variation.

"The most interesting thing is that it's an open-space zone, and on an open-space zone storage isn't even allowed. So it's not even about a variation," he said. "It's a process they should have done initially before...laying a foundation. That was a mistake."

As for notification of the public hearing, King said by email there's no legal requirement to advertise it in the newspapers.

"Information is sent to any property owner within 100 metres of the site as per the Planning Act," she said.

A variation hearing on the Coast Guard's proposed boathouse will be held Oct. 25 at 7 p.m. in council chambers at 62 Second Avenue.

# Finance minister visits St. Laurent for pre-budget consultation

By Jeff Ward

Interlake residents took part in the province's pre-budget consultation meeting last week and were given the opportunity to speak directly with Minister of Finance Cameron Friesen.

Approximately 50 residents took part in the Q and A session on Oct. 17 at the St. Laurent Recreation Centre. Friesen went over a brief presentation detailing some of the issues Manitobans are currently facing to open the meeting. The deficit, health care and controlling the sale of recreational marijuana use were three key points that Friesen spoke about. Friesen was candid about the government's position on needing more time to prepare for the impending legalization of cannabis and how his government plans to eliminate the deficit. Minister of Municipal Relations Jeff Wharton and Interlake MLA Derek Johnson joined Friesen and were there to provide added context for issues specific to the Interlake.

During the Q and A session there were a wide variety of questions tossed at Friesen who sat and listened to people and took notes. St. Laurent Coun. Frank Bruce expressed his concern with the legalization of cannabis by July of 2018. Bruce's concern, which was echoed strongly by Friesen, was about policing.

"We have a small detachment in Lundar, which is about 25 minutes away, [and] they're pretty strained [because] it's a big area to cover," said Bruce.

"Can the province help municipalities like ours? Maybe have the cadet program we used to have or something to that effect, [to give us] more man power?"

Friesen said that it would be naive to believe that legalization wouldn't add to the responsibilities that RCMP currently have. He said that the province



EXPRESS PHOTO BY JEFF WARD

Interlake residents asked about health care and cannabis legalization at the province's pre-budget consultation last week. Pictured from left: Minister of Municipal Relations Jeff Wharton and Interlake MLA Derek Johnson and Minister of Finance Cameron Friesen.

has asked for more time and that the federal government has not granted it.

"One thing is very certain: the cost will be very great and like you said, community policing will be part of the cost that we pay on that," said Friesen.

Grant Sigfusson from Lundar brought up another concern on the same issue. He asked how employment standards will be affected once legalization takes place. The operation of heavy machinery at his company Sigfusson Northern can't be compromised by cannabis use, and his ability to run a safe working environment will become more difficult in this instance. His issue of workplace safety and how he as an employer is going to tackle that was a strong one that resonated with Friesen.

"I know this new marijuana policy is really going to drive our costs up on trying to run a business, trying to be safe," said Sigfusson, who said that he is already doing drug testing at a big cost to his business.

Friesen said that Sigfusson and busi-

ness owners like him are under attack by the federal government who call him "the rich one-per-cent tax evaders." He also agreed with him on the potential safety issue and said that Manitoba Justice Minister Heather Stefanson, who is co-chair of a provincial working group studying various areas of legalization is working those concerns on.

## Health care a constant concern for rural residents

The potential health-care cuts, the fear of big changes and the already difficult nature of rural medicine was also discussed.

St. Laurent resident Jack King expressed his frustrations that Winnipeg residents are up in arms about an extra 10 minutes to reach a hospital while Interlake residents face a minimum of 30 minutes. King said that he would like to see the nurse practitioner role expanded to include more diagnostic capabilities and praised his community's nurse.

"Her diagnostic capabilities are greatly hindered by the fact that they don't have a facility at this time to draw blood or take X-rays. Considering the aging population here, I would consider these essential services," said King.

Friesen agreed and sympathized with the concerns King raised.

"We've said as a government that our plan in a nutshell is better care sooner, and Manitobans have waited long enough," said Friesen.

Some of the comments were a bit more pointed. Ed Miller from Portage La Prairie said that in his current situation, where his children require constant and expensive health care, that any privatization is a threat to his family.

"When I go to the doctor, I just want to use a health card, not a credit card," said Miller.

Amanda Russell from Selkirk said that she was frustrated by the province's survey Manitobans Making Choices and said she felt like the survey was worded intentionally to draw certain conclusions from it.

