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# THE EXPRESS

VOLUME 3 EDITION 44 THURSDAY, NOVEMBER 3, 2016

**WEEKLY NEWS**

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## Pumpkin Party



EXPRESS PHOTO BY PATRICIA BARRETT

Meadow and her mom Kerry from Camp Morton created abstract art on their pumpkin at the Gimli Chamber of Commerce's Pumpkin Party last Saturday.

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

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# Gimli Kid's Pumpkin Party revival a smashing success

By Patricia Barrett

The Kid's Pumpkin Party thrown by the Gimli Chamber of Commerce and the Gimli Recreation Centre saw close to 200 kids visit the Pavilion last Saturday to take part in games, pumpkin painting, dancing and unstructured fun.

The event hasn't been held for a few years, and the Chamber decided to revive it.

"The Gimli Chamber executive committee decided to help support and bring back a popular event that kids loved to attend every fall, which was previously call Peter's Pumpkin Party (after former NDP MLA Peter Bjornson) and has now been renamed the Kid's Pumpkin Party," said chamber vice-president Peter Holfeuer.

Gimli MLA Jeff Wharton, his wife Marielle and granddaughters Taylor and Brooklyn played the ponies, painted pumpkins and met Robins Donuts mascot Robbie and the Ice Festival's mascot Cooley.

Holfeuer said it's important that the chamber and its partners provide memorable events for the community's children.

"Encouraging our youth to stay in

this community is vitally important to Gimli's future economic growth and sustainment of its rich culture and heritage," he said. "It's a known fact that when kids become engaged at a young age in community events through organizations that support them, they start to understand the important role these organizations play in building a stronger community, thereby giving our youth more reasons to stay because of the great memories they had growing up in Gimli."

Holfeuer said an estimated 400 people (including about 167 kids) attended the event, raising about \$340 that will help support next year's Pumpkin Party.

Members of Gimli's Kiwanis and Rotary clubs, along with volunteers from the Ice Festival, helped organize and staff the party.

The event was sponsored by 18 organizations, including Noventis Credit Union, Sobey's, Lakeview Resort, Super A Foods, Chicken Chef, Robin's Donuts, Tergesen's, Garriock Insurance, Icelandic Festival, Gimli Ice Festival, New Iceland Heritage Museum and the RM of Gimli.



EXPRESS PHOTOS BY PATRICIA BARRETT

Left to right: Grade 7 students Kyra, Patrick, Rebecca and Amika painted the galaxy on pumpkins.



Gimli MLA Jeff Wharton and his granddaughters Taylor (left) and Brooklyn with the Robin's Donuts mascot.



Ruby, age two, came to the Pumpkin Party dressed as a firefighter.



Felix, age two, painted ducks on his pumpkin.



Gabrielle, age six, tried out the hula hoop.

## RCMP Award of Distinction



EXPRESS PHOTO SUBMITTED

On Oct. 19, members of the Fisher Branch and Peguis RCMP detachments presented Fisher River Safety Officer Larry Cochrane with an Award of Distinction for his nine-plus years of work with local police in the Fisher River community. As a safety officer (formally the Band Constable program), Cochrane and his crew of five assist RCMP officers with calls for service 24-7 and provide local knowledge that can be invaluable to investigations. Cochrane was also presented with a RCMP ceremonial blanket and a monogrammed barbecue set. Cochrane appreciates the support that he receives from the RCMP. Left to right: Larry Cochrane, Cpl. Gab Simard and Sgt. Darryl Robak.



# Lake Manitoba First Nation employs curfew on area youth

By Jeff Ward

In an effort to help curb problem behaviour and keep children from roaming around late into the night, the council and chief of Lake Manitoba First Nation have implemented a 9 p.m. curfew for anyone under the age of 16. The curfew will help to keep young children off the street while holding their parents accountable.

The curfew went into action Oct. 19 and, according to Lake Manitoba First Nation Chief Cornell McLean, the community has responded positively. He said that he's already seeing far fewer youth on the streets at night and that parents are doing their part in making sure their children are home and safe. McLean said that before the curfew, there would be children as young as eight years old wandering around in the community getting into trouble while their parents went about their business. The chief said that many parents would just drop their kids off at the arena and go to play the VLTs and that it was time for them to step up.

**"THERE HAVE BEEN NUMEROUS ATTEMPTS TO HAVE A CURFEW PUT IN PLACE HERE IN THE PAST BUT IT NEVER HAPPENED."**

Anyone found breaking curfew will have their access to the community rec centre cut off for a one-month period. A second offence will result in three months and a third offence will be a full year.

"There have been numerous attempts to have a curfew put in place here in the past but it never happened," said McLean.

"We decided instead of talking about it, let's just do it. We want to make parents accountable for their children. It's a community safety issue because some of these kids are very young. What if they went missing or got hurt? They should be home with their families."

McLean said the new curfew has not been without its detractors and mentioned that some residents have called the plan "ludicrous." Enforcement of this new curfew isn't going to involve a special team roaming the streets at night looking for youth. McLean said that if he or his council members see someone breaking the curfew that it's not automatically going to be a punishment.



EXPRESS FILE PHOTO BY LANA MEIER

Lake Manitoba First Nation have implemented a 9 p.m. curfew with hopes to keep young children off the streets and keep others involved in community activities like hockey and drum lessons.

"It depends on the circumstance. If it's five after nine and you're walking home, we're not going to hold your feet to the fire. Or if you don't have a ride home, we'll help find one for you," said McLean.

Even with some of the negative comments, the community has already seen less vandalism and fewer people out after dark. McLean said the ones who are out late are taking part in community activities like hockey and

drum lessons.

The chief said that he isn't sure how long the curfew will be in place and that he will review the strategy with his council every month with a more comprehensive review in January.

## Lundar teacher gains valuable skills at professional development day

By Jeff Ward

A few weeks ago, more than 15,000 Manitoba teachers attended conferences in a province-wide day of professional development (PD) hosted by the Manitoba Teachers' Society. It featured 30 Special Area Groups of Educators (SAGE) that focused on a variety of topics and helped teachers expand their existing knowledge and skill base.

Lundar School teacher Leanne Dubowits attended the Manitoba Social Science Teachers' Association PD day and said that she had a great time learning new and interesting ways to connect the material with her students. Dubowits, who teaches Grade 9 and 10 social studies and geography, said that she attended a workshop called "Teaching Reading in Social Studies: Literacy in the Content Areas" led by Leslie Dickson, a teacher from Winnipeg School Division. Dubowits said that she learned a variety of new strategies during the Oct. 17 PD day that could be used in her classroom right away and that this new strategy

could help improve the reading comprehension in her students.

"Improving the literacy levels of our students is an important goal for Lundar School," said Dubowits.

"With a strong focus on reading comprehension strategies last year, we saw a number of Grade 10 students improve their reading levels from Grade 7 and 8 level to Grade 11 levels."

Social studies is a constantly evolving topic in the classroom and one that requires many adjustments throughout the year. A lesson plan can often be tweaked the morning of class because of a new event that happened in the world that will spark a new discussion. Having students raise their hand and ask questions about what's happening in places like Syria, which is currently in turmoil due to a civil war, happens often in the classroom. Dubowits said that having her students be able to understand and comprehend what they read in text books or in news articles is a large part of successful education.

Dubowits said that she also took in a keynote presentation from biographer and historian Charlotte Gray, who spoke about her new book *The Promise of Canada*. The book takes a look at 150 years of Canadian history and highlights the people and ideas that have shaped the country. With the Canada 150 celebration set for the summer of 2017, Dubowits is excited to share some of that new information with her class.

"Her book is something I will be using in my class and I'm very excited about it. She highlighted people that I didn't even know existed and what their contribution was to this country. It was really amazing and I think my students will be interested to know because we'll all be talking about Canada 150," said Dubowits.

Like many teachers, Dubowits is eager to get back into the classroom and utilize the new information she's been given and include it into her lesson plan. She believes her students will get a fuller picture of Canada and a more accurate picture of the world.

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# For the Love of Chocolate gala fundraiser a feast for the taste buds

By Patricia Barrett

The heady combination of chocolate-infused food paired with fruity wines stimulated the palettes of about 100 people who attended the New Iceland Heritage Museum's annual fundraiser at the Gimli Lakeview Resort last Friday evening.

Integrated into each dish of the four-course meal were different chocolates made by Hummingbird Chocolate of Almonte, Ont. The company won an international award in July for the best dark chocolate bar in the world.

It was not run-of-the-mill chocolate that one can pick up in the grocery aisle but organically produced fair trade chocolate derived from cocoa beans grown in Central America.

Doreen Pendgracs, author of *Chocolatour: A quest for the world's best chocolate*, hosted the evening, taking guests through each course and sharing her vast knowledge of cocoa, which she accumulated by visiting plantations and chocolate makers around the world.

"The chocolate that we're eating tonight was actually only made two days ago, so it's that fresh. It's really going to taste like a piece of the jungle..." said Pendgracs, prompting laughter. "Don't laugh because cocoa is grown 20 degrees north and south of the equator, so literally it is a crop of the jungle. And when we eat chocolate, we can taste the terroir, the jungle flavours."

Gimli MLA Jeff Wharton, who has attended numerous NIHM fundraisers in the past with his wife Marielle, thanked museum director Tammy Axelsson, NIHM board president Chris Brooks and the volunteers who have "helped the museum to grow."

"We need to continue to do this," said Wharton, referring to the great programs and exhibits the museum organizes. "It's the fabric of the community in Gimli being the largest Icelandic settlement outside of Iceland, and the bottom line is the museum keeps bringing in that history and ensures that generations growing up in Gimli continue to remember where their roots were when the first Icelanders landed here in 1875 on Willow Island."

Calling the NIHM a "cornerstone of Gimli," Mayor Randy Woroniuk honoured it for maintaining the legacy of the region's Icelandic pioneers. He also spoke about his fondness for chocolate.

"When I received the invitation to this, I was very excited," said Woroniuk. "I have to admit I'm a chocoholic. I celebrate and partake with gusto the four high holidays of chocolate — Halloween, Christmas, Valentine's



Thordur Bjarni Gudjonsson, Consul General of Iceland, ironically won the Icelandic chocolate basket in the silent auction.



Peter and Susan Holfueuer

Day and ... Easter. I'm well aware that the chocolate we'll be experiencing tonight will be of a higher quality and in no way will compare with what I eat during those four holidays."

Admitting to the presence of Gimli Goose and Baby Duck wines at past family celebrations — which had the crowd burst out laughing — the mayor said he was looking forward to a new wine-tasting experience.

Consul General of Iceland Thordur Bjarni Gudjonsson, who has visited NIHM eight times since taking up his post, also attended the fundraiser.

"When we meet local people, it's surprising how many still speak [Icelandic]," said Gudjonsson. "And for me, it is very rewarding when I speak to those people and they start to tell a story ... of New Iceland and the settlement comes alive for me."

The Lakeview's chef Roland Hebert created the dishes, the first of which consisted of a salad accompanied by candied pecans, sundried cranberries and fresh strawberries, all drizzled with a balsamic vinaigrette containing Zorzal chocolate from the Dominican Republic.

"The chocolate has notes of honey and light fruit, such as apricot," said Pendgracs.

Before guests tucked in, they were given a sample of Hummingbird



EXPRESS PHOTOS BY PATRICIA BARRETT

Gimli High School's Frances Petrowski, Host Doreen Pendgracs and Councillor Thora Palson.



Some of the guests at the NIHM's chocolate fundraising dinner.

chocolate along with a glass of wine that brought out the chocolate's flavours.

Pendgracs, who has hosted chocolate fundraisers at McNally Robinson bookstores, offered some tips on how to eat chocolate.

"Most people will just pop it in their mouth ..." she said. "Take a moment to inhale the aroma of the chocolate ... then take a tiny piece. ... Don't chew your chocolate — you've got to let it adhere to the roof of your mouth."

"Too late!" said Chamber of Commerce vice-president Peter Holfueuer, who, along with his wife Susan, attended the fundraiser.

When the entrée of charbroiled chicken breast and an eight-spice molé sauce with Mayan spice chocolate from Belize was set before him, Holfueuer quipped that it looked like the gravy of an unmentionable restaurant chain.

He changed his tune when it hit his tongue: "I love it."

Lisa Martin from Gimli concurred, saying, "This has set my taste buds afire."

It's not surprising that 70 per cent cocoa combined with some fruity wines from South America gave rise to some shenanigans.

Pendgracs gave Table 2 (the Holfueuers, Lisa and Glen Martin, Contemporary Printing Services owners Rob and Jan Yankowski and Robin's Donuts owner Cheryl Buhler) a dressing down after it became too "energetic." Some of its members had exchanged candied pecans, strewn cranberries about and knocked over a glass of wine while shrieking with laughter.

During the awarding of the silent auction prizes — huge baskets of different varieties of chocolate — the Consul General of Iceland won the basket he donated, which contained Icelandic Omnom chocolate and Reyka vodka.

The NIHM has a number of exhibits planned for next year, including an exhibit on the 1867 rebellion and confederation of the country, as well as an exhibit showcasing Gimli's past sailing races by photographer Linda Vermeulen.



# Gimli council forges ahead on water system upgrades

By Patricia Barrett

At its regular meeting on Oct. 26, Gimli council gave first reading to Bylaw 16-0013, which provides for the borrowing of funds for upgrades to the municipality's wastewater treatment plant and distribution system in the urban centre, the business park, Aspen Park and Pelican Beach.

Council also awarded the lowest tender for engineering services to Birchtree Consulting Ltd. for \$760,338.66 plus GST.

Council will authorize Birchtree to proceed with only the pre-design phase of the project "until the required contribution agreement is received from the Province of Manitoba and is approved by council," said Mayor Randy Woroniuk.

The provincial and federal governments are contributing to the cost of the upgrade, which was announced in August.

The RM intends to obtain loans of \$3 million and \$2 million respectively with the Royal Bank of Canada (starting Jan. 1, 2018) at an annual interest rate of five per cent for a period of 20 years. Combined interest on the loan will be \$3,020,851.51.

Council also passed a resolution to obtain cost-shared federal funding under the Clean Water and Wastewater Fund so that it can upgrade its aging water lines.

"That is a fund that is available for financing specific projects," said CAO Joann King. "And ... we are going to that fund for renewals of our water lines in the town."

The RM will seek \$7 million.

"Manitoba Water Services Board has a limited amount of funds, so it can only provide [funding] as the budget allows," she said. "We are getting some money from them on the water treatment plant and they are providing us [with] about \$1 million towards the water line renewals — some of the lines."

