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WEEKLY NEWS

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Honouring our veterans

EXPRESS PHOTO BY PATRICIA BARRETT

Royal Canadian Air Cadets, 158 Fisher Squadron cadets (left to right) Arik Lindal, Cassidy Wallach and Aaron Plett took part in the Fisher Branch Remembrance Day observation. See story pg. 5.

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Eriksdale honours local veterans on Remembrance Day

By Jeff Ward

For just two minutes every year, people stand in silence to observe and pay respects to the brave men and women who fought and died to protect the freedoms that are now inalienable rights.

Last week at the Eriksdale Legion Hall, those standing for two minutes of silence imagined a world in which those freedoms could be taken away and gave their thanks for the sacrifice cemented those freedoms instead.

A colour party from the 158 RCACS out of Fisher Branch provided the extremely professional service they're known for, accompanying wreath carriers to front of the hall to lay them down. Eriksdale Legion president Joyce Sewell explained during the service that it's important to look back each year and remember, even if it is uncomfortable, because with the passage of time, memories fade. They fade just as the soldiers do who never got to tell their story, or didn't want to because it was too difficult to relive. The Eriksdale Remembrance Day service had a large part of it devoted to the reading of the few hundred names of local veterans who have died. Many of their photos immortalized, along with their sacrifice, on a wall in the Eriksdale Recreation Centre honouring their service. Poppies mark the photos of the veterans who have passed away — there are only a handful of photos without them.

"As the years go on, the poppy becomes a much more important symbol. It carries with it the weight of each and every story of the soldiers," said Sewell, whose father-in-law served in the First World War and told her stories of his time in Passchendaele, Vimy Ridge, Somme and Ypres.

"I think each year the poppy becomes more important to you and becomes a more powerful symbol. To see so many young families coming out to remember is so nice. And the young kids wear their poppies so proudly. They know what it represents."

Sewell has heard dozens, even hundreds of war stories over the years and said that she hasn't gotten desensitized to them. Each story carries with it a new perspective on the war, and the historical significance of each of them is something that Sewell respects and treasures.

Following the service, a few cadets drove out to Eriksdale Cemetery to lay wreaths at the cenotaph. A few cadets took the time to pose for a photo saluting the wreaths as the Canadian flag hung at half-mast in front of them. The photo will act as a keepsake and as another way of Remembrance.



Joyce Sewell led the Remembrance Day service and said that she is always so humbled by the response from the community in their attendance and respect of the day.



Warrant Officer First Class Connor Dunitz escorts Kay Forsyth back to her seat after laying a wreath in memory of her husband Cde. James Forsyth, who passed away earlier this year.

"We don't take as many photos on Remembrance Day as we should," said Capt. Jocelyn Burzuik, who was also in attendance in Eriksdale.

"It's nice to have something to look back on to help jog your memory years from now. These cadets get it. They really understand the sacrifice and they get to show that understanding on a day like today. It's a powerful moment."

Out of all of the minutes in a year, taking just two of those to remember and honour the sacrifice that allows everyone to enjoy the other 525,598 minutes in a year doesn't seem like all that much to ask.



EXPRESS PHOTOS BY JEFF WARD

Representing the 158 RCACS Fisher Branch Cadets, Lt. Lorraine Barteski, Flight Sergeant Cassidy Wallach, Warrant Officer First Class Connor Dunitz, Warrant Officer Second Class Brooklyn Barteski and Capt. Jocelyn Burzuik take a moment of silence after laying the wreaths at the base of the Cenotaph at Eriksdale Cemetery.



Cpl. Aaron Plett with RM of West Interlake Ward 1 Coun. John Wainwright who laid a wreath on behalf of Selkirk-Interlake MP James Bezan.



Warrant Officer Second Class Brooklyn Barteski escorts RM of West Interlake Ward 1 Coun. Merle Day to lay a wreath on behalf of the municipality.



Flight Sergeant Cassidy Wallach escorts Lady Connie Gleich to lay a wreath on behalf of the Ladies Auxiliary.

Celebrating Aboriginal Veteran's Day in Riverton

By Rozanne Nevakshonoff

The Royal Canadian Air Cadets of 158 Fisher marched on the colours at the Aboriginal Veterans Day ceremony held at the Riverton & District Friendship Centre.

Randi Gage, a Vietnam veteran and founding member of the National Aboriginal Veterans Association, welcomed everyone to the solemn event.

People rose as the veterans filed to their seats to the accompaniment of violinist Garnet Knight. Gage's voice broke with emotion as she spoke about the long journey to create the memorial site — and her attachment to the veterans she has worked with and has come to know and love in the district. She shared the story of how the bench memorial came about. Her two favourite veterans told her that they liked the initial monument to Aboriginal veterans at the park but found it was not a place they could really sit and visit. Gage made it her mission to make their wishes a reality.

"This site we are unveiling is a place to sit, relax and listen to the birds. It's what they wanted," said Gage.

Several dignitaries brought greetings including Selkirk-Interlake MP James Bezan, Lt.-Col. B. Quick of 17 Wing Canadian Forces, and Gimli MLA Jeff Wharton.

Guest speaker Bill Shead — a retired lieutenant commander, Peguis band member and current chair of the Neeginan Centre — spoke eloquently about Aboriginals in times of war.

"This day is dedicated to Aboriginal veterans, but this day is also for everyone who has put on a uniform," said Shead.

Desarae Bilinski recited the time-honoured traditional poem In Flanders Fields by Canadian physician Lt.-Col. Jim Mcrae. Dylan Furgala recited the stanza from The Fallen by Laurence Binyon entitled Act of Remembrance, followed by two minutes of silence. A Commitment to Remember, recited by Joyce and Jake Munroe, was followed by the placement of the wreaths. The final blessing was delivered by Pastor Menno Friesen.

A history of Private Renaud was given by his two nieces prior to the dedication at the park. Jessie Tyler Williams led everyone in singing *O Canada* and God Save the Queen. Arnold Sinclair closed with the profound poem Build Me A Son written by General Douglas MacArthur.

Following the service, the crowd proceeded to Memorial Park at the base of the walking bridge, where Pastor Friesen blessed the site after the laying of a wreath.



Arnold Sinclair recited General Douglas MacArthur's poem, a soldier's prayer.



EXPRESS PHOTOS BY ROZANNE NEVAKSHONOFF
Dylan Furgala, left, recited the stanza from The Fallen by Laurence Binyon entitled Act of Remembrance.



The Renaud family, special guests and dignitaries pause for a moment to sit, relax and visit.

The commemorative bench, unveiled by the Renaud family, was dedicated to the following Second World War soldiers: Private Halfdan Solbert Emile Renaud, buried in Italy, and Sapper Frank Zubriski, buried in Shorn-cliff, Canada. First World War soldiers: the three sons of Margaret A. Sigurdson, Lance Corporal Arthur Davis and Private Halmer Sigurdson, both buried in Vimy Memorial, and Private Stonie Halm Sigurdson, buried in Nieder-

It is also worthy to note that Aboriginal Veterans Day originated in Manitoba in 1994 through a resolution presented in the legislature asking for a day of remembrance and recognition

Continued on page 7

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Fisher Branch

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Fisher Branch students remember those who sacrificed their lives

By Patricia Barrett

Students at Fisher Branch Early Years School paid their respects to fallen soldiers and veterans who took part in the wars of the 20th and 21st century during a ceremony held Nov. 9 in the school gymnasium.

The hour-long ceremony had students and community members performing songs and poems related to Remembrance Day, a video showing Remembrance Day ceremonies across Canada, a wreath-laying ceremony and a minute of silence.

After the procession of air cadets from squadron 158 RCACS Fisher Branch and the singing of *O Canada*, principal Roger McCulley spoke about the importance of Remembrance Day and asked students to read from prepared slides.

"Many Canadian soldiers died for our freedom," said kindergarten to Grade 4 students in unison.

McCulley showed students photographs from early 20th-century wars and asked them to describe what was happening.

A photograph showing soldiers beside a train prompted students to say that they were either going to or returning from war.

"There were other wars as well that we celebrate with Remembrance Day," said McCulley. "Does anyone know the names of any of the other wars?"

Students were able to name the First and Second World War, and McCulley supplied the names of later wars in which Canadians took part.

He also showed students photographs of war cemeteries and asked them to describe what the rows of crosses meant.

One student said it represented soldiers who died one after another.

"What's the connection to [the rows]?" asked McCulley.

"In Flanders Fields," answered another student, referring to Dr. John McCrae's famous 1915 poem.

Grade 4 students performed the poem, which exhorts others to fight for freedom and to remember the fallen. The popularity of the poem made the poppy the flower of remembrance.

"In one of the graveyards when the soldiers died, there was a whole bunch of poppies," said one student, explaining how the poppy came to stand as the symbol of Remembrance Day.

Armistice Day (the original name) was first observed on the second Monday in November 1919, a year after the First World War ended. In 1931, the federal government decreed that the newly named Remembrance Day



Fisher Branch Early Years School Grades 2 and 3 students line up to lay a wreath.



EXPRESS PHOTOS BY PATRICIA BARRETT
The kindergarten class recited the poem Little Poppy.



Students performed songs during the ceremony.



Local singers the Song Birds performed during the Fisher Branch school service.

would be observed on Nov. 11, according to the Canadian War Museum.

It is a day to remember and honour those who died and to give thanks for their sacrifices.

The kindergarten class read the poem Little Poppy, Grade 1 students sang See the Poppies, and Grade 3 students recited the poem Why Wear a Poppy?

Members of Fisher Branch Song Birds singing group also performed.