Friesen said he respected the feedback on the survey and encouraged her to fill it out anyway as there is a comment section at the end where she could write out her concerns.

Following the meeting, Friesen fielded more direct questions while many who attended said they were happy to be heard by the minister. The point of the meeting was so that Friesen could listen directly to the concerns of the people, he said, and to make more informed decisions on the direction of the budget.

"This is where it happens, at the grassroots. We've got to do the democratic part of this, engaging with people in their communities who know their communities, who know their needs, and listen," said Friesen.

## sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

# Arborg reaches semifinal of Gimli JV girls' volleyball tournament

Staff

The Arborg Collegiate Athletics reached the semifinals of a Gimli Lakers' junior varsity girls' volleyball tournament last Saturday.

Arborg lost 2-0 (25-10, 25-19) to the St. Pierre Cobras in that semifinal matchup. The Cobras were then defeated 2-1 by Niverville in the tournament final.

Arborg finished atop the round-robin standings of the seven-team tournament with an 11-1 record in sets.

Arborg swept Charles Sinclair, Fisher Branch, Gimli, St. Pierre and St. Paul's College. The Athletics also split with Niverville.

Fisher Branch was 5-7 in sets in pool play while Charles Sinclair and Gimli were 2-10.

# Einarson loses in Canad Inns Women's Classic semifinals

Staff

Camp Morton's Kerri Einarson, who curls out of East St. Paul, was defeated 6-2 by Anna Hasselborg of Sweden in Monday's semifinals of the 2017 Canad Inns Women's Classic in Portage la Prairie.

The USA's Nina Roth later defeated Hasselborg 5-4 in an extra end in the final. Roth curls out of

Blaine, Mn.

In the quarter-finals, Einarson dumped Ontario's Sherry Midgough 5-3. Other quarterfinal action saw Winnipeg's Jennifer Jones defeated 8-3 by Roth, Kelsey Rocque of Edmonton beating Cory Christensen 8-3, while Hasselborg defeated Calgary's Chelsea Carey 6-5.

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Thunder ready to tackle Falcons in Midget playoff game

By Brian Bowman

The real season is about to begin for the Interlake Thunder Midget football team.

Interlake will play a Midget Football League of Manitoba semifinal game this Saturday against the Falcons Football Club in Winnipeg.

Kickoff is 2 p.m. at 910 Maginot St.

"Both teams know it's a game that could go either way," said Thunder head coach Mitch Obach Monday afternoon. "It's going to be who makes those handful of big plays and gets those big breaks when needed."

"I expect it will be a real exciting football game on Saturday."

The Thunder wrapped up their regular season last weekend with a 29-14 loss to the Falcons.

"We lost a back-and-forth game, but it was a real good football game," Obach said. "It could have gone either way but they had us in the end."

Interlake stayed right with the Falcons the entire game but mistakes, at crucial times in the game, cost the Thunder. They simply can't turn over the ball like that again on Saturday if they have any visions of advancing to

the league championship game.

Interlake also can't give up a touch-down on the opening kickoff like they did last weekend. The Thunder also fumbled on their first possession of the game but were very fortunate that their defence was stout in not giving up a quick score.

"They didn't even put up a point and that was huge for us," Obach said of that early defensive stop. "They have been solid for us all year ... they keep us in games."

Offensively, the Thunder put together its best drive of the season, culminating in a first-half touchdown pass from Carlin Doak to his brother, Rory.

Interlake did a real nice job mixing up the pass with the run on that drive.

Interlake trailed 14-7 at the half but the Thunder tied the score as Colton Nedotiafko plunged in from a yard away with about seven minutes remaining in the third quarter.

The Falcons then added TDS in the third and fourth quarter.

In the other MFLM semifinal, the Sunrise Coyotes will be looking to upset the first-place St. Vital Mustangs.



EXPRESS PHOTO BY LANA MEIER

The Thunder's Colton Meisner of Moosehorn brings down a Falcons player last Saturday.

## Dola named runner up for MJHL player of the week award

Staff

Selkirk Steelers' goaltender Hayden Dola was very good last week, earning him a selection as a runner up for the Recycle Everywhere MJHL Player of the Week award.

The other runner up was Winkler Flyers' forward Matt Christian.

Dola, a Winnipeg Beach product, allowed just two goals in two MJHL games last week. He defeated Winkler 4-1 on Oct. 17 and then Swan Valley 3-1 last Saturday.