The RM is constantly repairing its infrastructure. A water main repair was recently carried out on 7th, and King said that street will be the focus of the current award.

"It breaks all the time," said Coun. Richard Petrowski. "Constantly."

A recent engineering report suggests the RM needs "a lot more money" to fix its water lines, said King.

The town regularly monitors the quality of its drinking water, which is gets from an aquifer.

"We send samples in roughly three times a week," said Deputy Mayor Peter Peiluck.

"Anybody living in the country

drinks it untreated," added Coun. Petrowski.

Other council briefs:

Manitoba Infrastructure sent council a response to a request it had made for summertime grass mowing along the verges of provincial highways where they pass through the RM.

"MI's current practice is to mow 4-lane divided highways and major intersections in the spring, followed by a fall mow of all provincial highways," wrote Assistant Deputy Minister Ron Weatherburn.

Council had asked the province to cut high weeds and grass along PRs 222 and 231 because of a potential for accidents caused by wildlife darting onto the road. It had also spoken with Gimli MLA Jeff Wharton, which resulted in the mowing of PR 222 in July.

"MI is trying to reduce costs and the mowing program is just one component of the highway maintenance budget," wrote Weatherburn. "We have taken your resolution into consideration as we consider our priorities for future programming."

Council also asked that the province install street lighting and extended double lines at the intersection of Highway 9 and South Colonization Road.

Weatherburn indicated that MI staff will assess the intersection based on traffic volumes, background illumination and collision history.

Council passed a resolution to apply for a grant from the Public Transit Infrastructure Fund (federal) to help pay for the purchase of a new handivan.

Coun. Palson said the resolution is necessary because the town won't be able to purchase a new handivan without federal assistance. The van will help expand recreational activities.

"I'm sure one of them would be put up for sale if a new one was acquired,"

said Peiluck, referring to the town's three vans.

Council supported the Gimli Ice Festival's application for federal funding to help build Cooley's Ice Park next year.

The majority of council accepted a quote from Shachtay Sales & Service for a 2016 Kubota at a cost of \$69,500 plus applicable taxes.

Coun. Petrowski opposed the award. "I just don't think we need a brand new one ... [and it] depreciates when you buy it brand new."

Coun. Danny Lyprya confirmed that the purchase had been factored into the current budget.

The majority of council accepted a quote from NRG Management for upgrades to the municipal building's HVAC system at a cost of \$111,800 plus applicable taxes.

Coun. Petrowski and Coun. Palson voted against the award.

Palson opposed it because she said there were two different quotes received, and "my [previous] recommendation was to address the controls and do an engineering report on the building."

"I thought the controls were the main thing," said Coun. Petrowski. "I thought we could do that first. I didn't think ... engineering was necessary, though."

King said the work will start shortly. The building is subject to wild temperature swings.

The majority of council approved a request for proposals and quotations for the construction of a pool services building.

Coun. Petrowski and Coun. Lyprya voted against it.

"It would be hypocritical of me to support that and not support the initial project," explained Lyprya.

Council approved registering the proposed Gimli Wellness Centre project with the Canada Green building program and authorized a payment in the amount of \$1,113.94 for the registration.

King said the project's architect advised the RM to register.

"It might be worth spending \$1,100 to possibly save many thousands," said Coun. Lyprya.

Winnipeg's Siloam Mission, which provides food, clothing, shelter and training opportunities to the homeless and less fortunate, thanked the mayor for helping to facilitate the donation of old weights from the Recreation Centre.

"We are thrilled that you thought of us and that Gimli Recreation Centre partnered with us in such a very worthwhile program," wrote director of major gifts Judy Richichi. "Health is first to go when you live on the street and Siloam Mission works hard at helping people maintain their health and improve it."

Council reported that the RM's recreational programmer, Kelsey Lambert, resigned effective Oct. 28. Lambert decided to move back to her home province. The RM is advertising for her replacement.

"She did a great job for us," said King. Council authorized the following payments:

Payroll and remittances for the period ending Oct. 13 in the amount of \$58,676.73.

Bills for general operating expenses in the amount of \$243,974.39.

Progress payment No. 6 for \$53,161.50 to Tallieu Construction for the south lateral sewer project.

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# getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

## > ARNIE WEIDL Boy catches tomato, Dad plays practical joke

Welcome, folks.

In all the weeks and years that I have been bringing you the fishing stories our sports and commercial fishers have shared, I have never been given one where someone caught a fish with his bare hands.

Orvil Strand, whom I met on the Lockport pier some time ago, says he did. Orvil was a shorter thin fellow with a face creased from a lifetime of experience. His squinting surveying gaze and wide smile suggested a hardened man who was still willing to look on the bright side of things.

I listened silently on an overcast cool afternoon as he talked of the many places he had fished. In time, he came to a story when at The Pas, he noticed a large pileup of logs held by a Saskatchewan River bridge support closest to the riverbank. Looking closer, he saw something move amongst the logs.

Not one to shy away from intrigue, he got to the log jam by boat and carefully picked his way onto the logs. There before him, the silvery side of a half-submerged gigantic jackfish imprisoned by branches and logs could just be seen.

Standing on the moving tangle of wood, he lifted and threw log after log until, on one knee for stability, he grasped and cradled the big fish that was still alive. Only then did he realize it wasn't fishing season so, as a true sportsman, he manoeuvred himself holding the fish toward open water then heaved it into the drink.

Stopping at various fishing spots along the Winnipeg River a few weeks ago, I came across a very friendly outgoing chap by the name of Randy Bal-



EXPRESS PHOTO SUBMITTED  
Randy Baldreras of Winnipeg with a pickerel he caught on the Winnipeg River.

dreras from Winnipeg. Just as I came upon him, he was reeling in a nice eating-sized pickerel.

Well, while that meant I didn't have to ask him how the fishing was going but I did have to ask him if he had a story for us. Randy was not only friendly but showed his sense of humour as he related a situation where

he was riverbank fishing on the Red with his young son Mark a little while ago and the boy became bored.

Randy watched as Mark wandered off into the tall grass, daydreaming and talking to himself as kids do. Dad, seeing a chance to play a trick, quickly reeled Mark's line in and pulled the minnow off the hook, replacing it with a small tomato from their lunch cooler. He cast it out and then called his boy, "Mark, come back. I think you've got a bite." The boy raced back, grabbing up his rod and began reeling in as fast as he could. Then as the wet shiny red tomato popped up from the water, Mark's face changed from excited anticipation to questioning disappointment. Dad snickered and chuckled, thinking he had played such a great joke on his son. Mark, on the other hand simply dropped his rod and made for the tall grass again, silently glaring at his dad. Oh well, Randy, at least you tried.

Last week I met Don Rourie from Komarno, who had an unusual story. He and some friends were boat fishing fairly close to shore on Shoal Lake when some heavy wind driven waves began swamping the small boat they were in. Not wanting to take a chance, he made for shore and got everyone out of the boat then tried to get to the boat landing.

Just as he got there, another huge wave washed right over the boat, drowning the poor little craft. By then, he was in just a few feet of water. As a result, the boat, though grounded, was being violently tossed about. Don had enough. He stood up, swung

Continued on page 7

Stonewall Teulon  
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# Arborg to sponsor second Syrian refugee family

By Rozanne Nevakshonoff

The Interlake Refugee Support Network (IRSN) chairperson Trudy Dueck welcomed the community to kickstart its second refugee sponsorship program on Oct. 18 at the Connexion building in Arborg.

Setting the tone for the meeting were guest speakers Nour Ali and his wife Maysoun Darweesh, who immigrated to Winnipeg in 2013. Ali was a businessman in Syria and described fleeing from his home to China to Macau — the waiting, the never knowing if or when you were going to be deported back to Syria where jail for life or worse was waiting.

Darweesh, a journalist, is of Arabic descent and spoke of being persecuted on a daily basis because she married a Kurd. Darweesh never truly believed that Kurdish people were being persecuted until she married one. She described the corruption and the cost of the bribes she had to pay to make her way out of Syria.

Both Ali and Darweesh love their new country now. They both love Manitoba and all it has to offer and are most grateful to the Douglas Mennonite Church for sponsoring them. The couple speaks openly and often to groups about the plight of the Syrian people and encourages everyone to help.

Ali invited Ahmed and Zanaib Jarkas (Arborg's first refugee family) onto the stage where he interpreted for them. Ali related that the Jarkas family of seven was in a refugee camp for a year and a half. He explained that their eldest son is being held up in Turkey, and they had just received word he may arrive by Christmas. The crowd applauded at this news.

When asked what was one hard thing about coming to Arborg, Mrs. Jarkas stated, "Nothing bad. Good friends. Life becomes normal."



Maysoun Darweesh shares her experience of immigrating to Canada with a crowd in Arborg on Oct. 18.



EXPRESS PHOTOS BY ROZANNE NEVAKSONOFF  
Syrian refugees Mr. and Mrs. Jarkas with Nour Ali answering questions and thanking the people of Arborg for their sponsorship.

The Jarkas thanked everyone for their ongoing help in their new life.

The second part of the meeting provided information on the family selected for private sponsorship and the amount needed to be raised to ensure all costs are covered. Approximately \$75,000 is required to cover costs including accommodations, furnishings, clothing and employment opportunities for the family of 12.

Though the number seems daunting, it is not insurmountable. The volunteer base needed to shepherd the new family through daily life, and all the small things we take for granted as Canadian citizens, is vital to their transition.

Volunteers are needed to meet the family at the airport, drive them to and from appointments, teach them to drive, tutor them in the English lan-

guage, take them grocery shopping, banking, budgeting, paying bills, activities to include them in the community, and most importantly, someone to fill out the mountain of paperwork that is required. A sign-up sheet was on the wall during the evening and community members were encouraged to add their names.

Dueck explained that private sponsorship of refugees is a long, drawn-out process, and nothing is guaranteed until you are greeting them at the airport. There is still much to be done, and any help would be greatly appreciated. The newly constituted volunteer committee will be meeting in November. For further information, to become a volunteer or for donations, contact Dueck at 204-376-3490.

## > GET FISHING, FROM PG. 7

his legs over the gunwale and waded to shore, joining his friends for lunch.

When the weather calmed down later in the afternoon, he went back with his quad and a rope and pulled the stricken craft up on land. It wasn't a total loss, though. Don saw the string of fish they had caught was still tied to the boat.

Before ending this week's get-together, I should mention the folks who fish off Selkirk's pier have asked me to pass along their request to the town for a bathroom close by. Well, those pickerel are biting like crazy right now, so what do you say we go get some.

Bye for now.

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## Notice to Gimli Ratepayers

On August 24th, 2016 I attended the RM council meeting for a conditional hearing seeking approval of my application to construct Multiple housing units on a double lot that I own in Husavik. The project fit with planning district requirements for lot measurements. Formality was to inform other property owners within a 100 meter radius. 28 letters were sent out. At the hearing, 13 objectors arrived to state their concerns. Some being husband and wife from the same address. Those concerned were centered for the most part on a different street. Of the 13 opposers, 7 were from outside the prescribed radius but because the meeting was deemed to be public they were recognized. The application was defeated even though over one half of certified property owners did not object. The question I am left with is, seeing that the meeting was supposed to be public and the rest of the RM of Gimli did not voice an opinion, are they in favor of more housing in the whole area. Please contact me to have your thoughts presented.

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# Gimli council defers decision on lakefront subdivision

By Patricia Barrett

At its regular meeting Oct. 26, Gimli council deferred a decision on a subdivision application for the creation of three lakefront cottage lots south of Arnes pending additional discussion on the construction of a road.

The provincial department of Indigenous and Municipal Relations had sent the RM a letter stating that a temporary turning circle of at least 35 metres in diameter be constructed by the property owner at the dead end portion of a shared access road into the proposed development.

"They have a road that goes into the site, which ... essentially has an easement on it that services ... Morden Meadows, and it is also going to service these lots," said CAO Joann King. "The garbage truck has to go into that site."

King said the existing road can currently handle the weight of the municipality's garbage trucks that service Morden's Meadows trailer park, but a turning circle would have to withstand the weight.

"The request is going to be that that turnaround will be built to municipal

standards," said King. "If it isn't, we could sink up to our axles in mud."

The three lots will be created for the property owner's family from an existing 73-acre piece of land. The lots would share joint access onto Camp Neustadt Road.

The letter also stated that Manitoba Infrastructure is "not prepared" to approve any direct access onto PR 222 in the future; all access is to be obtained from the municipal road.

King said the turnaround would form part of a development agreement that the government asked the RM to complete.

Coun. Danny Lyprypa asked whether the RM can dictate a road be built to municipal standards if it belongs to a property owner. "That's the problem here."

"It will be a requirement of the subdivision approval," said King. "... The reason for it is that they are expecting us to provide services to those properties."

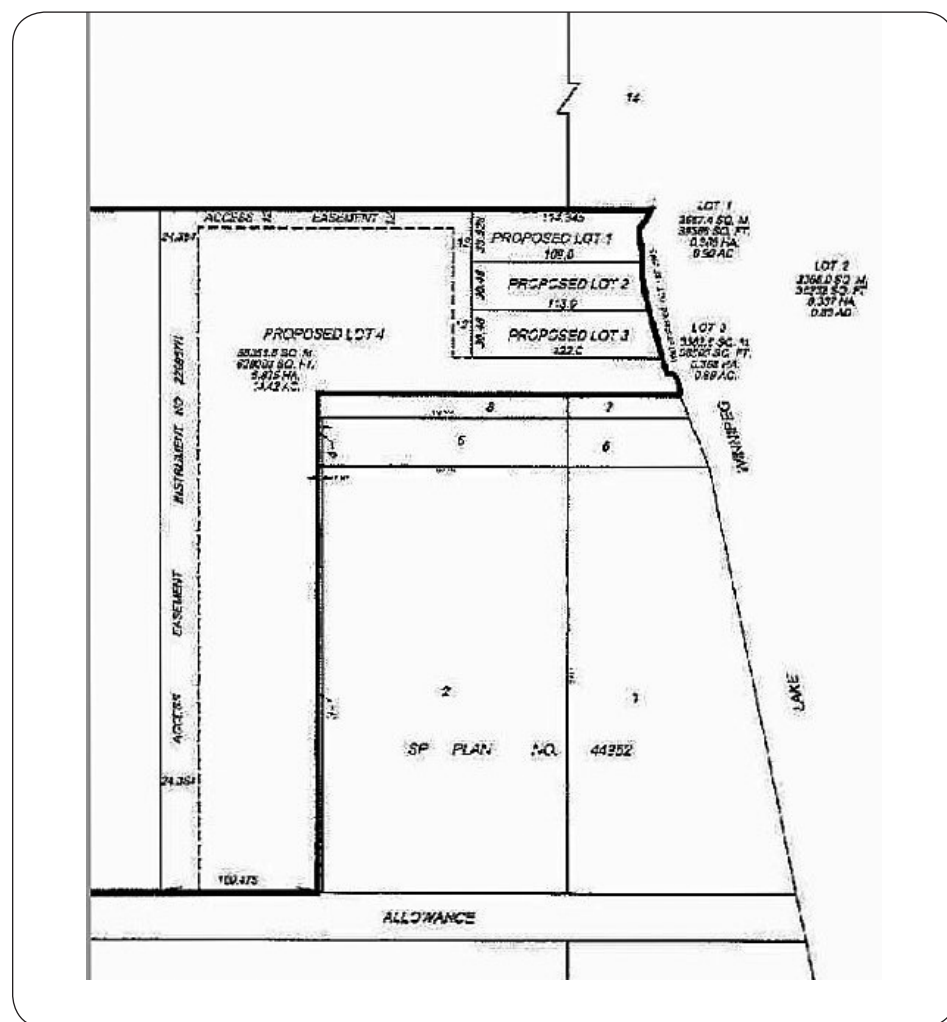
Coun. Richard Petrowski suggested the RM might find an alternative to the turnaround.