Grades 2 and 3 students performed the laying of the wreaths, attaching them to a paper cross affixed to the wall. They had made the wreaths in class by tracing their hands on green construction paper and forming a ring around a poppy.

The walls of the gymnasium were decorated with student artwork and letters penned to fallen soldiers.

One student named Liberty wrote, "Thank you very much for keeping this world lovable and quiet [and]

peaceful."

A boy named Conrad wrote, "Dear soldier, Thank you for sacrificing your lives for us. We will always remember you in our hearts. If you were alive, I would hug you [and] thank you for bringing peace to our country."

The ceremony was attended by parents, members of the Fisher Branch Women's Institute, and residents and staff of the Fisher Branch personal care home.

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getfishing

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The tale of the fish that got away

Hello, good friends.

Before I get along with our fishing stories this week, I would like to welcome the Red River North Tourism organization, which will be carrying my column. Red River North Tourism helps bring anglers and travellers to Manitoba from around the world and our *Selkirk Record*, *Express Weekly News*, *Stonewall Teulon Tribune* and *Winkler Morden Voice* are most happy to have them put the "get fishing" column on their website.

Also, even though Remembrance Day has just passed, there is a veteran among veterans in our midst I would like us to acknowledge. Paul Munroe, who lives in Stonewall, was a Canadian Army Infantry Master Corporal in Afghanistan. He was awarded the Medal of Military Valour and now owns and operates CatDaddy Fishing Guide Service. I know you will join with me in thanking Paul and all our Armed Forces brothers and sisters who have helped preserve our way of life. Thank you all, and Paul, thank you. It's an honour to know you.

There was this chap, Peter Verbeek from Winnipeg, who I met not long ago at the Lockport pier on a chilly, invigorating, sun-drenched morning. He was a very tall man with a furrowed face and white hair under a toque. I think his slight accent was Scandinavian, which made me feel kindly toward him as he gave us a humorous story of mature wisdom.

One day, he was sitting in his living room relaxing in his favourite chair reading the paper when a loud knock came on the back door. He rose and



PHOTO BY ARNIE WEIDL
Felicia Prise of Komarno with her little wiggly perch that got away.

went to the door, opening it to an excited young fireman who exclaimed, "Your house is on fire."

Pete, never one to get excited about anything, said, "You mean the smoke in my backyard?"

"Yes," cried the young fellow.

"Son," Pete exclaimed, "behind you is my smoke house and I'm smoking goldeye, which I have done in that smoker for 30 years."

"You'll have to put that out," the kid cried.

"No I won't. There is no fire hazard,"

Pete insisted.

"I'm going to get my chief from the truck," the kid affirmed and rushed away.

In moments, he returned with his older boss in tow. The chief looked at Pete, nodded, and with a half smile, hands in his pockets, casually walked out to the smoke house. He looked around it and then in it. Then he turned and strode back to Pete, quietly saying, "Nice goldeye. They look almost done." "Yeah, I'm looking forward to trying them," Pete agreed.

The chief then turned to his young co-worker and said, "Come on, Carl. Leave the man alone. There's nothing wrong here."

Last Saturday, I decided to run over to the pier at Victoria Beach and was a little surprised at the large number of anglers there. I wandered from one angler to another, passing the time and trading fishing stories until I came up to a group of younger guys and asked how come there were so many people here today.

A tall, well-built, slow-talking guy by the name of Scott Warwaruk of Winnipeg said their gang and the bunch beside them had been at Breezy Point but there were so many anglers river-bank fishing there that they decided to come here instead. It turned out to be a good decision because everyone was catching lots of good eating-sized pickerel.

A little while ago, I had to be in Gimli and went out onto the harbour pier to walk off lunch. There I saw a

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Dinner theatre raises over \$12K for arena and assisted living facility

By Jeff Ward

Almost \$12,000 was raised in a single night after the wildly successful Interlake Players travelling theatre group rolled into Ashern for an evening of good food, laughs and a competitive live auction on Nov. 5.

The group performed *The Musical of All Musicals*, a satirical parody performed in five distinct styles while using the same plot (I can't pay the rent!) for each act.

The evening benefited the Ashern Arena raising \$4,500 after expenses, while the Lakeshore Communities Healthcare Committee received \$7,150, according to organizer Tyler Geisler.

By every metric, the fundraiser was a smashing success with 260 people attending the dinner theatre. Geisler said that the event went incredibly smoothly and they benefited from some meticulous planning beforehand. Geisler was surprised but very happy by the final amount raised.

"Something we were a bit worried about was the close proximity to Christmas. Our event being in November, I know some do start their shopping around that time, but people came and really donated," said Geisler.

"There were bidding wars on nearly every item. One of them was on a basket of hair products that was jokingly bid up by a guy with no hair. Everyone was really having a good time watching this and he even ended up winning the items. I think people saw that and just started bidding up everything because they knew it was all going to good causes."

The Ashern Arena board will use the proceeds toward operating costs. The Lakeshore Communities Healthcare Committee is in the early stages of funding an assisted living centre.

"It was really good to see people come out and support these causes, especially the assisted living centre. It's a long-term strategy and it's something that will greatly benefit the community for years. I was really happy to see them raise so much," said Geisler.

With the success of this event, Geisler is hoping to continue this as a tradition. There was so much work and planning that went into it and there are many other fundraisers around that he wants to make sure not to burn it out. He said that he would also likely move the event into the spring to avoid clashing with the dozens of fall events in the area.



EXPRESS PHOTO BY LANA MEIER

The Interlake Players Travelling Musical Theatre Company entertained a full house at Ashern Centennial recently raising \$12,000 to support the Ashern Arena and the Lakeshore Communities Healthcare Committee. The five travelling performers (left to right) Hayden Bytheway, Chris Armstrong, Mitch Obach, Kendra Obach and Lindsey Sturgeon came together to create a new not-for-profit theatre group feeding their love of performing while helping communities across the Interlake.

> GET FISHING, FROM PG. 6

gal fishing over the water break wall. Suddenly, she began squealing with excitement and reeling her line in as I approached. She hauled up on her quivering rod and a hooked perch came flying over the wall. I ran toward her asking her to hold it up so I

could take a picture. Laughing, our new fishing friend, Felicia Prise from Komarno, unhooked it but found that hanging onto it was not that easy.

I started snapping pictures as this energetic thrashing fish began bouncing down her parka while Felicia fum-

bled with it like a juggler. Finally, with the fish almost down to her knees, it popped out of her grasp. As their gymnastics had brought them to the pier's edge, the perch made a beautiful dive into the water.

Until next week. Bye for now.

> RIVERTON, FROM PG. 3

for Aboriginal veterans by MLA George Hickes of Point Douglas and MLA Eric Robinson of Rupertsland. Manitoba was the first province to recognize Aboriginal veterans, which has since spread throughout the country.

Remembrance Day honours all veterans. Today we are reminded of our individual responsibilities by those who stand amongst us: Gerald Bennett who fought in Korea, Randi Gage-Vietnam, John Lavalley-Korea, Frank Orvis-Korea, David Ostryzniuk-peacetime and Arnold Sinclair-peacetime. Lest we forget.

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Eriksdale students honour veterans' sacrifices

By Jeff Ward

Students at Eriksdale School displayed incredible maturity last week during their Remembrance Day service that impressed some Eriksdale Legion members in attendance.

RCACS 158 Fisher Cadet and Eriksdale School student Ethan Land played the trumpet to bookend the service held in the school gym on Nov. 9. Land played *O Canada* to open the service that also featured poetry and singing.

The Grade 1/2 class performed a reading from their ABC Book of Remembrance, where each letter of the alphabet indicated a different type of remembrance.

Joyce Sewell and Brenda Tegelberg from the Eriksdale Legion joined the service and handed out bookmarks following the service. Sewell said that she was impressed with the students' ability to understand the important material presented and Tegelberg was also moved by the impressive service.

Phys-ed teacher Brad Drews, one of the organizers of the service, said that it is very impressive how the teachers of the early years students relate the heavy material of Remembrance Day to their students so that they can ab-

sorb it.

"One of the main parts of our service is helping the students understand what the two minutes of silence is all about and what they should be thinking about during it," said Drews.

"Because of the sacrifice of these men and women, the students are free to go to school, make their own choices in life and be the people they want to be. And we have many others to thank that we're able to continue to do that because of our peacekeeping efforts all over the world."

It can be difficult to relate the sombre, serious and sometimes depressing facts of what Remembrance Day is all about. But Drews believes that it's important the students understand the value of, what was for some, the ultimate sacrifice.

"A lot of kids can relate to family members who have been out on peacekeeping missions. I think for some, it's easier to relate to what Remembrance Day means because it's in their families. But even for those that don't, you could see in their eyes that they understood," said Drews.

Land played *The Last Post* to close the service, and afterwards students toured the gym looking at posters



EXPRESS PHOTO SUBMITTED

Flight sergeants Ryan Marshall, left, and Garrit Bishop, middle, along with Cpl. Ethan Land, provided the colour party for the Eriksdale School Remembrance Day service. Cpl. Land played *O Canada* and *The Last Post* on his trumpet to bookend the service.

made by the students. The posters were a visual representation of what Remembrance Day meant to the artist.

Drews said that students wore their

poppies proudly and took very seriously what it symbolizes.

"They were proud to wear them. You don't find any of these lying on the floor afterwards," said Drews.

Eriksdale Christmas Hamper program now open for registration

By Jeff Ward

With the season of giving on the horizon, organizers of the Eriksdale Christmas Hamper program have already started to plan, and registration for families in need is now open.