Portage Terriers' forward Rylee Zimmer made quite the impression with his new team last week as he was named the MJHL player of the week.

Zimmer, who was acquired in a recent trade with Melville, scored five goals and added an assist in his first three games as a Terrier.

Zimmer, who hails from Russell,



Hayden Dola

originally broke into the MJHL with the Waywayseecappo Wolverines before moving onto the Saskatchewan Junior Hockey League.

## Lightning lose pair of close games at Midget Showcase

By Brian Bowman

The Manitoba AAA Midget Hockey League Showcase is a chance for teams — and players — to show off their skills.

And the Interlake Lightning had an opportunity to showcase their talent in a pair of games last weekend.

Interlake had a good effort in a 2-1 loss to the Southwest Cougars on Friday and then was blanked 2-0 by the host Central Plains Capitals Sunday.

In Sunday's loss, Central Plains' Max Neill scored a first-period goal and then he notched his second goal of the game in the third.

Both teams had 25 shots as Riley Buhay lost the goaltending battle with the Caps' Riley Sveistrup.

Against Southwest, Interlake's Jordan Wood opened the game's scoring at 1:24 of the second period, assisted by Gabe Odowichuk.

Southwest tied the score at 1-1 as Leighton Holstein tallied at 12:29 of the middle frame.

The Cougars' Rylan Gudnason then scored the game winner with just 40 seconds remaining in the third period.

Southwest outshot Interlake 42-20 as Riley Buhay made 40 saves.

Interlake, now 2-6, will continue on the road this weekend with a pair of games against last-place Norman (0-9) in Thompson. The two teams will battle Friday and Saturday with 7:30 p.m. start times.

The Lightning will then play Parkland in Peguis on Nov. 4.

# Falcons flying in Keystone Junior Hockey League

By Brian Bowman

The Lundar Falcons have been playing some real good hockey early in the KJHL season.

And they have the victories to prove it.

Lundar improved its record to 3-0-0-2 after a pair of wins last weekend. The Falcons secured a perfect weekend with a 7-3 win over the Fisher River Hawks on Sunday.

No scoring summary was posted on the league website at press time.

On Friday, Landon Gray scored five goals and added an assist to lead Lundar to a 7-4 win over the Peguis Juniors.

Gray scored twice in the second period and then tallied all three goals in the third to snap a 4-4 tie.

Dennon Sichewski and Mason Medeiros also scored for Lundar while Romano Paul, Travis McPherson, Ethan Daniels, and Storm Swan replied for Peguis.

Braydon Weatherburn made 27 saves for the win.

Peguis rebounded nicely from that loss, though, to pound North Winnipeg 5-1 on Sunday.

The Juniors, which trailed 1-0 early in the game, received goals from Christian Cochrane, Paul, Quinton Flett, Darian Murdock, and Tyrome Spence-Bair.

Allan Kohli made 24 saves for the win.

Tough night in Selkirk

Fisher River, meanwhile, started its weekend with a tough 10-0 loss to the Selkirk Fishermen.

Selkirk led just 1-0 after 20 minutes but broke the game wide open with five second-period goals. The Fishermen then added four more goals in the third.

Damien Catchway had a goal and two assists for Selkirk while Drayton Mendrun (goal, two assists) and Talon Kelly (three assists) also had three-point games.

Dylan Painchaud-Niemi (two), Chad King (two), Harley Hoydalo, Juliano Garcea, Sage Guimond and Dawson Courchene also scored in the win.

Selkirk outshot Fisher River 65-16 as Austin DeBoer posted the shutout. Iris Singh was a lot busier at the other end, making 55 stops.

Fisher River will play a pair of road games this weekend against the OCN Storm. The two teams will hook up Saturday (8 p.m.) and Sunday (1:30 p.m.).

The Arborg Ice Dawgs had a crack at Selkirk on Sunday, losing 4-1.

Selkirk's Chad King scored the lone goal of the first period and then the Fishermen went up 3-0 as Painchaud-Niemi and Mendrun scored second-period goals.

Mendrun is now tied for third in league scoring with 10 points (five



EXPRESS PHOTO BY MATTHIEU MEIER

The Falcons' Dennon Sichewski scored during Lundar's 7-4 win over the Peguis Juniors last Friday.

goals, five assists).