"Put your garbage at the end [of the road] and then they don't need to build a 35-metre turnaround," he said.

Deputy Mayor Peter Peiluck agreed that the cottagers might want to put their garbage and recycling at the end of the road.

Council wondered whether the property owner had been informed by the government.

"This is the recommendation that came forward from Community Planning," said King, "and the applicant would receive that information about the turnaround."



EXPRESS PHOTO SUBMITTED

Map showing four proposed lakefront lots near Arnes.

The proposed development would be subject to a number of conditions outlined in the government's letter.

The Eastern Interlake Conservation District recommended that housing lie 100 metres from the lake. The area between the water's edge and the lots should be deemed a public reserve

with ownership retained by the municipality.

"The public reserve is there for the purpose of shoreline erosion," said King, "... so people don't build on what's considered to be hazard lands, which are lands that are potentially prone to the actions of the lake flooding and wave uprush."

The province recommended that the trees and vegetation be preserved to mitigate shoreline erosion and to maintain the stability of the bank. It also stated that the development be built in excess of 722 feet.

Council agreed to defer the application to the next council meeting so that administration can consult with the property owner.

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# Fishers and buyers meeting held in Gimli

By Jeff Ward

A meeting in Gimli hosted by the WMM Co-op out of Lunder saw interested fishers learn more about the buying process and of a potential new fish processing plant that could come to Gimli once Manitoba is free of the monopoly currently held by Freshwater Fish Marketing Corporation (FFMC).

The meeting took place Oct. 18 at the Lakeview Hotel in Gimli and saw two dozen fishers from various areas of Lake Winnipeg and Lake Manitoba listen to meeting chair Marie Hildebrandt, president of Saskatchewan Commercial Fisheries. Representatives from Arctic Blue, a Vancouver-based fish buyer, and Community Development First, a Manitoba-based company that is hoping to build a fish processing plant in St. Laurent, were also on hand. Arctic Blue representative Jack Sheng spoke through his translator, saying that in addition to buying many different species of fish from Manitoba fishers once the market is open, his company would also like to invest in a future fish processing plant in Gimli. Sheng said that he saw very quickly the potential for Gimli as a great community for a plant because of its proximity to an airstrip that could supply the world with fresh fish very quickly.

Sheng said that his company is attempting to tap into a multi-billion dollar Chinese market with Manito-

ba-caught fish. According to Sheng, China doesn't have a freshwater fishing industry and the entire fishing industry is all factory farmed. He said that fresh fish would sell for a high price and net fishers double the price they get now from FFMC.

"And that's really what the meeting was about — letting fishers know that they have the potential to double their income once the monopoly is over," said Amanda Stevenson, president of the WMM co-op.

"We wanted them to show up and ask questions and have the meeting be a open session to share information. Naturally, there is always a fear of change and with the reality that we might be out of the monopoly soon some fishers are worried."

Stevenson believes that there is nothing to be worried about and that the future after FFMC looks very bright. Increased prices of every species of fish, coupled with the fact that Sheng couldn't find a fish in this province that he would be unable to sell in China, is a massive benefit to fishers. Pulling up a net with suckers, pike and other low value fish doesn't mean wasted time in this future — it just means money.

Not only that, but Sheng said that his company wants the fish in round weight, meaning that fishers no longer have to spend time beheading and filleting fish. More time on the lake catching fish and more of those fish



EXPRESS PHOTOS BY JEFF WARD

Marie Hildebrandt (standing) chaired a meeting where fishers heard from two companies looking to buy Manitoba-caught fish for higher prices than offered by Freshwater Fish Marketing Corporation (FFMC).

translating into dollars means a stronger industry, according to Stevenson.

"We know we could be making much more money, significantly more money. So many different markets can be accessed once we're out of the monopoly and that means the potential for a real resurgence to this industry. All the prices we've seen offered by multiple buyers are always more than what Freshwater offers," said Stevenson.

During the meeting, Sheng said that he is planning for long-term development in this region and that even if a plant in Gimli doesn't happen, he wants to be buying as much fish as he can from Manitoba lakes.

"There is no amount of fish that we can't sell," said Sheng through his translator.

The unfortunate part about all of this exciting news and planning is that fishers in Manitoba are still currently in the FFMC monopoly and they aren't able to sell their catch to anyone but the Crown corporation. According to Stevenson, the federal government has until August 2017 to respond to the request by the provincial government to get out of FFMC. It could happen sooner than that, but Stevenson and many others are expecting to hear back by next summer.

"Freshwater has shown that it's either not willing or unable to change and do right by fishers. We will all have big decisions to make over the coming months, but at least they will be our decisions for a change," said Stevenson.

# New enrollment uptake for trades courses in Arborg

By Patricia Barrett

There is still time to register for a number of trades courses that Arborg's Central Interlake Training Facility plans to offer this fall in junction with Red River College.

Recent high school graduates and adults of all ages can apply for five-month training courses in trades such as carpentry, electrical, plumbing, automotive repair, welding, machining, pipe fitting and industrial mechanics with a tentative start date some time in November.

"It still all depends on the number of students that we're going to register," said Beverly Magaway, economic development officer for the Arborg-Bifrost Community Development Corporation. "Red River College wanted to see at least 16 students registered for the program."

Magaway said she has had a lot of inquiries but needs more people to register.

The Central Interlake Training Facility, located in downtown Arborg, will be providing classroom space to Red River for the practical portion of each course. Hands-on training will be conducted in the college's mobile training lab, a 53-foot semitrailer with pop-out sides that will be located on site.

The short-term courses allow people to get a good feel for a particular trade before they commit to additional training.

But the completion of a course will also provide a solid understanding of the basics and perhaps enable graduates to land a job with a local company where additional employee training is offered.

Magaway said financial aid may be available to registrants, including First Nations trainees, and that she will work with individuals to see if they are eligible for funding.

For more information about the



EXPRESS PHOTO BY PATRICIA BARRETT

Electrical instructor Denis Precourt spoke to students about training in RRC's mobile lab at a recent career fair in Arborg.

courses, qualifications and available grants, contact Beverly Magaway at 204-641-3731.



# Lundar Lutheran Church almost as old as the town itself

By Jeff Ward

For more than a century, the Lundar Lutheran Church has stood as a place to worship, celebrate and mourn. The church remains today as an iconic symbol of history and as one of the strongest emotional ties to big life events for many locals.

Before the church's construction in 1906, the settlers from Europe would hold worship services and Bible study in their homes. This practice continued for close to two decades before residents decided to build their own church so that they could all congregate together, under the same roof.

Being comprised of mainly Icelandic people, the church affiliated itself with other communities from the Icelandic Synod — a governing body that can convene to decide any issues of doctrine, administration or application. The synod that the Lutheran Church joined with was comprised of many other congregations in Manitoba and others from south of the border.

The building's construction was finished in 1914. Much of the original building still remains intact and is well taken care of today, including the church's bell, which rings every Sunday during The Lord's Prayer.

Lundar Lutheran Church chair Faye Goranson said that the church was involved in many significant pieces of history over its last 110 years. One of the more important pieces took place in 1928 when the church elected the first female president of a congregation, Soffia Lindal. This marked the first in the Icelandic Synod and Goranson believes it could've even been the first in North America.

Goranson has been a member of the congregation for 56 years and has seen many of the great successes and struggles of the church over that time.

"When we expanded the church in 1975, it was a big undertaking," said Goranson.

"We added a church hall, an office and a meeting room. We also created



EXPRESS PHOTOS SUBMITTED

Sunday School Supt. Cindy Thorkelson recites Bible stories to Lundar's youth to teach valuable and meaningful life lessons.

the choir loft that overlooks everything and created the large entrance area and new washrooms. I'm happy to have been involved in these things, and when I look around, it brings back memories of the people who helped along the way."

In the time that Goranson has been involved, she's seen the congregation numbers dwindle, but dedicated members still remain. She admits that practising faith isn't as much a priority as it used to be, and while many worship in their own way, some don't worship at all.

The church is, and has been for sometime, without a full-time pastor. Currently, the church relies on lay leadership in having experienced members lead worship services and Sunday school Bible classes. Goranson used to run the Sunday school classes as superintendent, but congregation member Cindy Thorkelson has been responsible for that duty for the last 25 years.

"One of our big pushes right now is to strengthen our lay leadership because it's something we rely on quite a bit. We do have a pastor come in sometimes for Sunday worship, but

most of the time it's people like myself and others who lead those services. We have a very dedicated group of people here that work very hard to see this church continue to be that connection to our faith," said Goranson.

Though there have been many changes to the building over the years, the church still has many items in it that are anchored into the rich history of Lundar and the Lutheran congregation.

The pews in the original part of the hall are still original and have been well taken care of and remain extremely comfortable. The ornate altar, donated originally by the Breckman family in 1946, remains tucked away in the church hall, protected from the aging effects of time.

The marble baptismal font is another of the artifacts within the church that hold important significance for church members. The heavy marble basin has christened many newborns in Lundar and surrounding areas.

"It is a very meaningful place. We have baptisms, weddings, funerals and birthdays here. It's a wide range of emotions but part of our ministry



Rev. Ron Grout (centre) was the first non-Icelandic pastor to serve at Lundar Lutheran Church (1962-66) and still returns to Lundar for visits when possible. Grout is pictured with Judy Scheske Ritchie (left) and Faye Goranson in 2006 during the 100th anniversary of the church.

now is to make this space available and as accessible as possible to serve the families in our community," said Goranson.

For all of the looking back on the last 110 years, Goranson and her congregation are focusing on what's ahead of them more intently. The ambiguous nature of what the future holds doesn't scare or deter them, but it certainly makes it more of a sacrifice each passing day. Goranson said that she's forever an optimist and believes strongly that there are many youth in the community that will continue to keep the congregation going. She's noticed a few that have the gift of faith and the drive and willingness to participate.

"One of the things I remember a former pastor saying is that when you let the Lord into your life and it becomes part of who you are, he doesn't come alone. He brings a lot of people with him," said Goranson.

## Bezan advocates against Canadian participation in UN missions

By Natasha Tersigni

Increased funding to the Department of National Defence, an open and transparent procurement policy, an overhaul of current recruitment and retention strategies and a better selection of Canada's participation in international operations are just a few recommendations that were put forward in the Defence Policy Review CPC Submission presented to the government last week by Quebec MP

Pierre Paul-Hus and Selkirk-Interlake-Eastman MP James Bezan.

Spurred by the Minister of National Defence's announcement in April that the government would undertake a review of the Canadian National Defence policy, the Progressive Conservative party decided to conduct a parallel consultation process led by Bezan, the Official Opposition Critic to National Defence, and Paul-Hus.

Between April and August, the pair

travelled across the country and held 54 roundtable discussions and had over 700 online and written submissions that were used as the crux of the policy review.

"The way we drafted the report is it is a consensus of what we hear; it does not necessarily reflect Conservative policy. This should be used as the balance for what comes from the Minister and Department of National Defence when they submit their de-

fence white paper sometime in the new year," said Bezan.

One of the review's strongest recommendations, which is a stark contrast to the government's announced plans, is for Canada to scale back its participation in United Nations peacekeeping operations.

"There was a grave concern, especially by our veterans, of going back

Continued on page 20



# Fraserwood Fall Craft Sale to host talented artisans

Annual sale to host 50 crafters Nov. 12

By Marlene Ness

The Annual Fraserwood Fall Craft Sale will open its doors on Nov. 12 with a wide variety of creative work for those looking to get a head start on their Christmas shopping for unique and special gifts.

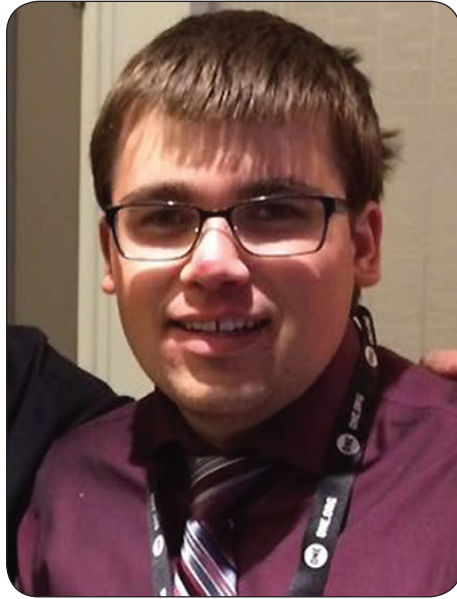
The Fraserwood Hall will showcase many handcrafted and one-of-a-kind items made by approximately 50 artisans and crafters who will have their work for sale.

The artisans will be selling goods including knitting, leather goods, jewelry, homemade preserves and honey.

Veteran crafter Marlene Riehl of Gimli will have her colourful knitted children's apparel that has been a hot seller at Fraserwood for over a decade.

"I've been knitting for 55 years," stated Riehl. "Fashion trends come and go, but the knitted kids' sweaters and baby outfits always remain popular. Year after year, Fraserwood puts on a well-organized sale in a lovely facility."