The goal of the program is to help provide every family with an enjoyable and stress-free Christmas. Each year, the organizers of the program in Eriksdale set their sights high and strive to have every hamper include

a full day's worth of meals, hygiene items and gifts for each member of the family. Bacon, eggs, hash browns, milk, juice, fresh fruit and veggies, a turkey or ham and just about every food item in between are bought fresh and packed for hungry families.

But that's just where things begin. Included in the hamper are also hygiene items like toothpaste, brushes, shampoo, toilet paper and soap. And then a gift for every member of the

family that really helps provide a joyous family moment that brightens even the darkest door.

Debbie Lundale, one of the organizers, said that the hampers are a holiday highlight. She knows that these hampers provide levity during a time when holiday stress can eat away at even the most comfortable family.

The registration for a hamper is already underway, and any family looking to be included has until Dec. 9 at

noon to apply. Calling the Eriksdale municipal office at 204-739-2666 will enable families to register, and those who do so will be able to pick up their hamper on Dec. 20. The identities of hamper recipients are kept confidential and never shared with anyone outside of the organizers.

"We have to have our registration end early in the month because we

Continued on page 11

Saturday, November 26, 9:30 am-4 pm
It's the BLACK FRIDAY WEEKEND
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Please note that Santa will leave Winterfest on Friday at 6:30 pm so he can be in the parade!

Arborg & District Ladies Health Auxiliary contributing to health care

By Patricia Barrett

The Arborg & District Ladies Health Auxiliary has once again stepped up to help local students shoulder the costs of post-secondary health-care training and is continuing to improve health services for Arborg and area residents.

The auxiliary, which was founded in 1950, recently awarded Arborg Collegiate graduates Emma Semchyshyn and Madison Senkow \$400 each to help pay for their studies.

"We've done this for several years to help the students," said Vangie Bardarson, who has sat on the auxiliary's board for several years.

Madison Senkow graduated from Arborg Collegiate in 2012 and is currently in her second year of diagnostic medical sonography (ultrasound) at Red River College in Winnipeg.

She is completing a clinical practicum at various Winnipeg hospitals and is scheduled to graduate in June 2017.

"This award has helped pay for part of my tuition this semester," said Senkow, who graduated with a bachelor of science from the University of Manitoba in 2015. "Post-secondary education is expensive, so receiving bursaries like this helps to take off some of the financial burden. I am grateful to the local organizations that help support post-secondary students."

After she graduates, Senkow said she would like to work in a large hospital in Manitoba to gain experience and then perhaps return to her rural roots.

"In a few years I would like to work somewhere in rural Manitoba," she said.

Emma Semchyshyn is enrolled in a two-year licensed practical nursing program at Assiniboine Community College in Brandon and is scheduled to graduate in September 2017.

"It [the award] will help me with my rent, my books, my tuition," said Semchyshyn. "My parents are helping me a lot, but this helps because tuition and books and the rent is a lot of money. I did save a lot of money from working at the [Arborg] Co-op, but it isn't really enough because I don't have income coming in right now."

Semchyshyn said she has had to learn to budget to make ends meet while she attends college.

"I've learned a lot from managing money and not spending money on other things."

As far as her future plans are concerned, she said she wants to further her studies.

"I'm going to see where I can get a job as an LPN," said Semchyshyn. "I would like to stay in Brandon, and eventually I would like to go back to school and get my bachelor of nursing."



Madison Senkow



Emma Semchyshyn

She said she is aware of the possibility of working in Arborg if the town and the RM of Bifrost-Riverton's proposed new personal care home project moves forward.

"My parents have told me a little bit about it," she said. "It all depends on where I can get a job. I would like to get close to full-time, too."

Applications for the bursary will be available next September and awarded in October. The auxiliary puts up advertisements in towns such as Morweena, Fisher Branch, Poplarfield and Arborg. Information about the awards can also be obtained from high school guidance counsellors.

In addition to helping relieve the financial burden of students pursuing a health career, the auxiliary also makes efforts to improve health-care services and the quality of life for those in the region by participating in fundraisers, such as Tag Day in May, and other events.

"We save to buy what the hospital or personal care home needs," said Bardarson. "At the end of October, we had a garage sale for items people wanted to get rid of. It brought in over \$1,000."

The 13-member auxiliary is presently looking at purchasing a warming cupboard (for sheets and towels) for PCH residents. The equipment costs

about \$8,000.

The auxiliary donated \$3,000 towards its cost, and the PCH itself has raised \$4,000 through bake sales, silent auctions and raffles.

"We were told by a nurse that the bladder scanner we had purchased has been in so much use between the hospital and the PCH," said Bardarson.

The auxiliary holds yearly celebrations (spring tea, June birthday party and Christmas party) for the 40 or so PCH residents. The members bake and buy presents (at Christmas) for each resident.

"The gifts are different items that help with their comfort," said Bardarson. "And it provides contact."

One year, the auxiliary bought a new TV for residents. This year's Christmas party is scheduled for Dec. 21 at the PCH.

The auxiliary welcomes volunteers to sit on its board or to help out with events.

"We need young ones to help the old ones," laughed Bardarson.

The auxiliary also welcomes monetary and other donations, as well as memorial donations.

Memorial donations can be sent to Box 301, Arborg, R0C 0A0.

For more information about volunteering or donations, contact Vangie Bardarson at 204-641-4369.

Attempted home invasion in Ashern results in death hours later

By Brian Bowman

An Ashern resident is dead following an attempted break and enter at his home last week.

Ashern RCMP were called to a home in the early morning hours of Nov. 6 about an attempted break and enter. A window was broken but when police arrived on the scene, the suspect

was gone. RCMP conducted an investigation and determined that nobody had gained entry to the house and the resident was not injured.

RCMP spokesperson Tara Seel explained that the RCMP learned the homeowner — a 73-year-old man — later attended the hospital that day and died several hours after the incident. Seel

said that at this time there does not appear to be a direct connection between the attempted break and enter and the death of the victim.

The RCMP are unable to comment on the cause of death if it isn't criminal in nature and at the time of writing this article there have been no arrests. The case is still under investigation.

Just what the doctor ordered: new physician arrives in Arborg

By Patricia Barrett

A family physician with experience serving rural populations and working in emergency rooms arrived in Arborg last month to take up practice.

Dr. Fadeke Akinpelu, who trained and worked as a family physician in Nigeria, started seeing patients last month and taking shifts in the Arborg & District Health Centre's emergency room.

Rural health is something on which the doctor said she had set her sights.

"I am attracted to rural medicine because, in my opinion, it gives me more hands-on practice," said Dr. Akinpelu, whose office is in the medical clinic attached to the hospital. "It helps me see things from another side because I ... trained in the city. But having a rural practice gives me a feel of what it's ... like to practice rural medicine in Canada. ... And I was looking forward to it."

Dr. Akinpelu will bring Arborg's physician complement to two.

The clinic provides services such as yearly check-ups, prescription refills and schedules appointments for less urgent health concerns.

Doctors trained outside Canada are required to undertake a year of Canadian medical training through the University of Manitoba's International Medical Graduate Program before the College of Physicians and Surgeons of Manitoba will grant them a practice licence.

In addition to helping IMGs meet licensing requirements, the program helps them to work independently in under-served areas in Manitoba.

"It's pretty much the same training that all ... Canadian-trained medical students go through [during] their residency," said Dr. Akinpelu. "You rotate with all the Canadian-trained doctors. So it's more or less one year of residency because we do the same thing they do."

That training runs the gamut of emergency room service, pediatrics, obstetrics and gynecology, internal medicine, psychiatry and family medicine. Dr. Akinpelu had clinical placements at the Health Sciences Centre and St. Boniface Hospital among others.

Prior to coming to Arborg, she worked for a week in the emergency room at the Selkirk General Hospital.

Every year, Dr. Akinpelu said all doctors participate in ongoing medical training (or professional development).

"We need to make certain points to be eligible to practice. ... And that entails having to go [to] conferences [or] having to do self-learning. ... It's a pre-



EXPRESS PHOTO BY PATRICIA BARRETT

Dr. Fadeke Akinpelu has experience taking care of the health-care needs of rural populations and serving in emergency rooms.

requisite for having your licence renewed for the coming year."

As far as her transition to Arborg was concerned, Dr. Akinpelu said the town "came to her rescue."

"The townspeople, especially my contact here was very helpful. She made the transition really, really smooth for me. She had gone around helping me with getting placement for my children in schools. They were really nice to me."

The Interlake-Eastern Regional Health Authority, which manages Arborg's hospital, also noted the efforts made by the community.

"We are pleased to welcome Dr. Akinpelu to our region and are very thankful to the community for their support and help settling her and her family into the community," said Interlake-Eastern CEO Ron Van Denakker.

The IERHA is continuing its efforts to bring more

doctors to the Interlake, which has experienced recruitment and retention challenges, and since September has started publicizing emergency room schedules for hospitals in the region. Part of the health authority's strategy is to match physicians with individual communities.

"Our physician-services team works hard to ensure integration of new physicians is a good fit for both the community and the physician," said Van Denakker.

The CEO had said in August that he is working with the province to address physician shortages, which includes recruiting IMGs.

But for long-term stability, he had said a residency teaching program for homegrown doctors would help contribute to their settling in the region on a long-term basis.

"Our recruitment efforts focus on medical student internships, job fairs and the eventual establishment of a clinical teaching unit that will attract more physicians to work in our region."

Dr. Akinpelu said she has had patients ask about her tenure.

Given that she just arrived, she, like anyone else, will need more time before determining her future.