The third period saw Selkirk's Harley Hoydalo and Arborg's Karson

Collins trade power-play goals. Selkirk was 2-for-3 with the man advantage while Arborg was 1-for-6.

## Clint Torfason social raises over \$25,000 for dental reconstruction

By Patricia Barrett

People from across the Interlake and beyond stepped up to help a junior hockey player cover the costs of expensive dental reconstruction after an on-ice incident left him and his family facing a \$30,000 to \$40,000 dental bill.

Arborg Ice Dawgs player Clint Torfason was slashed across the mouth by a Peguis player April 1 during a KJHL championship final. The blow shattered five teeth in his upper jaw requiring a year and a half of dental procedures, including bone grafting surgery to reconstruct his jaw.

The team and family members organized a fundraising social Oct. 14 in Arborg to help cover the costs of his dental procedures.

Ice Dawgs assistant manager Jerry Maryniuk thanked the community and those who donated items — including former NHL players — to the silent auction.

"I am happy to report with the tremendous support from people like

you, we surpassed our original goal of \$20,000," said Maryniuk. "We are now crunching the numbers and it will be over \$25,000 and rising. The Interlake community truly came together in a big way."

Maryniuk raised awareness of the inadequacy of Hockey Canada's dental insurance for junior and senior hockey players. In an interview with the *Express* (Oct. 12 edition), Maryniuk said the governing body allegedly failed to advise junior and senior leagues about the availability of enhanced dental insurance through a company called BFL Canada.

"As we move forward, junior and senior leagues will be properly insured," said Maryniuk. "Hockey Canada, too, will do a better job of communicating with the leagues, teams and players."

The Arborg Ice Dawgs presented Clint and his family with a cheque last Thursday during a game at the Arborg Arena.



EXPRESS PHOTO SUBMITTED

Ice Dawgs assistant manager Jerry Maryniuk, right, presented Clint Torfason with a cheque at last Thursday's game.

# get inspired

> MEAL IDEAS



## Anger is a Defense Against Feelings of Worthiness

levelled at us as children.

Behind anger, we know, there is usually hurt. We are not so consciously aware that behind anger is often the desire to be in a place of love. Anger comes with the sting of being misunderstood, or not being seen for who we truly are.

It takes a great deal of maturity and inner security to see the beauty in all other human beings. If no one has ever reflected that back to us as we grew, then we may forever seek someone in whom we can see our wholeness and beauty reflected back. If we cannot see it there, we may, metaphorically, move to smash the mirror. There is an incredible irony in the fact that we may spend years blindly trying to get a loved one to see the worth that we keep hidden from ourselves. It is almost as though we think that if they see it, then it must be there.

Because we live in a society that programs us more for criticism and judgement than for unconditional love, it seems easier to see what we think is wrong with someone, than it does to see their inner beauty. So we may pick away at another's perceived 'faults' rather than celebrating their gifts. This triggers their anger, because they want us to see who they really are. Their anger blinds them to our gifts, and so the downward spiral begins. It is intensified when the criticisms of a partner or friend echo the criticisms that were

To be negated by a parent is devastating, for it is in relation to them that our sense of self develops. It is hard for children to believe that anyone could ever love them if their own parents cannot. In childhood, we are powerless in the face of parental rejection. When we are older, we may still feel powerless when we feel betrayed or abandoned by a loved one, but may cover this with anger. The anger is a defense against feelings of worthlessness.

So, individually, we can strengthen ourselves by acknowledging to ourselves our own worth. We must learn to value ourselves. In our relationships, it is profoundly helpful to remember the healing power of love. A miserable person is one who does not feel loved and/or does not love him or her self. Criticism and put downs only make this worse.

How often it is, that even in very troubled relationships, death stops the struggle, and allows the one remaining to acknowledge the love that was ever there. So regardless of how angry you might be, if there is someone in your life who would be healed by knowing of your love, tell them now.

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



## Spicy Sheet Pan Roasted Jambalaya

1-2 lemons, sliced in thin wedges  
2 green onions, sliced  
fresh chopped parsley  
Heat oven to 400 F.

Line 13-by-18-inch sheet pan with parchment paper.

In large bowl, combine onion, bell peppers, celery, garlic, jalapenos, tomatoes, 2 tablespoons olive oil, salt and pepper until evenly combined. Spread out evenly on pan in single layer. Add slices of Andouille sausage. Roast 15-20 minutes, or until vegetables are tender and start to brown.