The craft-sale culture is one that's rooted in the belief of genuine, handcrafted value, but craft sales also have a strong social component.



Cameron Lozinski

One vendor attending Fraserwood's sale is Bernice Shurak of Winnipeg Beach, whose scrumptious homemade preserves and jams have grown in popularity since 2010.

"This is my way of getting out," noted Shurak. "My relishes, pickles, jams and jellies will be there in Fraserwood, and I meet so many people at these sales."



EXPRESS PHOTO SUBMITTED

Lozinski will be selling toques at the Fraserwood Fall Craft Sale on Nov. 12 in support of Habitat for Humanity.

Many craft-lovers turn the popular Interlake sale into an early Christmas shopping excursion, with the bonus of lunching at an excellent on-site food canteen. Fraserwood Hall's hot canteen makes this sale a destination

in itself, serving up delicious perogy dinners, homemade soups and sandwiches.

A sense of community spirit is al-

Continued on page 19

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# Art series aims to shine spotlight on Lake Winnipeg

By Lindsey Enns

A new art exhibit on display at the Gwen Fox Gallery this month is hoping to shed some light on the challenges Lake Winnipeg faces.

Gayle Halliwell of Winnipeg Beach says her art exhibit entitled *Lakescapes* is all about highlighting the beauty but also showing the challenges Lake Winnipeg faces.

"Everything from the over nutrification, which produces algae blooms, to the latest threat which is zebra mussels," Halliwell said sitting inside the Selkirk gallery last Wednesday afternoon.

The show includes various paintings of Lake Winnipeg, which has been her home and vacation spot for the past 30 years, as well as artifacts that have been collected from various beaches.

One of the pieces that will be on display is a string of Christmas lights covered in zebra mussels.

"Just in one summer they completely took over and covered things," Halliwell said referring to the aquatic invasive species. "I have to have a permit from the province to have them in my possession."

"They might still be alive because

they can live 60 to 90 days out of the water and we found this particular piece in September."

Another piece that will be on display is a paper mache pelican covered with garbage she collected along the beach.

The show will also feature three poems written by Halliwell.

An opening reception for *Lakescapes* will be held on Saturday, Nov. 5 at the Gwen Fox Gallery from 1 p.m. to 4 p.m.

Halliwell along with videographer and artist Christine Brandt will also be making a presentation entitled *Lake Winnipeg Through an Artists's Eye* at the gallery on Wednesday, Nov. 9 from 1:30 p.m. to 2:30 p.m.

"Christine and I have been working on what we see when we see the lake and it will highlight the issues that the lake is facing," Halliwell said. "Our talk is open to the public, it will be welcoming and informal and it will have lots of visuals as well."

*Lakescapes* will be on display at the Gwen Fox Gallery until Nov. 26.

The Gwen Fox Gallery, located at 101-250 Manitoba Ave., is open Tuesday to Saturday from 11 a.m. to 4 p.m.



EXPRESS PHOTO BY LINDSEY ENNS

Gayle Halliwell of Winnipeg Beach stands next to her watercolour painting of race night at the Gimli Yacht Club entitled "Slow Motion," which is part of her art series on display at the Gwen Fox Gallery until Nov. 26.

## Friends mourn Clandeboyne man who died days after living funeral

By Dave Baxter

Friends of Andrew Henderson say the Clandeboyne man showed his generosity and his love for life, even in his final act.

"He was so kind and so thoughtful because what he was doing with this last project was consoling people about his own death and giving them a chance to grieve even while he was still here," Sandy Klowak of Winnipeg said. "That's not something a lot of people could do."

About three years ago 28-year-old Henderson, who grew up in Clandeboyne, was diagnosed with lymphoblastic lymphoma. On Sept. 28 he got the news that his cancer was terminal.

Henderson held *Taking it to the Grave*, a living funeral performance art piece on both Oct. 21 and Oct. 23 in Winnipeg.

On Oct. 26, just three days after the second show, Henderson died in hospital as a result of his cancer.

Klowak, 30, became friends with Henderson about eight years ago when they both worked at Lower Fort Garry National Historic Site in St. Andrews.

She said Henderson's personality and his love for life drew her to him and they remained close friends up until his final days.

"He moved around a lot but we always remained close even when we weren't in close contact," Klowak said. "He was someone I truly valued in my life."

She said even when facing his own death, Henderson's upbeat personality didn't change.

"He just had this joyous cackle and he was always

upbeat and that's something he kept up right until the end," she said. "As much as he was suffering he still had that joy for life."

Klowak worked as a production manager on *Taking it to the Grave* and said she is grateful she was able to work on one last project with Henderson.

"Just to spend that time with him as someone who loved him was a real gift," Klowak said. "It was the most amazing thing I have ever worked on."

She said she believes Henderson was meant to put on the show before he passed away.

"He probably would appreciate the dramatic timing of it since he always had a flare for drama," Klowak said with a laugh. "It was important for him to be there. This was his project and it was really important to him."

She hopes Henderson's legacy will be to teach others to enjoy every second they have on earth.

"He taught all of us that you are still very much alive until you are dead," Klowak said.

Janelle Desrosiers, 32, also met Henderson while working at Lower Fort Garry.

She said performing his show was exactly the way Henderson would have wanted to spend his final days.

"It makes sense that he got through it because he was always a champion," Desrosiers said. "This show was part of the legacy he wanted to leave and part of the message he was trying to get out."

She added it was important for Henderson to console others about his own death.

"He understood the pain that we were all going



EXPRESS PHOTO SUBMITTED

Sandy Klowak, pictured here with her friend Andrew Henderson of Clandeboyne, worked with him on his performance art piece *Taking it to the Grave*, which he put on just days before he lost his battle with cancer last Wednesday.

through, but he was trying to find a better way to handle that," she said.

Desrosiers says she's "devastated" her friend is gone, but happy he was able to do what he wanted to before he died.

"He went out exactly the way he would have wanted to."

A memorial service for Andrew Henderson was scheduled for Nov. 2 in Winnipeg.



# Remembrance DAY

NOVEMBER 11

## Korean War vet remembers battle at sea

By Jeff Ward

With no money in his pocket and a strong desire to see the world, 17-year-old Roy Nordal decided to enlist in the Royal Canadian Navy in 1946 to live out that dream. That decision and his want to volunteer and to be one of the Canadians to participate in the Korean War would take him around the world on the HMCS Sioux to fight in the Pacific.

More than 26,000 Canadians served in Korea, and 516 died during the conflict, making the "Forgotten War" the third deadliest in Canadian history.

During the Cold War, Korea was split into two regions that had different governments, both of which claimed to be the real government of Korea. The civil war escalated into open warfare when North Korea invaded the south on June 25, 1950. The United States and The United Nations came to the defence of South Korea while China and the Soviet Union came to the aid of North Korea. The border that separated North and South Korea would advance and retreat many times over the three years worth of fighting that saw the capital city of South Korea, Seoul, change hands four times over the war.

An armistice was signed on July 27, 1953, and the Korean Demilitarized Zone was established to separate the two regions and allowed the return of prisoners of war. However, the armistice is not a peace treaty, and technically the two nations are still at war today, which continues to result in violent, deadly clashes.

Nordal was born in Lundar and was just a boy when he joined the military. Seeing soldiers come home after a long and lethal fight in Europe and Japan bolstered his interest in doing the same. He figured it would be a good way to see the world, experience other cultures and protect his country. When the Korean War broke out in 1950, Nordal volunteered to go and fight. He was positioned on the HMCS Sioux and left from CFB Esquimalt on July 5, 1950. Nordal said that he felt a mixture of excitement and fear.

"It remains the single greatest thing I've ever done with my life," said Nordal, now 88 years old.

"I started as a cook and then transitioned into gunnery. I made my way up the ranks and became petty officer rather quickly. I spent about two years on the ship."

The Sioux was one of only eight V-class destroyers the Royal Canadian Navy sent to Korea. The Sioux left Esquimalt with two other destroyers, the Athabaskan and the Cayuga. This wasn't the first time the Sioux had been involved in conflict. The destroyer was used in many instances during the Second World War most notably as shore bombardment during D-Day, and it was among the escorts during the attacks on Tirpitz. The Sioux had seen its fair share of duty and it was giving Nordal his first taste of it.

Bombarding the island of Te bu Somu and providing naval support for

Continued on page 14



## FOR THE FALLEN

They shall not grow old,  
as we that are left grow old:  
Age shall not weary them,  
nor the years condemn.  
At the going down of the  
sun and in the morning  
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- Laurence Binyon



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# Remembrance DAY

NOVEMBER 11



Continued from page 13

the troops that landed in Inchon, Korea, in September of 1950 were all part of the effort that Nordal was in the middle of. He remembers helping in the escape for many land-based troops during the war and spent many hours using deck guns to shoot at mines in the ocean.

"We swept the coast for mines and tried to keep our lanes clear. They float in the water, so we just shot at them to blow them up on purpose. It ended up being a bit of a competition between those of us doing the shooting — see who could get more," said Nordal.

Another vivid memory is the sound that a Russian MiG makes as it closes in on its target. Nordal said that they could hear it coming, but by the time they got ready on the guns, it had already flown overhead because they were just so fast.

"The bomb it dropped had already passed us too. It was difficult for these pilots to accurately drop bombs on us. It's the kind of thing where you never knew when you were going to be killed by a bomb, but at the same time, if it did happen, you'd be dead so quickly you wouldn't even know," said Nordal.

Just as scared as everyone on his ship was, he imagines that the pilots of those MiG's were scared also. A V-class destroyer is fitted with four massive 120mm guns that can take out aircraft like a boot to an ant. Those MiGs trying to bomb the Sioux had to get in range of those large deck guns to do so. Nordal said that game of cat and mouse wasn't

particularly fun, but that was their life at the time. There was nothing they could do about it, so they just carried on knowing that at any moment a bomb could obliterate their ship.

Nordal returned home from the war in 1952 and made a stop at Pearl Harbor on the way back to Esquimalt. While there, he saw the many ships destroyed in the attack with their bows still sticking out of the water. He got a tattoo on his left forearm of a ship to commemorate his time in the Navy.

"I could've got anything, really, and I'm glad I didn't get a girl's name or something. It would've looked awfully silly now," joked Nordal.

Nordal received his discharge in 1952, only a few short months after returning home. He was awarded the Korean War medal as well as the United Nations medal for the Korean War. He decided not to continue his military career and instead travelled back to Winnipeg to work for the Hudson's Bay Company in the furniture repair department. His decision to not continue with the Navy was his only real regret in life. He truly enjoyed that life and all of the opportunities it afforded him.

He enjoys his time now living in Eriksdale, relaxing. He attends the Remembrance Day ceremony in Eriksdale every year and said that it's im-




EXPRESS PHOTOS BY JEFF WARD

Roy Nordal spent two years in the Pacific on the HMCS Sioux helping clear mines from the ocean and providing naval support during the Korean War.

portant for him to go and pay respects and honour those who didn't come home.


"I know what it's like to be in a war and I know how quickly it can all be over. I go to respect those who have been killed because it could've been me," said Nordal.



*The RM of Fisher remembers those who paid the ultimate sacrifice for our freedom*

**LUD of Fisher Branch Committee**

*Reeve, council and staff*





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Rural Municipality of Coldwell - Council & Staff





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**Municipality of Bifrost-Riverton Council and Staff**

**WE REMEMBER!**







# Remembrance DAY

NOVEMBER 11



## A life spent supporting the 158 RCACS cadets

By Jeff Ward

The 158 Royal Canadian Air Cadet Squadron (RCACS) of Fisher Branch has been instrumental in providing not only an after-school activity for youth in the Interlake but a place where they can learn discipline, personal responsibility and leadership skills that can help them succeed in life. And that simply wouldn't be possible if not for the tireless efforts of cadet Capt. Jocelyn Burzuik and many others.

Burzuik will be the first to tell you that it is a combination of the work she does and her incredible support system of squad staff and volunteers that help make the program what it is. The dedication of the staff and of Burzuik has created a program that is synonymous with respectful and driven youth. Capt. Burzuik said that it's an ongoing effort that she's been involved in for the last 16 years. Driven out of her calling to serve, she has devoted those years to making the 158 an institution that is respected around the province.

"Every cadet that comes through this program becomes a part of a family that we create," said Burzuik.

"Even cadets that didn't go all the way through or who did go all the way through and moved on come back to visit. They still say 'Hi Captain,' and all those memories come rushing back. We're doing important work here and providing an outlet for so many youth to become leaders and take control of their own lives."

The cadets drill every Wednesday

at Fisher Branch Collegiate, using the school as a training ground for formation drills and physical training. Step into the school on one of those nights and you'll hear the heavy breathing of youth running laps, doing push ups or planking. In between those breaths, they are shouting words of encouragement at each other, working to build the squadron up as a whole. The adage "you're only as strong as your weakest link" applies greatly here for the 158, and they work hard to make sure there are no weak links.

Burzuik uses her position as a way to empower youth and make them feel like they are a part of something larger than themselves, but something that they can contribute to and see their efforts pay off. The squadron finishes the year with a demonstration in the summer of marching in formation.

"I'm so proud every year to see how far they've come along and all they've learned put to good use. It's always been my promise to them that whatever they need, I'll be there to provide, and I've done that consistently since I started," said Burzuik.

The sacrifice Burzuik has had to make sometimes has her put the squad over her own family. She said that she's rescheduled birthdays and missed a few Christmas concerts because there was something the squadron had at the same time. She said her children understand the importance of the work she does. One of her sons, Connor Kunitz, is Warrant Officer First Class

Continued on page 16

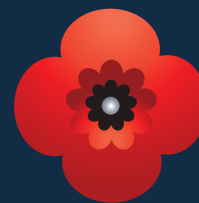


EXPRESS PHOTO SUBMITTED

Capt. Jocelyn Burzuik has worked tirelessly for the past 16 years supporting the 158 RCACS in Fisher Branch. Her desire to serve and pass on valuable lessons of responsibility and leadership to Interlake youth has helped transform the lives of many. Pictured, Burzuik with Major Pete Garton during the 2015 cadets parade in Fisher Branch.