"I've had patients ask me ... are you going to stay?" she said. "Yes, I'm going to stay, at least to return my completion of service [a four-year agreement]."

Despite the smooth transition to rural Canadian practice, there may be a number of challenges that come with it. But it's something the doctor was already familiar with from working in a rural setting.

"For instance, I have to figure out how to connect my patients with the right resources they need. It's easier when you're practising in Winnipeg and you have the various specialties right at your fingertips," she said.

She is not daunted by the prospect of taking on some of the clinic's existing patient population in addition to welcoming new patients, she said.

"It's what we sign [up] for. That's medicine. That's just the way it is everywhere," she said.

And the kindness of Arborg residents has made her transition to the Interlake a positive experience.

"The people are so receptive to me," she said. "It sort of made it easy for me because I was skeptical and wondering, 'Would I be able to fit in?' But they've made it easy for me. And that, I would say, is the best part of it."

There may be a slight waiting period for new patients. For more information about intakes, hours and services, call the Arborg Medical Clinic at 204-376-2781.

Fisher Branch and Peguis RCMP respond to suspect with a gun

Staff

Fisher Branch and Peguis RCMP attempted to execute a Winnipeg Police Service arrest warrant at approximately 11 a.m. on Nov. 8 for sexual assault on a 32-year-old male from Winnipeg, who was staying in Fisher River Cree Nation.

When officers arrived at the residence, the male exited the home with a rifle and fled into a heavily wooded area south of the community.

To ensure public and officer safety, RCMP police dog services and RCMP emergency response team were deployed to assist in apprehending the sus-

pect. He was taken into custody without incident just before 6 p.m. on Nov. 8.

As a result of this incident, charges are pending. He is also still facing a charge of sexual assault from the initial warrant. He remains in custody.

Evergreen schools help drive away hunger for local food bank

By Marlene Ness

Thirteen per cent of Canadians live in a state of food insecurity.

According to data from HungerCount 2015, children make up over a third of the whopping 850,000 people nationwide who turn to food banks for help each month.

Here in the Interlake, local schools have been working diligently with national and provincial food programs — not only to directly address the problem of hunger in our own communities but also to help kids develop a connection between those who grow the food and those in need of help obtaining it.

This year, several Evergreen School Division schools participated in the 2016 Drive Away Hunger campaign run by Farm Credit Canada (FCC), a nationwide food drive that ended on Oct. 14 and raised over 6.75 million meals Canada-wide. Getting kids involved in collecting and delivering food to local food banks was a key factor.

Winnipeg Beach was one school involved in this fall's FCC Drive Away Hunger. Over a two-week span in October, grades K-7 students managed to collect 198 pounds of food, which was then delivered to Evergreen Basic Needs in Gimli.

Grade 6/7 teacher Justin Charrier said the drive was impactful.

"The Grade 7s really jumped in and took the lead on this year's program. FCC provided us with ads and a list of major 'most-needed' items. ... Our school raised 198 pounds of packaged goods, pasta, canned meats and veggies, baby formula and essential daily items, which we then gave to EBN," said Charrier.

Considering one pound of food equals roughly one meal, Winnipeg Beach students now carry the knowledge they provided families in their own community with 200 meals.

"In the past, our school has also done We Scare at Halloween, Shoe-



EXPRESS PHOTOS SUBMITTED

Winnipeg Beach students collected 198 pounds of non-perishable food items for the 2016 Drive Away Hunger campaign. All items were donated to the Evergreen Basic Needs food bank.

boxes for Christmas, and Christmas hampers," added Charrier.

Elaine Gibbs, who runs Evergreen Basic Needs food programs, noted the ongoing generosity and commitment of schools in the Evergreen School Division.

Numerous schools also took part in this year's Peak of the Market's food drive Farm to School fundraiser. Gimli's Dr. George Johnson Middle School donated 22 bundles of fresh vegetables through this innovative program last week, which is aimed at providing healthy produce to families in need.

"The school brought us these wonderful bundles of fresh carrots, onions, potatoes ... which we immediately handed out to families," said Gibbs.

Gibbs said Gimli High School recently collected an impressive 325 pounds of food with Trick or Eat, a youth-led national event that puts a new spin on Oct. 31 door-to-door tradition.

"All area schools are generous and contribute to EBN on a regular basis," stressed Gibbs. "And with Christmas



Grade 7 Students (left to right) Owen Ehrich, Chloe Winko, Kylie Skaritko, and Marshall Nault helped shine a spotlight on hunger, raising awareness in even the youngest minds at Winnipeg Beach School.

fast approaching, our need for food becomes magnified."

On Nov. 15, the 2016 HungerCount Report is due to be released in Ottawa.

HungerCount is the only comprehensive Canadian study of food banks

and the people who utilize them, revealing the depth of food insecurity in Canada. Last year's HungerCount indicated that one out of eight homes will experience inadequate access to food.

> ERIKSDALE CHRISTMAS HAMPER, FROM PG. 8

need the time to buy all of our items because we only buy fresh or frozen," said Lundale.

"We get plenty of canned goods donated by the school, so we ask that any donations be in the form of cash because we have a very big list of items to purchase. We need time to place our order because no store is going to have 50 turkeys."

It's an incredible amount of work, and now more than ever Lundale is looking for volunteer help. She said

that the heavy lifting of these hampers has become too much and that she would love some strong men to come down and help out.

Each year, Lundale and her team are able to pack the hampers with just about everything a family could need for a fun and relaxing holiday. And every year, Lundale is surprised and encouraged by the amount of money donated.

"We are always a little worried that this might be the year where we don't

include as much as we did the year before, but it hasn't happened yet. We do the best we can with the money that we have, and I think our community knows how important it is to give back. Even the most well-off families could very quickly find themselves in a position that requires them to sign up for a hamper," said Lundale.

For those looking to get involved, there are a few ways. Lundale will be accepting cash and cheque donations that can be made through the Eriksdale United Church and are eligible for a tax receipt. Donations of toys

can be made, but Lundale asks that anyone interested call her at 204-739-2606 so that age-appropriate gifts can be purchased. And lastly, those wanting to lend a little muscle can also call Lundale to make arrangements.

"WE NEED TIME TO PLACE OUR ORDER BECAUSE NO STORE IS GOING TO HAVE 50 TURKEYS."

Interlake Women's Resource Centre bringing awareness to abuse

By Patricia Barrett

The Interlake Women's Resource Centre (IWRC) is working to bring awareness to violence against women.

Violence against women takes many forms, including physical and sexual assault, and emotional, psychological and financial abuse. Girls and women of all ages — including seniors — can experience violence at any time during their lives.

The IWRC, founded in the late '80s in Gimli, provides a number of services to girls and women, including counselling, crisis intervention (the provision of transportation, shelter, emergency cell phones), children's and youth counselling, a lending library and referral services.

Jennifer Campbell, director of the IWRC, said women can be abused while in a current relationship (married or unmarried) or experience ongoing abuse from past relationships, and that girls can be abused by parents or siblings.

"What we're seeing mostly here [in the Interlake] is intimate partner violence as well as non-intimate partner violence," said Campbell, who started her position in April.

The centre has a broad catchment area, including the towns of Winnipeg Beach, Arborg and Teulon, the Village of Dunnottar, and the RMs of Rockwood, Armstrong, Fisher, Bifrost-Riverton and Gimli.

The province issued a press release Nov. 9 to remind Manitobans that November has been designated as Domestic Violence Prevention month.

"Although there is no simple explanation for domestic violence, it's important to note that misogynistic attitudes can contribute to the normalization of violence against women," said Sport, Culture and Heritage Minister Rochelle Squires. "When this occurs, bystanders may be less likely to intervene. That's why the Manitoba government is committed to raising awareness of this serious issue."

In its press release, the province said it partnered with the Blue Bombers to "help create a culture where abuse is not accepted."

"Violence against women is a men's issue. As athletes, we are fortunate enough to have a platform to ask men to step up and join us in championing this cause," said linebacker Ian Wild, who is also ambassador of the Break the Silence on Violence Against Women program.

While the IWRC does not provide counselling to men, it will provide them with external resources to which they can turn when they recognize they need help.

Campbell, who is also a counsellor, said it's important to help men who perpetrate violence in order to stop the cycle from continuing.

"Someday ... my hope [for the centre] would be to help families — not to take away from the women or children that are really affected by domestic violence — but we can't end domestic violence unless everybody in the situation is helped," she said. "In my opinion, just to take women and children out of these situations, it gives them a chance for a fresh start and a new life ... but it doesn't take away the violence from the perpetrator. If it's a man, he has still not gotten any help ... and what about the next person who engages in a relationship with him?"

Campbell, who used to work for Manitoba Justice, said most victims of domestic violence are women and children but many men experienced it when they were boys.

"They've witnessed it. It's ingrained — they've learned the behaviours. ... When they find themselves in relationships and they have families, it's coming out."

She said despite that, "we must not ever excuse the behaviour."

Canadian data show that women are two to four more times likely than men to experience sexual abuse in childhood or in marriage or in common-law relationships, according to the Chief Public Health Officer's 2016 annual report.

The report also states that violence against women is under-reported.

Campbell said the reason for that is "They carry shame ... because within the cycle of abuse, they [perpetrators] break that person down. Or they're ... led to believe that they deserve it. ... There's also barriers such as no public transportation here. There's a lot of isolation in our rural areas ... and if you have no access to a vehicle and you're being abused, how do you get help?"

Although the IWRC is not a shelter, it will transport women and children to one, as well as accompany them to the hospital, help them apply for protection orders, make safety plans and refer them to external organizations if required.