Toss shrimp with Cajun seasoning and prepare linguine noodles.

When ready, remove baking sheet from oven. Place shrimp on top of vegetable and sausage mixture in single layer. Top with half the lemon wedges. Return to oven and cook about 5-8 minutes, or until shrimp is no longer pink.

Serve over linguine garnished with green onions and parsley with remaining fresh lemon wedges on side.

Recipe courtesy of the National Onion Association and Idaho-Eastern Oregon Onion Committee  
Servings: 4-6

- 1 large yellow onion, diced
- 1/2 large green bell pepper, diced
- 1/2 large yellow bell pepper, diced
- 1/2 large red bell pepper, diced
- 3 stalks celery, sliced or diced
- 2 garlic cloves, minced
- 1-2 jalapenos, seeded and diced
- 1 pint cherry tomatoes
- 3 tablespoons olive oil, divided
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 link (13.5 ounces) Andouille sausage, sliced
- 1 pound large shrimp, peeled and deveined
- 1 tablespoon Cajun seasoning blend
- linguine noodles, cooked according to package directions

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[jason.carpenter@homehardware.ca](mailto:jason.carpenter@homehardware.ca)**

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- It is an asset to have a working knowledge of Microsoft Office, including Word and Excel. Also must be willing to learn new programming.

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Only those selected for interviews will be contacted.  
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- Other miscellaneous manufacturing related duties

Candidates should possess the following qualifications:

- Proven track record of job attendance and punctuality
- Health & Safety conscious attitude
- Attention to detail and good problem solving skills
- Be comfortably able to lift up to a maximum of 50 lbs.
- Comfortable working in an industrial plant setting
- Must have a reliable means of transportation to and from work

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- E-mail at: [apply@faroex.com](mailto:apply@faroex.com)
- By Fax at 204-642-6404

\*Please note that phone calls will not be accepted.

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Competencies and Skills:

- Strong communication skills
- Well organized and be able to multitask
- Must work well independently

Please submit resume and cover letter to:

#### INTERLAKE CO-OP

Attn: Lynette Oliver Food Store Manager  
[email:foodstoremgr@interlakecoop.com](mailto:foodstoremgr@interlakecoop.com)  
Box 40 Arborg, MB ROC 0A0  
OR Phone: 204-376-5271  
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We thank all applicants for their interest, but only those candidates selected for an interview will be contacted.

# Classifieds



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## OBITUARY

**Patricia Faith Sigfusson**  
1943 - 2017

It is with profound sadness that we announce the passing of Patricia. On October 11th, 2017 in Tijuana, Mexico while receiving treatments for liver cancer, she succumbed after a valiant battle.

Pat will be truly missed by son Warren; her grandson Leif (his Mom, Cheri); son Wade (Jennifer), grandchildren Hayley, Abbey and Colby; brothers Tommy (Maureen) Johnson, sons Mark (Kristina), Gord (Amanda) and Jamie (Sandra); Stephen (Verna) Johnson and daughters Krista (Mark) Klatt and Amber (Jason); sisters Hope (Brian) Sigfusson, sons Dwayne (Trudi) and Grant (Michele); Rose (Bob) Benedictson, daughters Tanis (Cam) Scott and Trina (Jarett) Reid; sisters-in-law Doris Johnson and children Dean (Larissa) and Becky (James) McGillan; Ellen (Jim) Gleich and children Curtis (Armelle), Kyle and Vanessa (Joe) along with many great nephews and nieces.

Pat was predeceased by her husband David in June 2016; her parents Ben and Irene Johnson; her brother Benny; nephew Brent and nieces Serena and Kelsey.

A celebration honoring the life of Pat will be held at 2:00 p.m. on Friday, October 27, 2017 in the Lundar Curling Rink with Pastor Stan Richards officiating. An interment will take place in the Lundar Municipal Cemetery following the service, all are welcome. Parking is available north of cemetery. The luncheon will be held following the interment.

In lieu of flowers donations may be made to the Lundar Sportsplex c/o Grettir Co-op Inc., PO Box 334, Lundar, MB R0C 1Y0.

Arrangements by:  
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Att: Vendors and Crafters - Black Friday Gift and Craft Sale, Selkirk, has tables still avail. Sat. Nov. 25, 2017 at Memorial Hall. Ph. 204-785-1618 or email [recordoffice@selkirkrecord.ca](mailto:recordoffice@selkirkrecord.ca) for info.

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