Town of  
Arborg  
Mayor,  
Council  
and Staff

We Will Remember



RURAL MUNICIPALITY OF

West Interlake

Reeve, council and staff

When You Go Home  
Tell Them of Us and Say  
For Your Tomorrow  
We Gave Our Today

Rural Municipality of Gimli - Council and Staff

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Veteran Men & Women for Your Service  
And to the families of those  
who sacrificed their all

*Remembrance Day*  
NOVEMBER 11<sup>TH</sup>

**Jeff WHARTON**  
MLA, Gimli Constituency  
t. 204.642.7843  
Gimli@mymts.net





# Remembrance DAY



Continued from page 15

in the cadets and has been a part of the squadron since he was 12 years old. She has thought about stepping back a few times but said that every time the idea popped into her head, she knew

that she would miss it too much. Burzuik said that over the last 16 years, she has missed less than 10 sessions.

The cadets program has also been extremely helpful in bridging the gap for youth that might be struggling with anger issues, problems with authority or those that come from backgrounds of abuse. Burzuik said that she finds a lot of personal joy in finding the connection with youth in those situations that allows them to break through their own personal struggles.

"They know that when they get in here, we are all equals. It doesn't matter what colour your skin is or where you came from or what you may have done, I'll give you a fair shot. I'll listen to your viewpoint and respect your opinion. We're all capable of great things, and this is a place

to start that," said Burzuik.

With Remembrance Day on the horizon, Burzuik knows her cadets will take the time to recognize the sacrifice made by those who have fought and served, those who engaged in peace-keeping efforts and those who serve today. Her cadets will be spread out all over the Interlake on Nov. 11 to take part in services with a colour party or just a show of support to help out in any way they can.

"It's an important day and one we take very seriously here. We want to be there to show respect and remember their sacrifice. All of our cadets know that these services are some of the last real opportunities to speak with and shake the hands of our veterans. It's an opportunity we won't have too much longer," said Burzuik.



## Remembrance DAY *november 11th* SERVICES

(All events open to the public)

### 2016 Remembrance Day Ceremonies

Legion	Location	Date	Time
Gimli BR 182	Gimli High School Gym	Fri. Nov. 11	10:30 AM
Winnipeg Beach BR 061	Legion - 20 Hamilton Ave	Fri. Nov. 11	10:30 AM
	(Lunch to Follow)		
Eriksdale BR 140	Eriksdale Recreation Centre	Fri. Nov. 11	10:50 AM
Ashern Legion BR 057	Ashern Legion	Fri. Nov. 11	11:00 AM
Arborg Legion BR 161	Arborg-Bifrost Community Centre	Fri. Nov. 11	10:30 AM
Lundar Legion BR 185	Royal Cdn Legion #185	Fri. Nov. 11	10:30 AM

Camp Morton Remembrance Day Service Committee is holding their 16th annual Remembrance Day service on Friday, November 11  
Service takes place at 10:45 a.m. at Camp Morton Provincial Park

We welcome the public to join past and current serving members at the only outdoor service in the Interlake.

### 2015 Remembrance Day School Ceremonies

Lakeshore School Division	Date	Time
Alf Cuthbert School	Wed. Nov. 9	10:30 AM
Ashern Central School	Tues. Nov. 8	10:45 AM
Ashern Early Years School	Wed. Nov. 9	10:40 AM
Eriksdale School	Wed. Nov. 9	10:30 AM
Fisher Branch Collegiate	Tues. Nov. 8	10:55 AM
Fisher Branch Early Years School	Wed. Nov. 9	1:15 PM
Lundar School	Wed. Nov. 9	10:30 AM
Evergreen School Division	Date	Time
Arborg Early Middle School	Wed. Nov. 9	11:30 AM
Riverton Early Middle School	Wed. Nov. 9	11:20 AM
Winnipeg Beach School	Thurs. Nov. 10	11:30 AM
Sigurbjorg Stefansson Early School	Wed. Nov. 9	9:15 AM
Dr. George Johnson Middle School	Thurs. Nov. 10	11:00 AM
Arborg Collegiate	Thurs. Nov. 10	10:30 AM
Gimli High School	Thurs. Nov. 10	10:45 AM
Riverton Collegiate -	In class Observances	

*Lest we Forget*

On Remembrance Day, we pay tribute to those past and present who served our country with courage and compassion.

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# CAR CARE MUSTS

for tackling snow- and ice-covered roads



## Protect your vehicle from snow, ice and damage from the cold

Loading Preview Image...Scrapers should only be used on windows and not on the body of the car.

Winter can be an unforgiving season. Freezing temperatures coupled with snow and ice can take its toll on people who live in climates where cold weather is a fact of winter life.

While winter can test people's patience, it also can be harsh on cars and trucks. Understanding what components of a vehicle can be compromised by dropping temperatures and snowy roads can help drivers take action to safeguard their automotive investments.

While the Canadian Automobile Association notes that winter can wreak havoc on just about every part of a vehicle, there are some parts that seem to bear the brunt of Old Man Winter's abuse. Properly servicing and caring for a car or truck can help.

Drivers should take their vehicles for a tuneup and inspection before wintry weather arrives. A mechanic will examine the car battery and check antifreeze levels and make sure that the thermostat, defroster, brakes, and even wiper blades are working effectively. Have the tires inspected for adequate tread, which can make navigating roads safer. If the treads are worn, replace the tires.

In addition to visiting their mechanics, drivers can perform some inspections and fixes themselves.

- Check that all of the vehicle's lights are operational so your car can be easily seen during inclement weather. Exchange your existing windshield washer fluid with one that will not freeze in cold conditions. Check the nozzles on the windshield-washer system routinely and clear out any blockages of ice or debris. While addressing windshield washer fluid, also replace worn out windshield wiper blades with ones that can withstand snow and icy weather.

- A new coating of wax can serve as a shield against road salt, snow, sleet, and rain. Try a polymer wax to protect

the paint. Whenever possible, rinse off salt and grime so it does not dry on the car and gradually wear away at the paint. Some drivers mistakenly believe that salt stops being a problem once it dries simply because moisture is the active ingredient for a corrosive reaction. But humidity in the air is enough to keep the salt eating away at the car's paint, and that can contribute to rust. Be sure to rinse off the undercarriage of the vehicle as well.

• Have your tires' alignment checked toward the end of winter or early spring. A season of traveling over pothole-ridden roads or hitting curbs buried under snow drifts can affect the alignment. Get everything back on track. Similarly, inspect tires routinely, as weather changes can affect tire pressure and strength.

• Use a soft snow brush or a foam brush to clear snow off of the car. Avoid hard plastic scrapers you might use on your windshield, as they can scratch painted surfaces.

• Try to park the vehicle in a garage or under a car port, each of which can protect cars and trucks from the often harsh elements of winter.

Vehicles can be affected by the cold weather. Keep them running efficiently to prevent damage this winter.



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# Local snowmobile mobile shacks will be alcohol-free this season

By Natasha Tersigni

To help keep snowmobile trails safe this season and encourage drivers to remain sober, the Snowmobilers of Manitoba Inc (Snoman) have unveiled their new Alcohol-Free Family Zone Campaign.

The new campaign launched last week by Snoman, a not-for-profit organization that promotes recreational snowmobiling in the Manitoba, advocates for snowmobilers to keep all

warm-up shelters in the province free from alcohol. The safety campaign is focused on promoting safety and is funded by both Snoman and Manitoba Public Insurance.

“With approximately 12,000 kilometres of designated trails, 53 clubs and over 150 shelters, it is essential that we embrace safety throughout all aspects of our recreational activity,” said Snoman president Alan Butler in a press release.

“We encourage our club members and other snowmobilers to respect the Alcohol-Free Family Zone.”

Local snowmobiling club Interlake Snow Trackers has always promoted snowmobiling as a family activity.

“Alcohol-free shacks have always been a goal of ours, and this campaign is just stepping up that message to a provincial level. The campaign is more about promoting snowmobiling as a family recreation, and we really

want to promote that aspect of snowmobiling,” said Interlake Snow Trackers director Joe Thievin.

“We have always taken the stance of keeping the shacks alcohol-free and we actively promote our club as family orientated. All the activities our club puts on are family driven and there is no drinking on those trips.”

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## Power Steering Maintenance

Steering is one of the things we take for granted in our vehicles. Let's break it down into two areas: first, the power assist and second the actual parts that steer the vehicle.

Most people under 40 have never driven a car or truck without power steering. Most vehicles today have a hydraulic power steering pump that provides boost to help you steer. The pump is usually driven by the serpentine belt, but some newer vehicles have an electric pump. Some vehicles even have an electric motor that directly powers the steering.

The important thing to keep in mind is that these pumps and motors will eventually wear out and the hoses will start to leak. You can postpone that day by having a power steering service from time to time. We will drain the old fluid and replace it with fresh fluid. This removes water and contaminants that can corrode power steering parts. Ask your service advisor for the recommended change interval.

What about the mechanical steering parts? Is there anything you can do to maintain them? Yes. If any of the steering parts can be lubed, your technician will take care of that with a lube, oil and filter service. Other than that, just watch for signs that parts are wearing out. Things like loose steering and uneven tire wear.

Worn parts can be replaced to get you back on the road. Now, sometimes parts can be bent or damaged from hitting potholes, curbs or rocks. It's important to take care of these problems early on. If you neglect them, the damaged parts stress other attached components which starts a chain reaction of damage.

Steering maintenance is pretty straight forward: Replace power steering fluid as recommended and fix worn or damaged parts right away. That'll save you money in the long run.

Contact your Local Independent Auto Service Provider for more details. We also can and will advocate for your warranty and point out other items that should be replaced under warranty should it apply. We'll steer you right. Our reputation depends on it!

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# Street works in the Town of Winnipeg Beach

By Patricia Barreett

The Town of Winnipeg Beach passed a resolution at its Oct. 26 regular meeting to advise the Evergreen School Division that it's planning to ban parking along a town-owned lane that abuts the school's parking lot.

The lane runs along the east side of the school for 250 feet between Robinson and Hamilton avenues.

A road from that lane may possibly be developed in future to permit access into a few properties close to the school.

"When you go into the school parking lot ... on the left hand side, there are properties there and that's our laneway ...," said Mayor Tony Pimentel. "And if you go straight to the school, there's another roadway that gives access to a property — that's our laneway as well. So what's happened in some cases is that cars have been parked there and people can't get access to into their [residences]."

A property owner with back-to-back dwellings will likely require access to his lots (other than through the school's parking lot) from the town's laneway or from Robinson Avenue.

"We're not sure yet what access he'll ask for," said CAO Kerry Lawless. "If it's from the side, we'll need to look at access from the lane."

The town will be contacting the school division to hear its concerns regarding parking and to discuss what sort of solution would best suit both parties.

"We're open to dialogue and there's no rush ... to do this," said Lawless.

The town will be placing a local access only sign at the west end of Hamilton Avenue.

Other council briefs:

Coun. Ryan Reykdal, who shares the Public Works portfolio with Coun. Daryl Carry, reported that the reconstruction of Maple Avenue is nearly completed.

Maple was badly affected by frost boils this spring, and the town is test driving, so to speak, a rubber product (recycled tires) that is said to resist cracking and increase pavement life.

The town dug up the street and placed rubber at its base then covered it with a layer of clay. But the rainy weather prevented the clay from hardening, resulting in a slight delay.

"It's just going to take time," said Reykdal. "We're coming into freezing soon, but they do have to put more gravel down yet. It's really not a benefit to put it down when it's wet like this because you're making more of a mess."



EXPRESS PHOTOS BY PATRICIA BARRETT

Visitors to Winnipeg Beach School have been parking along a lane owned by the town and which provides access to a resident's dwelling. The town will be discussing the issue with the school division.



Additional work is being done on Maple between Prospect and Highway 9 to pack down the clay. Inclement weather has delayed completion of the project.

## > CRAFT SALE, FROM PG. 11

ways tangible at craft sales, and one young crafter — Cameron Lozinski of Gimli — is doing his part by raising money for Habitat for Humanity from the sale of his knitted toques. Lozinski, a Grade 12 Gimli High School student, has been selling his toques for four years to help fund Habitat for Humanity Global Village Build Trips. Lozinski has travelled abroad to assist in the building of affordable housing in Third World countries, such as El Salvador, Portugal and Indonesia.

"This year, \$2 from the sale of each one of my toques will be donated to Habit for Humanity's Gimli Chapter, staying right here in our community," Lozinski stressed.

Recently, Lozinski was involved in the construction of a Habitat for Humanity project here in the Interlake, which will be ready in approximately three weeks' time to house its first Gimli family.

Lozinski explained that it was his Grade 8 teacher, Patti Stouffer, at GHS who originally taught him how to knit in a class project, which involved knitting toques for the homeless.

"I found it totally relaxing," noted Lozinski. "Knitting relieved my own worries about school while at the same time benefitted many people in the community."

The Fraserwood Fall Craft Sale runs from 10 a.m. to 3 p.m. on Saturday, Nov. 12. For further event information or table bookings, contact Val Crawley at 204-642-9392.

## Woodlands pasture wraps up the first year as community Co-op

By Natasha Tersigni

The pastures are now empty and the cattle are back at the farm, following the first successful season at the Woodlands Community Pasture being run as a co-op.

After the federal government dissolved the Prairie Farm Rehabilitation Administration (PFRA) program, the RM of Woodlands council, with input from patrons, decided to keep the pasture in the RM and run it as a co-op.

While Woodlands had the option of joining the provincial Association of Manitoba Community Pastures (ACMP) program, council decided that with the majority of the land being owned by the RM and being an important asset, it should remain in the hands of the local municipal government.

"In its first year, it ran well. There were quite a few expenses to get it going, so not profitable yet, but down the road, it will be.

It is a major asset to our community and we had the opportunity to keep it local so we took it," said RM of Woodlands Reeve Trevor King, who added that while the pasture does have producers as far away as Winkler using it, many of the local producers are taking advantage of the local pasture. With a local pasture, local producers save substantial money on hauling expenses and also know that any profits that are being made go back into the pasture and the community.

When producers brought their cattle to the pasture this past spring, it was the first time since the 1930s that the pasture was not being federally operated. Other than the purchase of essential equipment, including a truck, the first year ran very status quo, said pasture manager Curtis Hayes.

"It has been operating pretty much the same as it did under PFRA and it worked out well this season. We had 41 patrons and

our highest throughout the years has been 70. Over the years, the herd have been getting larger and we have had fewer patrons bringing more cattle," said Hayes, who added that quite a few patrons are from Woodland and surrounding communities.

"This year, we could have handled a little but more because it was a really good grass year. We had 2,500 adults and 4,500 cattle in total."