Many women can't go home after they've been battered, and the centre will help them find temporary shelter.

She also said it's common for women to develop post-traumatic stress disorder. "That's an ongoing thing they now have to live with forever."

Campbell says the first thing she does when a woman walks in is "let them speak."

"I let them tell their story, assure them this



EXPRESS PHOTO BY PATRICIA BARRETT

Jennifer Campbell of the Interlake Women's Resource Centre in Gimli said November is domestic violence prevention month, but we should be concerned about violence against women every month.

is a safe place, that their confidentiality will be met."

If the person is physically wounded when they come in, Campbell would accompany them, if requested, to the RCMP station so that they can make a report.

"I encourage them to go because it's zero tolerance for domestic violence."

Gimli Coun. Thora Palson, who sits on the IWRC committee, said the centre's counsellors will "make every effort to meet with a client in a safe environment anywhere in the catchment area" if they're unable to travel to Gimli.

"So much of the work that is done here at the IWRC is behind the scenes," said Palson. "And because of that, many people are not aware of the services and resources that are provided. ... The services here are free and anonymous."

The IWRC receives funding from the Family Violence Prevention Program (provincial government) and from the municipalities it serves.

"We get grants from all the RMs in our catchment area," said Campbell. "And [RM of] Gimli does provide us with a very large grant."

The IWRC welcomes donations to help provide services to those experiencing abuse.

"Our funding isn't really enough — it keeps us afloat," said Campbell.

Over the winter, the centre has plans to broaden awareness of the services it offers through various outreach programs.

"I don't feel that everybody knows that we're here," she said.

And even though November is domestic violence prevention month, Campbell said it's not the only month we should be concerned about violence.

"It's very sad to hear ... there are so many people experiencing something like this, that they're struggling with this. And for the numbers of people coming forward, there are so many more that are not."

For more information about IWRC, call 204-642-8264 or email iwrc@mymts.net. The centre is located at 87 Fifth Ave., just behind the Super A food store.



Interlake Women's Resource Centre

Interlake Women's Resource Centre Inc.

YOUR GIVING MATTERS

***Together we can make a difference
for others in our community.***

November is domestic violence prevention month in Manitoba. During the upcoming months the Centre is asking for your assistance to help us provide the necessary services for those affected by domestic violence. Consider making a donation to the Interlake Women's Resource Centre. Our YOUR GIVING MATTERS Campaign offers an opportunity for community members in our service area to make a donation and receive a gift note which they can give to others in lieu of a Christmas, Birthday, Anniversary or Graduation gift or a "just because" present.

Please send your contact information along with a donation to Box 1991, Gimli, Manitoba R0C 1B0, (YOUR GIVING MATTERS CAMPAIGN), visit us at 87 – 5th Avenue, Gimli, or phone or email our office for more information (204 642-8264, email: iwrc@mymts.net).

Faulkner mine provides world with high quality lime

By Jeff Ward

In comparison to other lime mines around Canada, the one in Faulkner is fairly small, but its output of 117,000 metric tonnes of lime per year are used in everything from the cellphone in your pocket to the paint on your walls.

The Graymont mine in Faulkner is now in its 40th year of operation and even at full production could produce lime for another 76 years before running out of reserves, according to plant manager Sira Maldonado.

The plant employs 41 workers with the majority of those working in the quarry and the rotary kiln. Maldonado said that the plant runs 24-7 and is in a constant state of lime production. The process begins with blasting that separates the rock from the outer edge of the quarry.

That blasted rock is then hauled to the crusher where it undergoes a downsizing process that reduces the rock in smaller fragments that are then run through the rotary kiln that maintains a temperature of 2,400 degrees Fahrenheit.

It takes 20 hours for the kiln to cool down so that it can be cleaned — a process that is done twice a year — and more than 40 hours for it to heat back up to temperature. If it heats too fast, the refractory bricks inside the kiln expand faster than the metal around them causing cracks and damage. The heat cooks away the carbon dioxide leaving a product known as quicklime behind. Lime is used in hundreds of products like glass, sugar, salt, toothpaste, asphalt, wood pulp and more.

"It's very interesting to know that right here in the Interlake, we provide the world with this product," said Maldonado, who's been with Graymont for 12 years.

"It's strange that we've been here so long and there are still people that don't know what we do. We're very open about it and proud of what we do. We're a very community-minded company in that way."

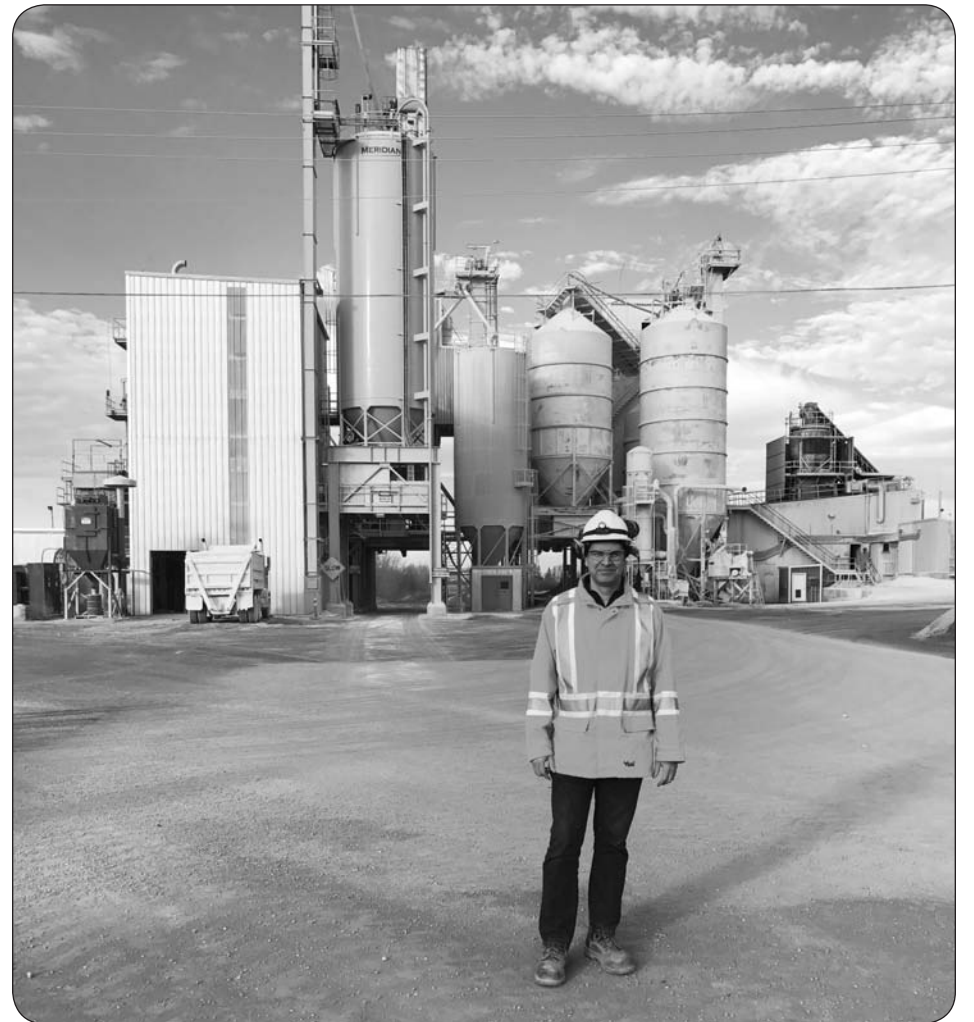
Graymont is often seen listed in among community sponsors when events and fundraising efforts pop up in the area. Maldonado stressed that having Graymont work with the community is something that is constantly explored. When the town of Faulkner celebrated its centennial in 2014, Graymont opened the gates to public tours through the plant to give residents and other visitors a chance to look at what goes on there each day.

Maldonado said that the plant is also very environmentally conscious and takes many steps to ensure that the local wildlife, ecosystem and air quality aren't degraded by the work in the quarry. The smokestack that vents the kiln is almost entirely steam, just water vapour being vented off from the heating process. Maldonado explained that Graymont is also exploring the use of other fuel sources for the kiln to further reduce emissions and leave less of a carbon footprint.

"We do see deer and lots of geese flying around here and sitting out in the quarry. The animals even lay their eggs in the water sometimes too. When we do leave the area, it will look very similar to the Lafarge quarry. We want to leave it in good condition," said the plant manager.

The employees at the mine receive constant training, and Maldonado said that he likes to see them become masters of their trade. He knows that he can rely on the team to get the job done and said that the success of the plant is largely on their backs.

Maldonado truly enjoys the work he



EXPRESS PHOTO BY JEFF WARD

Sira Maldonado is the plant manager for the Graymont lime mine in Faulkner. The plant produces 117,000 metric tonnes of lime each year that are used in hundreds of common products found all over the average home.

and the team do at the plant every day. He said that there are always new challenges to tackle and that it's very rewarding to do work that ends up benefiting so many people.

"My job now is mostly in the office, but it's a great group of guys to work with and I enjoy the team we've built here. And we all live in the same communities, so we're constantly talking

about the work and figuring out what we can do better," said Maldonado.

The job may be done by brute force with the blasting, crushing and intense heating of 117,000 metric tonnes of lime, but the work in between is done with careful consideration of science, chemistry and a respect of the environment and surrounding communities.

Addiction among pressing issues facing Canada: Poll

30% of Canadians say addiction has impacted them personally

Submitted

Addiction—whether involving drugs, fentanyl, prescription opiates or alcohol—is regarded as one of the most pressing social issues facing the country, a new Canada-wide Insights West poll has found.

In the online survey of a representative national sample, Canadians were asked to outline the three most important social issues facing the country today. Seven-in-ten (71 per cent)

included poverty in their ranking, followed by affordable housing (68 per cent), addiction (66 per cent), immigration (62 per cent), racism and race relations (61 per cent), homelessness (also 61 per cent) and smoking and tobacco use (60 per cent).

Three-in-10 Canadians (30 per cent) say addiction has impacted them personally or people close to them. The rating is similar for homelessness (34

per cent) and smoking and tobacco use (31 per cent), but lower for racism (20 per cent) and homelessness (18 per cent).

There are some striking regional differences in the data, with 81 per cent of British Columbians, 76 per cent of Albertans and 73 per cent of Ontarians including affordable housing on their list. In stark contrast, 81 per cent of Quebecers and 78 per cent of Atlantic Canadians mentioned poverty, while 85 per cent in Saskatchewan and Manitoba focused on tobacco.

"Drug addiction in general, and fentanyl in particular, have been dis-

cussed prominently as a result of recent developments in urban areas," says Mario Canseco, Vice President, Public Affairs, at Insights West. "The fact that almost a third of Canadians have personally experienced the impacts of addiction outlines the severity of the problem."

Across the country, 86 per cent of Canadians voiced support for opening more spaces for drug rehabilitation for people who may require it, and 84 per cent are in favour of launching an education and awareness campaign

Continued on page 27

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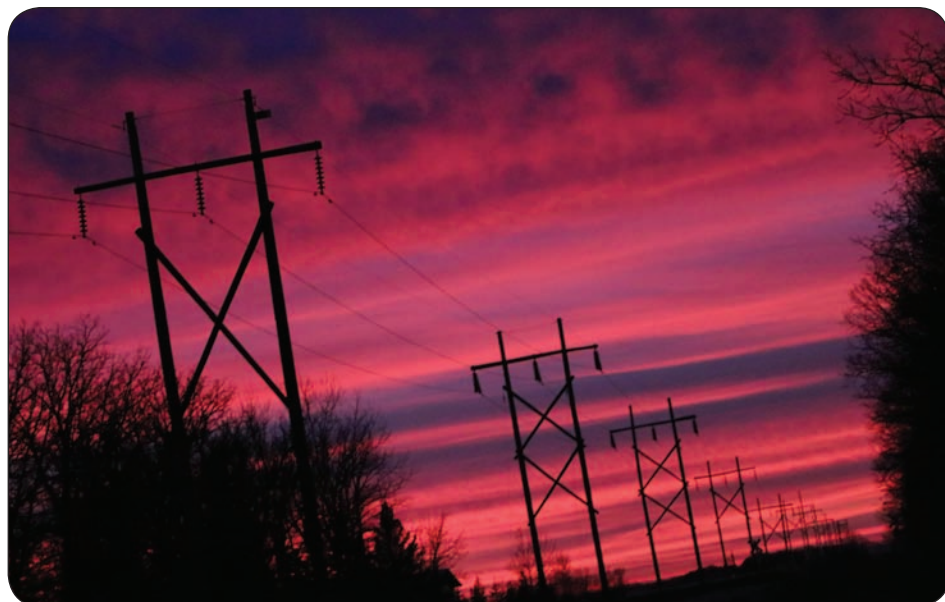
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Manitoba breaks record

EXPRESS PHOTO BY JO-ANNE PROCTER

Manitobans were treated to spectacular sunsets last week with temperature records broken across southern Manitoba. The mercury soared to above 20 C in Stonewall on Nov. 7 and 19 C in Winnipeg, breaking a record set in 1923.

Temperatures were above normal across the Interlake last week, including weekend temperatures in the low teens.

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**Your Local Independent Automotive Service Provider
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Fix Your Alignment for Better Fuel Economy and to Avoid Premature Wear

Ever been in your local Interlake grocery store and had one of those shopping carts – you know the one with a messed up wheel that wobbles like crazy. Your cart shakes and pulls to one side – if you're not careful it's, "clean up on aisle three."

Wheel alignment on your vehicle is a lot like that. One or more of your wheels can get out of alignment; you feel a vibration in your steering wheel – which may also be off-center. Your vehicle might pull to one side and your tires start to wear unevenly – you could chew through a tire in a few months.

When all of a vehicle's wheels are lined up exactly with each other, your wheels are in alignment. Hitting a road hazard in the Interlake or even just the normal bumps and bounces of everyday MB driving can cause your vehicle wheels to be out of alignment. This can lead to expensive premature tire and suspension wear.

Sometimes wheels get knocked out of alignment by something big like hitting a curb, or a bumpy Interlake road, or slamming into a pothole. But everyday driving takes a toll and vehicles lose alignment over time. That's why we recommend an alignment check at regular intervals. Check in with your Local Service Provider to see if they offer a full menu of quality auto repair and maintenance services, including wheel alignment.

Here are some alignment basics that you should be aware of:

The first angle is called toe: do the wheels point in towards each other or away from each other at the front of the tire.

The next angle is called camber: do the wheels tip in or out at the top.

And finally, there is castor. Castor measures the angle where the front axles attach to the vehicle.

The ideal alignment for your vehicle was designed by its engineers. An alignment service starts with an inspection of the

steering and suspension to see if anything's bent, broken or worn out. Then your service technician will look at tire condition. From there, the vehicle is put on an alignment rack and an initial alignment reading is taken. The wheels are then aligned to manufacturer's specifications.

It's recommended to do the alignment every couple of years or upon installation of a new set of tires to save on premature wear. Severe driving conditions found in the Interlake may require an alignment yearly to save on costly premature wear of tires and suspension parts.

If your vehicle pulls to one side, you feel a vibration in the steering wheel or your tires seem to be wearing abnormally, talk with your friendly and knowledgeable local service advisor.

If you suspect an alignment problem with your vehicle, get it checked at your Local Service Provider before you suffer expensive tire or suspension damage.

Give your local independent service provider a call. 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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**Arborg Black Friday
Lucky Numbers are
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Bring your lucky number in to participating businesses and check for your chance to WIN thousands of dollars in prizes! Each business will post their lucky number inside their store.

Don't miss your chance to win!



Participating Businesses

Smitty's Furniture
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Arborg Nic Nacs & Flowers
Arborg Chicken Chef

***See ads for details
of what you could win!***



ARBORG *November 25*
**BLACK
FRIDAY**
Sales Event

Also on Friday Nov. 25th in Arborg
Check out the **Craft Sale**
in the old Palsson Building
starting at 5:00 pm

Hosted by the Arborg Folk Nursery

Parade of lights at 7:00 pm

Christmas Carols

by the Arborg Collegiate students on
the Arborg Stage 7:30 pm

Arborg Legion serving Hot Chocolate

*See ads for contest dates,
times, and prizes.



ARBORG

BLACK FRIDAY

Sales Event



BRING YOUR NOV 17TH EXPRESS IN TO WIN!
LARGE COMBO PIZZA
9 PCS A CHICKEN
AND A 2L PEPSI
CLOSEST TO OUR POSTED
NUMBER WINS! DRAW AT
10:00PM ON NOV 25TH

MAIN ST, ARBORG, MB (204) 376-2433

BRING IN YOUR PAPER & MATCH YOUR POSTED NUMBER TO OUR POSTED NUMBER
Closest number by Saturday Nov. 26th 5 p.m WINS our prize.
EVERYTHING on special NOV 25th | Hundreds of Buy 2 Get 1 ALL WEEK LONG!!!

Arborg Nic Nac's Free Draw

NAME _____
PHONE# _____

CUT OUT & ENTER FOR FRIDAYS FREE DRAW

BLACK FRIDAY HOURS:
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Reactor 6 outlet wall tap for a



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WEEKEND SALE

November 25 & 26, 2016
OPEN REGULAR HOURS:
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ARBORG BLACK FRIDAY



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Prescription Dept: 204-376-5153 Fax: 204-376-2999
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3 Day MLCC Liquor Sale Nov. 25-27th
Please drink responsibly
Taste testing Thurs. 3-6 pm

ONE DAY SALES

THURSDAY	FRIDAY
Listerine 1L \$3.99 All Halloween Candy 75% off	50% off Reg. Priced Watches & Rings

BLACK FRIDAY SPECIALS
In-store sale Nov.24-Dec.2

50% OFF	• Carlton Boxed Cards, Ornaments, Wrap, Bags & Dinnerware
25% OFF	• Regular Priced Jewelry *Excludes Rage • Regular Priced Purses & Wallets
20% OFF	• Regular Priced Toys • Regular Priced Perfume

DRAWS - Check your number for your chance to win!
\$50 Store Gift Certificate on Thursday
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As well as two addition prizes running all week

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village
Taste Testing 4-7 pm Friday

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See instore for details & more prizes or check out our Facebook page

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Bring your Lucky Nov 17th Edition of the Express Weekly News in to win!

Over \$500 worth of prizes to be won!
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join us for a customer appreciation

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FRIDAY
SPECIALS**



Interlake Coop

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NOVEMBER
25th**
Only!