With the first season officially over, the patrons' committee will hold its annual general meeting in January to discuss the budget and plans moving forward. While the pasture is owned by the RM, it is run by a pasture committee with two council members sitting on the board. The daily management including pasture fees and employees are set by the committee with the final approval coming from the council.



# Eriksdale School invests in classroom pets as teaching aids

By Jeff Ward

Teachers at Eriksdale School are excited and encouraged by the student engagement as pets become common in the classroom and become a larger part of the curriculum.

The Lakeshore School Division has become known for its outside-the-box thinking when it comes to increasing student engagement. All schools in the division are encouraged to try new strategies to provide a better educational experience for students: new courses, classroom equipment, paperless classrooms and now student-directed research projects that result in classroom pets. There are currently hermit crabs, a rabbit, a turtle, frogs and soon a bird in several classrooms at the school.

Grade 5 and 6 teacher Toni Weatherburn had students embarking on a research project at the beginning of the school year. The students had to learn about hermit crabs, their habitat, what they eat and how to care for them. The project concluded with students setting up a habitat for the new crustacean, which sits at the back of the classroom.

"It is something they can take ownership over," said Weatherburn.

"It also helps make our classroom homey which is something we're all striving to do at this school. It's a simple thing to just bring a pet into the classroom, but students are more en-

gaged and they're more excited to be in here during the day."

With students spending so much of their time in class each day, it's understandable that teachers want to make the classrooms feel like a second home — a safe and welcoming space that students are happy to be in for long hours keeps them engaged in their studies and helps them retain what they learn.

Amie Whiteside has had a rabbit in her classroom for the last 12 years. She said that she's never known a classroom without a pet, so it's hard for her to compare how students are without one. The only real downside for her is that a rabbit is a somewhat high-maintenance pet to have in the classroom, and while the responsibility does fall on her quite a bit, the students have taken great ownership of it as well.

"A lot of students don't have pets at home and it can be a really powerful thing to have to take ownership over the life of an animal. I've seen pets turn reserved students into more outgoing ones, and I've seen them calm down the more hyperactive ones," said Whiteside.

Weatherburn said that she's seen similar outcomes in her class because the hermit crabs can't be handled roughly. If students want to see them out of their shells, they need to be quiet and calm.



EXPRESS PHOTO SUBMITTED

With the inclusion of pets in the classroom, Eriksdale School students, (left to right) Ava Pool holding a hermit crab, Staten Stuart with Fluffy the rabbit and Samantha Miller also holding a hermit crab, get hands-on learning about different animals and their habitats while gaining valuable skills in caring for another life.

"You can tell when they're all looking at them because it's so quiet in here. And sometimes a student will be walking by and say 'The crabs are doing something' and everyone rushes the tank to see what it is — they're fascinated," said Weatherburn.

Principal Alison Martilla said that she encourages more growth in this area and is very excited to see where this new learning potential takes students and the school.

## > BEZAN AGAINST CANADIAN PARTICIPATION FROM PG. 10

to a peacekeeping role when there is no peace to be had" said Bezan, who added that in past during UN missions' Canadian troops abilities and functions in theatre was negatively impacted by convoluted rules of engagement, chain of command and bureaucracy.

"Canadians have this nostalgic view that peacekeeping is great. Those that are informed, veterans, current serving members, academics and people that are foreign policy experts, know that this is not traditional peacekeeping."

With talks that government plans to send 600 Canadian troops to a peacekeeping mission, most likely in either Mali, Central African Republic, Congo, Somalia or Sudan, Bezan worries the Liberal government is headed in the wrong direction.

"Only if resources allow should Canada be involved in peacekeeping missions. Even though everybody loves the idea of peacekeeping, the question comes down to are we about to get involved in another Rwanda or our last UN mission in Bosnia. That mission was a complete mess as a UN mission and only got resolved when it became a NATO mission," said Bezan who added that despite a promised open and public policy review the government has already made drastic defence decisions in isolation.

"A lot of the policy we expect to see in the white paper is predetermined. We have already seen the Liberal government slash \$3.7 billion in one year from the defence budget. We have already seen the Liberals make a blind commitment to send 600 troops into a UN peacekeeping mission."



EXPRESS PHOTO COURTESY OF JAMES BEZAN

Last week Selkirk-Interlake-Eastman MP James Bezan presented the Defence Policy Review CPC Submission to the government. Included among the list of recommendations for the defence overhaul is cancelling plans for Canadian soldiers to participate in United Nations operations.

**Don't forget to send your special wishes to your friends and family.**

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**EXPRESS**  
WEEKLY NEWS



# Patient safety goes beyond the doctors office

By Jeff Ward

Last week as part of Canadian Patient Safety Week, staff of the Interlake Eastern Regional Health Authority were helping patients understand their medications while encouraging them to ask questions of their doctors and pharmacists.

Ashern Pharmacy's Doug Thidrickson says that his staff are trained to spot gaps in patient knowledge and try to fill them in. Patient safety is a big concern for pharmacist Thidrickson, who said that a lot happens behind the scenes with his staff to find potential situations where patient safety could be compromised.

His pharmacists are always on the lookout for changes in prescriptions that could mean different dosage or intervals of medication. The Interlake-Eastern RHA has come up with questions that patients are encouraged to ask their nurse, doctor or pharmacist. They deal with changes in medication, continued use of existing medications, proper use of medications, how to monitor that the medications are working and their side effects, and

booking follow-up tests and when their next visit should be.

"Medications are the most common treatment used in health care," said Heather Campbell, quality and patient safety co-ordinator for the Interlake-Eastern RHA.

"Research shows that patients who ask questions and take an active role in their health care are more satisfied with their care and see greater improvement in their health than patients who do not."

Thidrickson encourages this type of discussion when his patients walk into the pharmacy. Proactive patients that ask questions are a good thing, says Thidrickson.

"A lot of patient safety comes from listening to our patients rather than talking to them," said Thidrickson.

"We ask them how their doctor told them to take the medication and we use that to see what they know and then fill in the gaps in their understanding if needed. There's a certain responsibility we have in creating trusting relationships with our pa-

**"THERE'S A CERTAIN RESPONSIBILITY WE HAVE IN CREATING TRUSTING RELATIONSHIPS WITH OUR PATIENTS."**



EXPRESS FILE PHOTO BY JEFF WARD

Lead pharmacist Doug Thidrickson of Ashern Pharmacy and his staff undergo constant training and evaluation of their techniques to make sure patients know everything there is to know about their medication.

tients, and those relationships are a big part of ongoing patient safety."

Thidrickson said that his team is always willing to go the extra mile when it comes to patient safety. They always want to speak directly with the patient either in person or over the phone. If a patient is disabled and is being driven around by a family member, the staff will often leave the pharmacy and come out to the car just to make sure the medication is understood.

It's not just about prescribed medi-

cation; it can include vitamins, over-the-counter products and anything health-care related. Thidrickson and his team are there as experts in understanding what will and won't work and what could be potentially dangerous.

For those interested in learning more on patient safety when it comes to medication, the Interlake-Eastern RHA encourages you to visit [www.mips.ca](http://www.mips.ca) to learn more and download the "It's Safe to Ask Medication Card."

## Grant helps fund Minds in Motion® Music Therapy program

Submitted

The Alzheimer Society of Manitoba is excited to announce that Gimli's Minds in Motion® program has received a grant of \$1,100 from Healthy Together Now to fund the music therapy portion of the program and provide the audio equipment needed.

Music therapist Katy Jacobs (MTA) will be in action on Monday, Nov. 7 from 2 to 3 p.m. at the Minds in Motion program located at Gimli New Horizons 55+ Centre, 17 North Colonization Rd.

Music therapy is offered once during the eight-week Minds in Motion program. During the session, participants sing familiar songs, play instruments and have discussions about how music can restore their mental, physical, emotional and spiritual health.

"Sharing and experiencing music can have an amazing and powerful effect on people with dementia and their caregivers," says Jacobs. "Last year, at the end of one of our sessions, a participant diagnosed with Alzheimer's stood up in front of the group and said, 'We forget a lot of things, but this we will not forget.'"

The Minds in Motion program unites fami-

lies and communities by combining physical activity, socialization and mental stimulation for people living with early to moderate symptoms of Alzheimer's disease or other dementias to enjoy with a family member or community friend.

"This program is one-of-a-kind in Manitoba," says Jackie Dokken, regional co-ordinator for the Alzheimer Society's Interlake/Eastern Office. "It brings together people with dementia and their family and friends in a community setting, giving them the opportunity to normalize the relationship in a way that is not influenced by illness."

The program offers a great environment to establish new friendships with others living similar experiences. It's also a wonderful way for people impacted by dementia to take care of their hearts, minds and bodies.

Before the Minds in Motion program was initiated in the province in 2014, nothing like it existed. People with the disease and their caregivers often become isolated because inclusive community programming was simply not available. For more information, visit [www.alzheimer.mb.ca/mindsinmotion](http://www.alzheimer.mb.ca/mindsinmotion).



EXPRESS PHOTO SUBMITTED

Jackie Dokken, left, Alzheimer Society, Valerie Swanson, middle, Gimli Seniors Resource Council Inc. and Jan Keryluk Interlake-Eastern RHA.



# sports & recreation

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EXPRESS FILE PHOTO BY BRETT MITCHELL

Lexie Kopp has committed to join the University of Manitoba Bison women's golf team for next season.

## Kopp commits to Bison women's golf program

### Staff

Gimli High School's Lexie Kopp is one of five players who have committed to join the University of Manitoba Bison women's golf team for next season.

The other four are Veronica Vetesnik, Marissa Naylor, Tianna Slate and Kaitlynn Santiano.

The Bison golf program announced last week the return of the women's team for the 2017 fall season. Manitoba's women's golf program started in 2001 but took a leave of absence after the 2011 season due to a lack of female golfers in Manitoba.

Bri-ann Tokariwski will be the Bison women's golf head coach for next season.

Tokariwski, a former Manitoba junior champion, has won the Manitoba Women's Amateur three times. She has also represented Manitoba on numerous provincial teams.

Garth Goodbrandson will remain as the Bison men's golf team's head coach and will oversee, and assist,

with fundraising for the women's golf team.

"We are confident that there will be lots of interested young girls who would like to play on the Bison women's golf team for quite some time," said Goodbrandson in a media release.

"In 2012, Golf Manitoba started a program for the Manitoba Games that saw 18 girls who were 15 years old and younger receive training from PGA of Manitoba Professionals throughout the province.

"In 2016, that program continued and there were 20 young girls participating. The interest and the quality of junior girls' golf has improved tremendously in those years."

The 2017 Bison women's golf team plans on competing in NAIA, Division 2 and Division 3 events in North Dakota, Minnesota and South Dakota. The team also plans on qualifying for the 2018 Canadian University/College Championship.

## Lightning struck down twice in Midget Provincial play

By Brian Bowman

The Interlake Lightning lost both of its Manitoba AAA Midget Hockey League games last weekend.

Interlake was defeated 3-1 by the Central Plains Capitals at home on Saturday and then was beaten 7-2 by the Pembina Valley Hawks in Morden on Sunday.

In Sunday's loss, Interlake's Erik Asselin and Pembina Valley's Elijah Carels traded first-period goals and then the Hawks' Caleb Unrau and Carels tallied in the second to give the home side a 3-1 lead after 40 minutes.

Carels completed his hat trick early in the third before the Lightning's Corbin Mariash struck on the power play just under two minutes later.

But Pembina Valley would seal the win with goals from Sven Schefer (shorthanded), Travis Penner and Jayden McCarthy, on the power play.

The Lightning's Jack Einarson finished the game with two assists. Adam Swan stopped 39 shots in the losing cause.

Against Central Plains, the Capitals took a 2-0 first-period lead on goals by Jayson Brooks and Joey Moffatt. Mitchell Wilson put the visitors up 3-0 early in the third before the Einarson scored with the man advantage midway in the third.

Riley Buhay and Swan split the goaltending duties for the Interlake.

With the two losses last weekend, Interlake is now 2-7-0-0-1 and 11th overall in the 12-team league. The Lightning will be looking to add a pair of wins to that total this weekend when they travel north to battle the last-place Norman Northstars in Thompson.

The two teams will play Saturday (7:30 p.m.) and Sunday (1:30 p.m.).



EXPRESS PHOTO BY LANA MEIER

The Lightning's Adam Swan of Ashern makes a save during Interlake's 3-1 loss to the Central Plains Capitals last Saturday in Teulon.