**BRING IN YOUR NOV 17TH
NUMBERED EXPRESS
CLOSEST TO OUR POSTED NUMBERS
WINS!**

- **2 PRIZES AT GAS BAR** \$100 RETAIL
- **2 FOOD HAMPERS AT FOOD STORE** \$100 RETAIL
- **GRAND PRIZE** the closest number including both Co-op Arborg Food Store & Co-op Arborg Gas Bar wins a \$250 coop gift card



BONUS PRIZE: EVERYONE WHO COMES IN TO CHECK THEIR NUMBER HAS A CHANCE TO WIN \$100 CO-OP HAMPER

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2 FOR \$4⁰⁰

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RED POTATOES**



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OR **\$6.59/KG**

**IN STORE
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50% off



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**Old Dutch
Chips
99¢**

**BLACK
FRIDAY**



**18 pack
CENTSIBLES™
EGGS**

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Limit 2 per customer

**1 LB
CENTSIBLES™
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Goodbye to Hunger

Interlake Co-op will match every dollar
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All proceeds will be donated to
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BLACK FRIDAY

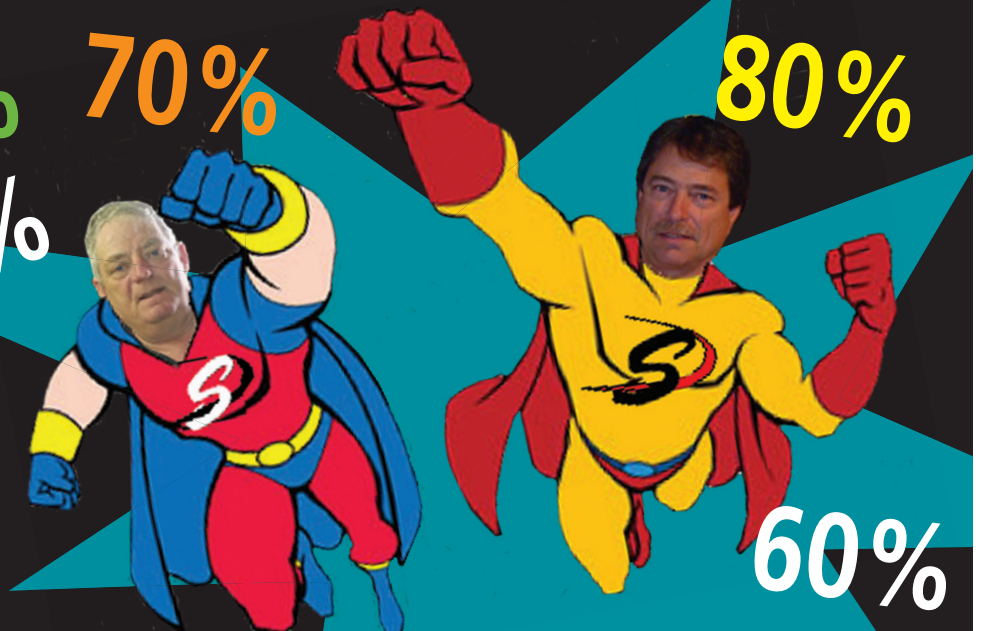
BRING IN YOUR NUMBERED NOV 17TH EXPRESS TO SEE IF YOU WIN.
THE CLOSEST NUMBER TO OUR POSTED NUMBER WINS A FREE TWIN SIZE BED!

SMASHING
HIGH PRICES!

40%
50%

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LOOK FOR
YELLOW
TAGS AND
SAVE UP TO

80%

FRIDAY, NOV. 25th

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ALL REGULAR PRICED
FURNITURE STORE WIDE

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CAR CARE MUSTS

for tackling snow- and ice-covered roads



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TOYO TIRES
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Winter Driving Tips

Winter driving can sometimes be a daunting task, especially when conditions are snowy or icy. If road conditions are dangerous, consider making alternate travel arrangements or postponing your trip until conditions improve.

Follow these steps to keep yourself safe and collision free during the next few blustery winter months.

Step 1: Make sure that your vehicle is prepared for winter driving.

Winter tires are a good option, as they will provide greater traction under snowy or icy conditions.

Keep a snow brush/scrapper in your car, along with possible emergency items such as a lightweight shovel, battery jumper cables, and a flashlight.

Make sure that mirrors, all windows, and the top of your vehicle, are free of snow or frost before getting onto the road.

Step 2: Drive smoothly and slowly
Don't make any abrupt turns or stops when driving. Doing so will often cause your vehicle to lose control and skid.

comes much worse in winter weather. Stopping takes much longer on snowy and icy roads than on dry pavement, so be sure to leave enough room between your vehicle and the one in front of you.

Step 4: Brake before making turns.
Brake slowly to reduce speed before entering turns. Once you have rounded the corner you can accelerate again.

Step 5: Learn how to control skids.
When skidding, you actually need to go against your natural instincts and turn into the skid and accelerate. Doing so transfers your vehicle's weight from the front to the rear and often helps vehicles to regain control.

Step 6: Lights On.
Turn on your lights to increase your visibility to other motorists.

Step 7: No Cruise Control.
Never use cruise control if conditions are snowy, icy, or wet, because if your car hydroplanes, your car will try to accelerate and you may lose control of your vehicle.

Step 8: Don't "pump" the brakes.
If your vehicle is equipped with an anti-lock breaking system (ABS), do not "pump" the brakes. Apply constant pressure and let the system do its work.

Step 9: Pay attention.
Manoeuvres are more difficult to make in the snow. Be sure to anticipate what your next move is going to be to give yourself lots of room for turns and stopping.

Driving too quickly is the main cause of winter collisions. Be sure to drive slowly and carefully on snow and ice covered roads.

Step 3: Don't tailgate.
Tailgating be-



Brake into Winter with a set of WINTER TIRES

MPI Winter Tire Finance Program

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CAR CARE MUSTS

for tackling snow- and ice-covered roads



Winter Drivers Need More Following Distance

When a car traveling on a dry road at 100 km/h must stop suddenly, the vehicle keeps moving for 184.2 metres - more than three NHL rinks combined!

An average driver takes 1.2 seconds to perceive a hazard ahead, plus another second to react and brake. In typical winter conditions, highway drivers should slow down and leave a good eight to 10 seconds following distance. On ice even more caution is needed, as a vehicle may take 10 times longer to stop.

Proper braking is very important. Drivers were once advised to 'pump' the brakes, but today's driving ex-

perts recommend 'threshold braking.' Press down hard on the brakes until the wheels start to lock up, release just enough pressure to let them roll again, then gradually increase pressure and repeat until making a complete stop. This technique permits control of steering by preventing the vehicle from skidding out of control.

Improved technology and new rubber compounds keep winter tires more flexible than all-season tires in the cold, providing better traction when drivers need to stop suddenly. For the best performance install four winter tires, and do not mix tires with different tread patterns and wear.

THE RIGHT TIRES WEATHER OR NOT.

Whatever the make, model or road conditions, we have the right tires to fit your vehicle and driving demands.

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Winter Tires

Attention Kids...



What's *Your* Christmas Eve story?

Choose any of the topics and create your unique story.

1. It was Christmas Eve and everyone was tucked into bed. The clock ticked towards midnight but I couldn't sleep.
2. This is the story of the best Christmas ever. It started when Jack ran downstairs and found an empty space under the tree where he expected his presents to be.
3. I felt sorry for the young couple who knocked at my door. The man looked very tired and the woman was about to have a baby. "I have no more room in the inn," I told them, "but you can stay in my stable."
4. I woke with a start. What had woken me? I listened hard. Yes, there it was again! Bells! I could hear jingling bells.
5. Everyone loved Granny coming for Christmas but she could be terribly forgetful.
6. As Olivia closed her bedroom curtains she looked out at the snowman she had built. It looked like he was smiling.

CONTEST FOR KIDS 8-12 YEARS OLD.

Cash Prizes awarded to the top three stories

First place (\$50), Second place (\$30) and Third place (\$20)

Maximum 400 words.

Send in your poem or short story to:

christmasstories@expressweeklynews.ca

or mail to: Box 39, Stonewall, MB R0C 2Z0

DEADLINE: Wednesday, December 7, 2016

**\$100
IN CASH
TO GIVE
AWAY**

Letters to Santa

Mail or email your letter to us by Wednesday, December 7th, and we'll make sure it appears in our special section on December 15th.

Please remember to include your first name and age on your letter!

Email: santa@expressweeklynews.ca
or mail to Box 39, Stonewall, MB R0C 2Z0



EXPRESS
WEEKLY NEWS

Lakeshore Lions to host upcoming Cookie Walk Fundraiser

Cookie Walk will be Dec. 3 in the Winnipeg Beach Legion

By Jeff Ward

The Lakeshore Lions are set to host their 14th annual Cookie Walk fundraiser that helps support individuals in the area of Winnipeg Beach and Dunnottar, along with social programs and non-profits.

In the past years, the Lions have donated proceeds from the cookie sale to the Northeast Interlake Palliative Care and the Winnipeg Beach School Breakfast programs.

Kathy Magnusson, a member of the Lakeshore Lions, said that this fundraiser is one of the largest events the club hosts each year. The fundraiser takes place Dec. 3 at the Winnipeg Beach Legion from 11 a.m. to 2 p.m.

The Lions haven't decided where the profits of this year's sale will go, but Magnusson said that all of the money would be donated back to the community in some form or another.

Members of the Lakeshore Lions and other donors provide all the baking, giving selflessly of their time and ingredients to bake many varieties of sweets.

Magnusson said that it's not uncommon for bakers to donate upwards of 20 dozen cookies for the sale. She will be hosting a few of her friends for an entire weekend of baking.

"It's exciting because we all really enjoy getting together and baking for this event. It's a fun thing to do and it makes us feel good to know that we're giving back," said Magnusson.

"The sale has really evolved over the last 14 years, and we have added things and retired others. But the core of the event has stayed the same because it's worked so well for us. We're always looking for something new to bring to the event, but each year, it's always such a big success."