MANITOBA JUNIOR								Brandon								11	7	4	0	14	41	32			
HOCKEY LEAGUE								GP	W	L	OTL	PTS	GF	GA	Eastman	11	6	5	0	12	41	27			
Steinbach Pistons	15	13	1	1	27	65	25	Southwest	11	6	5	0	12	38	39										
OCN Blizzard	16	12	3	1	25	56	35	Parkland	12	5	7	0	10	38	54										
Selkirk Steelers	18	11	6	1	23	63	56	Kenora	12	3	6	0	9	35	53										
Portage Terriers	14	11	3	0	22	71	52	Interlake	10	2	6	1	6	20	51										
Winkler Flyers	16	11	5	0	22	62	40	Norman	14	0	13	0	1	25	94										
Virten Oil Capitals	16	9	5	2	20	43	41	AAA CITY MIDGET																	
Winnipeg Blues	15	6	7	2	14	54	52	HOCKEY LEAGUE																	
Neepawa Natives	16	5	11	0	10	39	67	GP	W	L	OTL	PTS	GF	GA											
Swan Valley Stampeders	14	4	9	1	9	37	53	Winnipeg Monarchs	9	9	0	0	18	45	18										
Dauphin Kings	15	2	11	2	6	32	61	Winnipeg Warriors	7	3	2	1	8	34	23										
Waywayseecappo								Winnipeg Hawks	7	3	2	0	8	26	19										
Wolverines	15	1	13	1	3	40	80	Winnipeg Sharks	6	3	3	0	6	24	26										
								Eastman Selects	7	1	4	1	4	20	33										
								Interlake Lightning	8	1	7	0	2	21	51										
KEYSTONE HOCKEY LEAGUE								AAA BANTAM																	
Central Division								GP	W	L	OTL	PTS	GF	GA	HOCKEY LEAGUE				GP	W	L	OTL	PTS	GF	GA
Peguis Juniors	7	5	2	0	10	50	41	Winnipeg Monarchs	9	9	0	0	18	69	6										
Fisher River Hawks	4	2	2	0	4	30	31	Eastman Selects	7	5	2	0	10	35	21										
Arborg Ice Dawgs	5	2	3	0	4	14	22	Winnipeg Warriors	7	3	3	0	7	29	28										
South Division	GP	W	L		PTS	GF	GA	Winnipeg Hawks	7	2	3	1	6	37	26										
Selkirk Fishermen	7	7	0	0	14	50	5	Winnipeg Sharks	6	1	4	0	3	8	21										
St. Malo Warriors	5	4	0	1	9	32	22	Interlake Lightning	6	0	6	0	0	15	56										
North Winnipeg Satelites	6	2	4	0	4	21	33	MANITOBA FEMALE MIDGET																	
Lundar Falcons	6	1	5	0	2	21	32	AAA HOCKEY LEAGUE																	
North Division	GP	W	L		PTS	GF	GA	GP	Reg W	Reg L	T	OTW	OTL	Pts											
OCN Storm	5	3	2	1	6	48	35	Winnipeg Avros	9	5	2	-	2	-	14										
Cross Lake Islanders	7	2	4	0	5	35	33	PV Hawks	7	5	1	-	1	-	12										
Norway House North Stars	4	0	4	0	0	7	54	Westman Wildcats	7	5	1	-	-	1	11										
AAA MIDGET								Yellowhead Chiefs	8	4	4	-	-	-	8										
HOCKEY LEAGUE								Eastman Selects	7	3	2	-	-	2	8										
Wild	12	10	0	0	22	57	19	Norman Wild	9	1	7	-	1	-	4										
Yellowhead	12	9	2	0	19	56	36	Central Plains	5	1	2	-	-	2	4										
Thrashers	12	7	3	1	16	49	31	Interlake Lightning	6	-	5	-	1	-	2										
Central Plains	12	7	4	1	15	54	37	STATS AS OF TUESDAY, NOVEMBER 1																	
Pembina Valley	11	7	4	0	14	46	27																		



## Dola runner up for Recycle Everywhere MJHL Player of the Week



Hayden Dola

### Staff

Selkirk Steelers' goaltender Hayden Dola was a runner up for the Recycle Everywhere MJHL Player of the Week, the league announced Monday.

Dola, a Winnipeg Beach product, posted wins over Winkler and Waywayseecappo last week. The 19-year-old netminder made 26 saves in a 3-2 win over the Flyers on Oct. 25 while being named the game's third star.

Dola then made 37 more saves as Selkirk shut out the Wolverines 2-0 last Friday. He was deservedly named the game's first star.

On the season, Dola has a 5-5 record with a 2.95 goals-against average and a .915 save percentage. He also has posted two shutouts.

The Recycle Everywhere MJHL Player of the Week, meanwhile, was OCN Blizzard defenceman Brady Keeper. Keeper had four goals and six points in four games last week.

Keeper, who played his minor hockey in Cross Lake, has committed to play next season with the NCAA's University of Maine Black Bears. Keeper currently leads the Blizzard in points (17) in 13 regular-season games.

The other runner up for the weekly award was Portage Terriers' forward Chase Brakel.

# sports & recreation

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## Thunder players nominated for major league awards

### Staff

The Interlake Thunder's Midget football season may be over, but the time to recognize the outstanding individual efforts has just begun.

Interlake has two players — quarterback/defensive back Thomas Dunlop and running back Colton Nedotiafko — that have been named finalists for MFLM major awards.

Dunlop is up for the Presidents Trophy (league MVP) award while Nedotiafko is a finalist for the Rookie of the Year award.

The Thunder also had four players — Nedotiafko, offensive lineman Gabe Simard, and defensive backs Tanner McCallen and Colton Meisner — named to the Midget league rookie all-star team.

Meanwhile, the following Thunder players have been named as MFLM all stars: Dunlop, Alex France, Austin deLaroque, Tristan Kisilowsky, Kevin Lister and Nedotiafko.

All rookie and league all stars will receive a trophy at the league award banquet. The league dinner will take place Nov. 22 at the Norwood Hotel in Winnipeg.



Thomas Dunlop



Colton Nedotiafko



EXPRESS PHOTOS BY LANA MEIER

Thunder running back Colton Nedotiafko has been named a finalist for Rookie of the Year for the MFLM major awards.

# A new team in town

### By Brian Bowman

The name may be familiar, but the team is brand new.

The Interlake Lightning Bantam "AA" hockey team has played three games so far in their new league, which plays out of the Eastman Minor Hockey Association.

The Bantam "AA" league serves as a great place for players to play after they have been cut from a "AAA" program. In past years, players would have gone straight to their community clubs or "A" hockey.

"This is a great program introduced by Interlake Minor Hockey," said Lightning head coach Kent Klimpke last Friday afternoon. "It provides this group of boys (an opportunity) to play at a high level and continue with their development."

"Obviously, the objective is to get them to move up to the next level next year."

Interlake is joined in the league by the Southeast Blizzard, Northern Lights, Kenora Thistles, Pembina Valley Rockets, Southwest Jets, Winkler Flyers, Pembina Valley East Twisters, Central Plains Capitals and Seine River Snipers.

Interlake's Bantam "AA" team had a talented group of 35 players try out for their squad, including six goaltenders. The Lightning players that eventually made the Bantam "AA" team come from Warren, Stonewall, Stony Mountain, Gimli, Arborg, Fisher Branch and Lake Manitoba First Nation.

The Lightning is currently practicing twice a week and had a 1-1 record heading into last Sunday's home game against Southeast in Warren. Interlake started its season with a tough 4-3 loss to Southwest (letting a 3-1 third-period lead slip away) and then crushed Central Plains 13-0 the

next night in Portage la Prairie.

Interlake will play an 18-game regular-season schedule and will also be competing in a pair of tournaments (Beausejour later this month and Kenora). As well, the league will host a playoff and there will be a Bantam "AA" provincial championship at the end of the year.

"There's an opportunity to play close to 40 games this year," Klimpke predicted.

Klimpke is confident that this league will be a real good one for player development.

"I'm super stoked to be a part of it," he said. "It's going to be a great opportunity for these boys to play at that level against teams and boys that they have never played against before."

"This is a really good program to be a part of."



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## ROOM FOR RENT

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## LAND FOR RENT

Agricultural crown lands are presently available for rent for hay or grazing. These lands are situated in the Rural Municipalities (RM)s of: Alonsa, Armstrong, Bifrost-Riverton, Clanwilliam-Erickson, Coldwell, Dauphin, Ethelbert, Glenella-Lansdowne, Grahamdale, Harrison Park, Kelsey, La Broquerie, Lakeshore, Minitonas-Bowsman, Mossey River, Mountain, North Cypress-Langford, Northern Manitoba, Roblin, Rosedale, Rossburn, Russell-Binscarth, Sifton, St. Clements, St. Laurent, Ste. Anne, Ste. Rose, Stuartburn, Swan Valley West, West Interlake, Woodlands. Closing date for applications for hay and/or grazing is November 18, 2016. Please contact your nearest Manitoba Agriculture Crown Lands District Office for more information or call Crown Lands and Property Agency at 1-866-210-9589. A listing of Manitoba Agriculture Crown Lands District Offices can be found online at: [www.gov.mb.ca/agriculture/land/crown-land/agricultural-crown-lands-district-offices.html](http://www.gov.mb.ca/agriculture/land/crown-land/agricultural-crown-lands-district-offices.html). A complete listing of Agricultural Crown Lands available for rent can be found online at: [www.clp.gov.mb.ca/leases\\_and\\_permits/properties.html](http://www.clp.gov.mb.ca/leases_and_permits/properties.html) or at any Manitoba Agriculture, RM, or First Nation Band office.

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Trailers for sale. Car & Equipment Haulers, Dumpbox, Utility, Gooseneck Flatdeck, Cargo, Aluminum Livestock, CM Truckbeds. Parts & full service. Kaldeck Truck & Trailer, MacGregor, MB. 1-888-685-3127 or [www.hhtrailer.com](http://www.hhtrailer.com).

## UPCOMING EVENTS

Celebration of Life - Love Lives On - Palliative Care volunteers are hosting an afternoon of Celebrating Life. Bring an ornament in memory for the Christmas Tree. Sunday, November 27, 1-3 p.m. at the Gimli Health Centre lobby.

## HAY & FEED

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5x5 round bales 1st cut alfalfa grass, average 1050 - 1100 lbs., 320 avail.; plus 2nd cut, 1st cut from 2015 also avail. \$25/bale. Delivery avail. Call 2041-886-7267.

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## MANAGER OF OPERATIONS

The Municipality of Norfolk Treherne seeks to fill this new position.

For details go to [treherne.ca](http://treherne.ca)

Please apply by November 18, 2016.

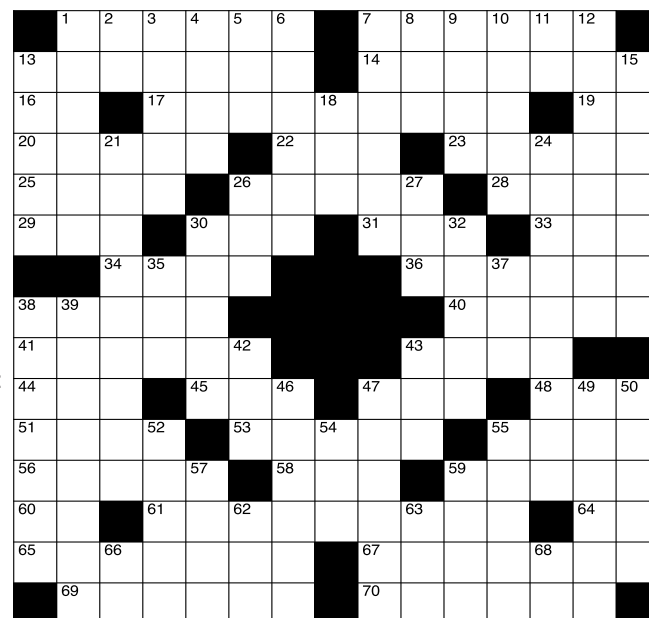
# CROSSWORD

## CLUES ACROSS

1. State confidently
7. Replaced
13. Day of remembrance
14. Molecular process
16. Indicates position
17. Paper-and-pencil game
19. Military policeman
20. Nests of pheasants
22. Corpuscle count (abbr.)
23. Seat
25. Functions
26. Sheets of glass
28. Minute arachnid
29. Separately managed account
30. A bachelor's place
31. Dodge truck
33. \_\_\_ Farrow, actress
34. Discussion
36. Delayed
38. Liaison
40. Sediment deposit
41. Leased
43. Without
44. Woman (French)
45. Folk-pop artist Williams
47. Congressman (abbr.)
48. Resembles a pouch
51. Superior
53. Stalin's police chief
55. Razorbill is of this genus
56. Criminal act of setting fire
58. Department of Labor
59. William Jennings \_\_\_, The Great Commoner
60. Nickel
61. Ordered by canon law
64. Where Denver is (abbr.)
65. Has 10 straight sides and angles
67. Small group with shared interests
69. A famous street for kids
70. Underlying intentions

## CLUES DOWN

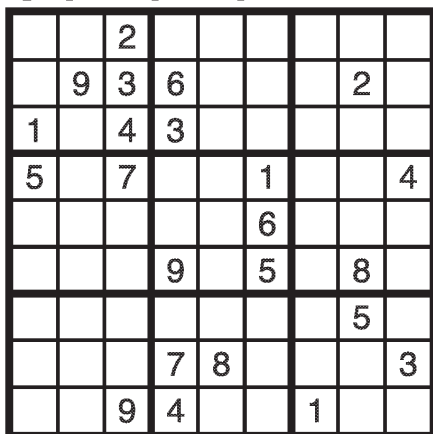
1. Mental condition



2. Senate Bill
3. Where constructions take place
4. Ancient Olympic Site
5. Not just "play"
6. Set of four
7. "The beautiful game"
8. American time
9. Big man on campus
10. Syndrome of the eye
11. Spanish be
12. Cotton cloths
13. Roman guardian of gates
15. Displays of food
18. Anti-Bolshevik Bloc of Nations
21. Female deacon
24. Adrift
26. Hit lightly
27. Test for high schoolers
30. Whittled
32. River in western India
35. Small crude dwelling
37. One-time AC/DC singer Scott
38. Holds up a shirtsleeve
39. Mental faculties
42. Blot
43. A very large body of water
46. Redecorated
47. Mineral
49. Tree that bears spikes
50. Type of boat
52. Calypso music
54. Director Howard
55. Longtime U.S. Senator Specter
57. Buddhist serpent deities
59. Attempt to fly in falconry
62. \_\_\_ de plume
63. Wheel
66. Cerium
68. Rural delivery

# take a break > GAMES

## SUDOKU



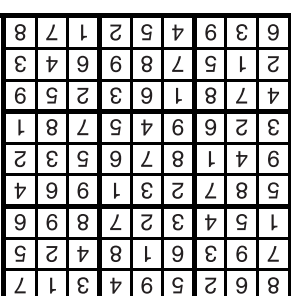
## Fun By The Numbers

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

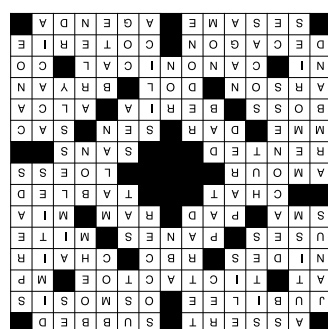
Level: Intermediate

## Here's How It Works:

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



Sudoku Answer



Crossword Answer



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THE **EXPRESS**  
WEEKLY NEWS

## ANNOUNCEMENT

### CARD OF THANKS

The Chatfield Community Club would like to thank all those who participated in making our fall supper a successful event. A special thanks has to go Broad Valley Catering for the lovely meal.

## ANNOUNCEMENT

### SHOWER ANNOUNCEMENT

Baby Shower  
to welcome  
Kara Eva

on Saturday, November 12, 2016  
at 2 p.m.

at the Ukrainian National Home, Fisher  
Branch

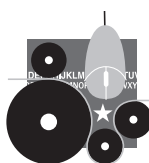
Proud parents are  
Sherril (nee Rudyk) and Aimé Gaudry  
Registered at Toys R Us  
Everyone Welcome!

## HEALTH

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## ANNOUNCEMENT

### BIRTHDAY



On November 9th  
50 years ago

A bright star was born,

A star that makes the whole world shine!

Your enthusiasm for life is inspirational...

Your kindness takes our breath away...

Your unconditional love for others melts our  
hearts...

How colorful the world is with you in it!

Our family is so thankful

to have been blessed with a most wonderful  
daughter, sister, wife, mother, aunty and  
grandmother

like you!

Happy 50th Birthday Kimbo!

-Love,  
your family XOXO

## DEKALB SuperSpiel welcomes the World

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32 Women's teams from  
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## NOTICE OF PUBLIC AUCTION SALE OF LANDS FOR ARREARS OF TAXES MUNICIPALITY OF WEST INTERLAKE

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the 30th day of November, 2016, at the hour of 10:00 AM, at: Municipality of West Interlake, 38 Main Street, Ashern Manitoba proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
21600	ALL THAT PORTION OF SE 1/4 14-23-8 WPM CONTAINED WITHIN THE FOLLOWING LIMITS: COMMENCING AT A POINT ON THE SOUTHERN LIMIT OF SAID QUARTER SECTION DISTANT WLY THEREON 883.74 FEET FROM THE SE CORNER OF SAID QUARTER SECTION THENCE WLY ALONG SAID SOUTHERN LIMIT 417.38 FEET THENCE NLY PARALLEL WITH THE EASTERN LIMIT OF SAID QUARTER SECTION 208.69 FEET THENCE ELY PARALLEL WITH SAID SOUTHERN LIMIT 417.38 FEET THENCE SLY IN A STRAIGHT LINE TO THE POINT OF COMMENCEMENT SUBJECT TO THE RESERVATIONS AND PROVISOS CONTAINED IN THE GRANT FROM THE CROWN	L -\$1,700 B -\$11,400	\$3,014.52
86075	LOT 1 PLAN 39667 WLTO EXC ALL MINES AND MINERALS AND OTHER MATTERS AS SET FORTH IN THE CROWN LANDS ACT IN FRAC SE 1/4 14-24-10 WPM	L -\$4,200	\$1,847.21
86500	PARCEL 1 PLAN 10995 WLTO EXC PLAN 43391 WLTO IN FRAC NE 1/4 15-24-10 WPM	L -\$49,400 B -\$1,020,200	\$156,039.80
86510	PARCEL 1: ALL THAT PORTION OF THE NE 1/4 15-24-10 WPM SHEWN AS PARCEL "A" PLAN 9739 WLTO CONTAINED WITHIN THE LIMITS OF A MINING LOCATION AS SHEWN ON PLAN NO. 765 WLTO (P DIV) PARCEL 2: ALL THAT PORTION OF THE SAID NE 1/4 LYING TO THE NE OF THE NORTHEASTERN LIMIT OF THE LAND TAKEN FOR PUBLIC ROAD PLAN NO. 5897 WLTO WHICH LIES TO THE WEST OF THE WESTERN LIMIT OF THE LAND DESCRIBED IN PARCEL 1 PARCEL 3: ALL THAT PORTION OF SAID PARCEL "A" WHICH LIES TO THE EAST OF THE EASTERN LIMIT OF THE LAND DESCRIBED IN PARCEL 1 EXC OUT OF THE LAND DESCRIBED IN PARCEL 3 THE ELY 450 FEET PERP SAID PARCEL 3 BEING SUBJECT TO THE RESERVATIONS AND PROVISOS CONTAINED IN THE GRANT FROM THE CROWN	L -\$16,900 B -\$3,200	\$5,200.51
90900	LOT 17 BLOCK 2 PLAN 7246 WLTO EXC THEREOUT ALL MINES AND MINERALS AND SPECIAL RESERVATIONS AS RESERVED IN THE GRANT FROM THE CROWN IN FRAC SE 1/4 22-24-10 WPM - 34 MANTOBA AVE	L -\$27,600 B -\$13,700	\$6,915.99
183200	LOTS 8 AND 9 BLOCK 2 PLAN 425 WLTO (PP DIV) EXC OUT OF BOTH SAID LOTS NLY 25 FEET IN NW 1/4 23-25-7 WPM 17 MAIN ST	L -\$31,400 B -\$42,300	\$22,888.65
184600	LOTS 5 AND 6 BLOCK 3 PLAN 456 WLTO (PP DIV) EXC OUT OF LOT 5 ELY 20 FEET IN NW 1/4 23-25-7 WPM - 29 MAIN ST	L -\$209,000 B -\$76,900	\$23,509.46
323200	NW 1/4 15-21-5 WPM SUBJECT TO THE RESERVATIONS AND PROVISOS CONTAINED IN THE GRANT FROM THE CROWN	L -\$28,000	\$2,030.88
323300	SE 1/4 15-21-5 WPM EXC PUBLIC ROAD PLAN 9330 WLTO SUBJECT TO THE RESERVATIONS AND PROVISOS CONTAINED IN THE GRANT FROM THE CROWN	L -\$33,400	\$2,289.02
323400	SW 1/4 15-21-5 WPM SUBJECT TO THE RESERVATIONS AND PROVISOS CONTAINED IN THE GRANT FROM THE CROWN	L -\$17,400	\$1,637.67
323500	NE 1/4 16-21-5 WPM EXC AND RESERVING ALL MINES AND MINERALS WHICH WITHOUT LIMITING THE GENERALITY THEREOF, SHALL INCLUDE VALUABLE STONE	L -\$45,400	\$2,767.00
325500	LEGAL SUBDIVISIONS 9, 10, 15 AND S 1/2 OF LEGAL SUBDIVISION 16 OF SECTION 21-21-5 WPM BEING SUBJECT TO THE RESERVATIONS AND PROVISOS CONTAINED IN THE GRANT FROM THE CROWN	L -\$38,800	\$2,525.53
325800	SE 1/4 OF SECTION 21-21-5 WPM BEING SUBJECT TO THE RESERVATIONS AND PROVISOS CONTAINED IN THE GRANT FROM THE CROWN	L -\$47,500	\$2,874.11
325900	SW 1/4 21-21-5 WPM EXC AND RESERVING OUT OF SAID SECONDLY: ALL MINES AND MINERALS WHICH WITHOUT LIMITING THE GENERALITY THEREOF, SHALL INCLUDE VALUABLE STONE	L -\$41,800	\$2,629.00
437700	WLY 295 FEET OF SLY 295 FEET OF SW 1/4 30-22-5 WPM EXC ALL MINES AND MINERALS AS SET FORTH IN THE ORIGINAL GRANT FROM THE CROWN - SW-30-22-05-W	L -\$3,600	\$481.02
437800	ELY 150 FEET OF WLY 445 FEET OF SLY 295 FEET OF SW 1/4 30-22-5 WPM EXC ALL MINES AND MINERALS AS SET FORTH IN THE ORIGINAL GRANT FROM THE CROWN - SW-30-22-05-W	L -\$2,400	\$415.20
451365	LOT 5 BLOCK 3 PLAN 550 WLTO (P DIV) SUBJECT TO THE RESERVATIONS AND PROVISOS CONTAINED IN THE GRANT FROM THE CROWN IN NW 1/4 33-21-5 WPM - 14 CAMBRAI AVE	L -\$2,500 B -\$70,300	\$5,198.94

The tax sale is subject to the following terms and conditions with respect to each property:

- The purchaser of the property will be responsible for any property taxes not yet due.
- The Municipality may exercise its right to set a reserve bid in the amount of the arrears and costs.
- If the purchaser intends to bid by proxy, a letter of authorization form must be presented prior to the start of the auction.
- The Municipality makes no representations or warranties whatsoever concerning the properties being sold.
- The successful purchaser must, at the time of the sale, make payment in cash, certified cheque or bank draft to the Municipality of West Interlake as follows:
  - The full purchase price if it is \$5,000 or less; OR
  - If the purchase price is greater than \$5,000, the purchaser must provide a non-refundable deposit in the amount of \$5,000 and the balance of the purchase price must be paid within 20 days of the sale.
- The risk for the property lies with the purchaser immediately following the auction.
- The purchaser is responsible for obtaining vacant possession.
- If the property is non-residential property, the purchaser must pay GST to the Municipality or, if a GST registrant, provide a GST Declaration.
- The purchaser will be responsible for registering the transfer of title in the land titles office, including the registration fees.

Dated this 24th day of October, 2016.

Managed by:

**Tax Service**

Larissa Love  
Chief Administrative Officer  
Municipality of West Interlake  
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# get inspired

> MEAL IDEAS

## Mediterranean Chicken and Brown Rice Dinner



2 cups (500 mL) 1% milk, divided  
1-1/4 cups (310 mL) reduced-sodium chicken broth  
2 tbsp (25 mL) whole wheat flour, divided  
1 cup (250 mL) long-grain brown rice, preferably parboiled (Converted)  
Grated zest of 1 lemon, divided  
1/2 tsp (2 mL) dried rosemary  
1 tbsp (15 mL) vegetable oil  
1 onion, chopped  
1 small bulb fennel, trimmed and thinly sliced  
2 cloves garlic, minced  
1 sweet red, yellow or orange pepper, thinly sliced  
1 tsp (5 mL) dried oregano  
Pepper  
4 small boneless skinless chicken breasts, filets removed (about 1 lb/450 g)  
2 tbsp (25 mL) freshly squeezed lemon juice  
Chopped fennel fronds (optional)  
Directions  
In a saucepan, combine 1 cup (250

mL) of the milk and chicken broth; whisk in 1 tbsp (15 mL) of the flour. Stir in rice, half of the lemon zest and dried rosemary and bring to a boil over medium heat, stirring occasionally. Reduce heat to low, cover and simmer for about 20 minutes (or according to package directions), until rice is tender and most of liquid is absorbed. Let stand, covered, for 5 to 10 minutes.

Meanwhile, in a large nonstick skillet, heat oil over medium-high heat. Brown chicken breasts, turning once, for about 2 minutes per side; transfer to a plate. Add onion and fennel to skillet; sauté for 5 minutes or until starting to soften. Add garlic, red pepper, oregano and pepper to taste; sauté for 3 minutes or until vegetables are tender.

Return chicken to pan with any juices, nestling chicken into vegetables. Reduce heat to medium-low, cover and simmer for 5 to 10 minutes or just until chicken is no longer pink inside.

Uncover skillet and increase heat to medium. Whisk remaining flour into remaining milk and stir into skillet; bring to a simmer, stirring. Simmer, stirring often, for about 5 minutes or until sauce is thickened. Stir in remaining lemon zest and lemon juice; season to taste with pepper.

Fluff rice with a fork. Spoon onto plates and top with chicken, vegetables and sauce. Sprinkle with fennel fronds

## Banana Maple Blueberry Muffins

1 cup (250 mL) chopped pitted medjool dates  
1/2 cup (125 mL) water  
1 cup (250 mL) cooked brown or green lentils  
3 tbsp (45 mL) pure maple syrup  
1 very ripe banana, peeled and mashed  
1 egg  
1 tsp (5 mL) vanilla  
1 3/4 cups (425 mL) all purpose flour with added bran (nutri flour)  
3 tbsp (45 mL) ground flax  
1 tsp (5 mL) each ground cinnamon and baking powder

1/2 tsp (2 mL) baking soda  
1/2 cup (125 mL) milk  
1 cup (250 mL) fresh or frozen blueberries  
Directions

In a saucepan, bring dates and water to a simmer. Cover and cook for 3 minutes or until very soft.

Pour date mixture into food processor with lentils and maple syrup. Blend until smooth. Scrape into a bowl and stir in mashed banana, egg and vanilla.

In a large bowl, whisk together flour, flax, cinnamon, baking powder and soda. Pour date mixture over top; add milk and stir to combine. Stir in blueberries.

Divide batter among 12 greased or paper lined muffin tins. Bake in 400° F (200 °C) oven for about 15 minutes or until cake tester inserted in centre comes out clean.

# Change Your Mood by Changing Your Mind



"TEMPERAMENT LIES BEHIND MOOD; BEHIND WILL, LIES THE FATE OF CHARACTER. THEN BEHIND BOTH, THE INFLUENCE OF FAMILY, THE TYRANNY OF CULTURE; AND FINALLY THE POWER OF CLIMATE AND ENVIRONMENT; AND WE ARE FREE, ONLY TO THE EXTENT WE RISE ABOVE THESE."

~IRISH PROVERB

Do you ever find yourself or someone close to you is in a bad mood? There can be many causes for this, ranging from life events to hormonal changes. Some people get into a bad mood when things do not go their way. A bad mood has ruined many an evening out, a family fun day, or an entire weekend.

Must we be held hostage to a bad mood until it has run its course? Only if we do nothing to try to change it. Regardless of what has triggered it, it is our thoughts that keep it going. Negative thoughts tend to beget more negative thoughts, so it is easy to fall into a downward spiral.

Once a bad mood hits, we may not feel like doing the very things that would bring us out of it.

When we are in a bad mood, it is like some aspect of ourselves is running a brainwashing program designed to keep us in that spot. We can escape the cycle and shift our mood by changing our thoughts.

We can decide to let go of hurt or anger we are carrying towards another-decide to just let it go and have a good day.

We can decide that for the next few hours we will stop thinking about whatever is bringing us down. Imagine putting the issue away in a file folder to bring out later so it is not in the way of what we want to do now.

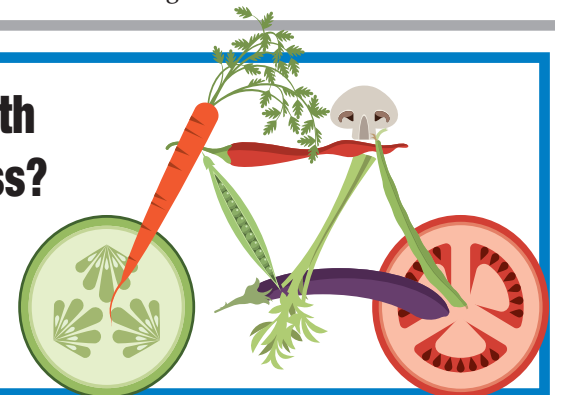
We can shift perspective, asking ourselves is this issue will matter at all to us one year from now. If not, then it is simply not worth letting it ruin our day.

Finally, we can decide that we are going to stay in the present moment-not thinking about the past or worrying about the future. This day will never come again, so it is best to be really sure how we want to spend it. (For information on obtaining my MP3, Mood Therapy: Hypnosis for Feeling Better please see below.)

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)

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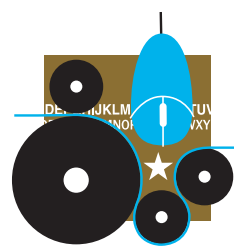
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