The Lions are involved in many aspects of the community and are constantly giving back, according to Magnusson. She said they've helped purchase hearing aids, insulin pumps and an electric wheelchair. They just made a donation to the Betel Home Foundation towards the purchase of a new electric blanket warmer. The Lions have also supported Evergreen



EXPRESS PHOTO SUBMITTED

Hundreds of cookies and other sweet treats will be on sale for the Lakeside Lions 14th annual Cookie Walk. The proceeds will be donated to a community cause of the Lions' choosing.

Basic Needs, and Magnusson said they're committed to a continued bolstering of essential community programs.

Anyone interested in donating a silent auction prize or baked goods is encouraged to contact Helen at 204-389-3217 or Ed at 204-389-4760 for more information.

"People know that when they come

support our fundraiser, the money is staying here in their community. I think that's why we do so well each year because many of us have a strong desire to support wherever we can. There are so many great people in our community that come out to support us, and I'm excited to see them again," said Magnusson.

Interlake residents appointed to RHA boards



EXPRESS PHOTO SUBMITTED

Edward Bergen, president and chief executive officer of Sunova Credit Union, has been appointed to the Interlake-Eastern Regional Health Authority as board chair.

By Jeff Ward

Last week, the provincial government appointed new boards for the five regional health authorities that guide the provision of health-care services across the province, and among them were some new names.

Amanda Stevenson from Lunder and Brian Magnusson from Winnipeg Beach join the Interlake-Eastern Regional Health Authority board, along with David Oakley from Teulon.

Edward Bergen, from West St. Paul is the new chair of the board, and Margaret Mill from Pinawa is the vice-chair. Other new board members are Judy Dunn from Dugald and Charlene Rocke from Winnipeg.

Stevenson, a councillor for the RM of Coldwell, said that she is very excited to be a part of the board because health care is such a pressing issue for her community and every community in the Interlake.

Stevenson was one of the founding members of the coalition between Eriksdale and Lunder, made up of concerned citizens and councillors who are working to better the health-care system in the area.

Stevenson said that due to this appointment, she will be stepping away from that coalition but is eager to share the details and informa-

tion that she learned during her time there with her new board.

"I think that I have a lot of great information to share with the board and I'm very interested to hear what the others have to say as well," said Stevenson, who stressed that working together for the region as a whole benefits everyone equally.

"We have some serious challenges in this area with physician retention and recruitment. I can't remember the actual number, but we're dozens of doctors under what we should have for an area of our size. It can be a scary situation for some people, and it shouldn't be."

Stevenson said that things are very new to her right now in regards to this appointment. She explained that there is going to be a orientation session scheduled over the next few weeks where she will learn more about what's going on. She believes the first official meeting should take place before the end of the year and is excited to get to work.

Stevenson and the other new board members join existing board members Steve Day from Beausejour, Ruth Ann Furgala from Riverton, Oral Johnston from Black River and Deborah Thorsteinson from Arborg.

Gimli council enforces municipal standards for road construction

By Patricia Barrett

At its regular meeting on Nov. 9, Gimli council expressed concern over a road being built by a developer in Miklavik, a few kilometres south of Gimli.

Council said the road may not meet municipal road construction standards; therefore, the RM won't be able to assume maintenance responsibilities for it.

CAO Joann King said the developer, who is preparing to sell lots in the area, had applied to the Highway Traffic Board to change the road's designation from a joint-access road to public use. A public hearing before the board is scheduled for Nov. 22.

"I think council's aware of the concerns of that location," said King, "and we need to send a letter to the Highway Traffic Board indicating that the potential municipal road in question ... is not currently constructed to municipal road standards and that council will not support or accept the road until such time that it's constructed to [those] standards."

The road is located at NW ¼ 28-18-

4E and provides access onto Highway 9, according to an Oct. 27 hearing notice from the Highway Traffic Board.

"We know he did a bunch of work there," said Mayor Randy Woroniuk, who had visited the site and spoke with an engineer. "He widened the ditch and widened the road. ... There should be a compaction test or something done before we take it over."

King said Public Works had carried out a visual inspection of the road while it was under construction and determined that it showed no evidence of a filter cloth or the required base materials.

The RM sets out standards for road construction in accordance with Manitoba Infrastructure. Schedule C of the RM's Standards for Design and Construction of Municipal Services includes criteria such as excavation depth and the quality and thickness of overlying base material.

"If the road's going to be hard top, we're looking at something different than if we're looking at something that is going to be a gravel road," said King.



EXPRESS FILE PHOTO BY PATRICIA BARRETT

The RM of Gimli sets out standards for road construction in accordance with Manitoba Infrastructure.

Council directed the administration to send a letter to the Highways Traffic Board saying it will not support or

accept the road until it is constructed to municipal standards.

Province announces recipients of tourism development fund

Community organizations awarded funding to boost tourism

Submitted

The Manitoba Government has awarded grants to 29 rural, northern and Indigenous tourism and community organizations through the Tourism Development Fund, Growth, Enterprise and Trade Minister Cliff Cullen announced recently.

"Manitoba has unique and exciting destinations that should be shared with visitors from around the world," said Cullen. "The Tourism Development Fund is set up to assist communities and local organizations in expanding and promoting their unique Manitoba stories. These grants will help local communities improve the experience of visitors to all parts of our magnificent province, which will in turn contribute to the significant and growing impact the tourism industry has on our province's economy."

Under Manitoba's new government, the Tourism Development Fund has increased by more than 50 per cent to \$297,000 for 2016-17 and has seen an uptake in applications for funding, the minister said, noting that to-

day's announcement includes grants to six northern organizations totalling \$63,125.

"Our government has been developing relationships with northern Manitobans and seeking their advice for long-term solutions," added Cullen.

"Our entire province's economy will benefit from successful northern enterprise, and we look forward to working with the successful applicants as they implement their local projects."

These development grants will help rural, northern and Indigenous tourism and community organizations to attract more visitors to Manitoba through startup and expanded tourism products and experiences, the minister said.

"These grants will help the regional tourism industry to promote unique tourism experiences throughout the province," said Colin Ferguson, president and CEO of Travel Manitoba. "In addition to the major tourist attractions, there is so much more to see and do in this province. The tourism development grants will help both attract attention and more visitors."

Tourism generates more than \$1.6 billion in economic activity across Manitoba including both permanent and seasonal jobs. The Manitoba government has committed to efforts that support the expansion of tourism-related opportunities and has also increased funding to Travel Manitoba under Plan 96/4, an investment that will allow Travel Manitoba to expand marketing campaigns targeting Canada, the United States and overseas travellers, Cullen said.

Grant recipients include (grant organization and approved amount):

- Arborg and District Multicultural Heritage Village Inc. – \$9,000;
- Asessippi Parkland Tourism – \$3,615;
- Buffalo Point First Nation – \$11,000;
- Churchill Ladies Club – \$10,000;
- City of Selkirk – \$6,000
- Cypress River – Holland Community Development Corporation – \$3,579;
- Fort la Reine Museum – \$10,000;
- Friends of Historic St. Michael's Ukrainian Orthodox Church – \$2,500;
- Gilbert Plains Recreation Commission – \$8,209;
- Gimli Glider Museum Inc. – \$10,000;
- Homes for the Holidays Red River North – \$9,400

- Louis Riel Institute – \$17,449;
- Municipality of Emerson-Franklin – \$10,000;
- Musée St. Joseph Museum Inc. – \$10,000;
- Partnership of the Manitoba Capital Region Inc. (PMCR) – \$25,000;
- Prairie Fruit Growers Association – \$4,000;
- Rural Municipality of Grahamdale Community Development Corporation – \$3,500;
- Rural Municipality of Taché – \$18,900;
- Riding Mountain Biosphere Reserve – \$6,227;
- Riverdale Community Development Corporation – \$8,000;
- Souris and Glenwood Community Development Corporation – \$8,500;
- Spirit Way Inc. – \$8,500;
- Swan Valley RISE – \$17,250;
- Thompson Chamber of Commerce – \$14,625;
- Thompson Zoological Society – \$7,500;
- Tourism North Manitoba – \$15,000;
- Town of Lynn Lake – \$7,500;
- Town of Melita – \$6,000; and
- Vita Community Recreation Centre – \$10,000.

A complete list of grant recipients can be found at www.gov.mb.ca/jec/tourism_sec/tourism_dev_fund.html.

Gimli council finalizes payment for Industrial Park recycling depot

By Patricia Barrett

At its regular meeting on Nov. 9, the majority of Gimli council approved payment for a new recycling and storage building on Anson Street in Gimli Industrial Park.

Cobra Structures Ltd. supplied the building at a cost of \$45,722.06.

"We put it up under budget," said CAO Joann King.

The building has canvas covering its frame and shipping containers at opposite ends.

"The containers are required to support it," said Coun. Danny Luprypa. "It can be used as storage."

The building is 40 x 40 feet and came with a guarantee (either 15 or 17 years).

Coun. Richard Petrowski opposed the payment.

"It's canvas for one thing," he said. "It's not going to last that long. We might not need it if we pick up everybody's recycling right now compared to before when we didn't. Everybody gets recycling pickup, so I thought maybe we should go a year, see how it goes."

Petrowski said a metal building could have been purchased for close to the same price.

"I don't think it was the best deal," he said. "Myself, we bought a solid-steel building four years ago — it was 62 feet by 206 — and that was \$48,000. That will last 60 years or more."

Residents and businesses can drop off recyclables, e-waste and old electronics at the site.

Despite the RM's recycling pickup service, King some businesses will make good use of the facility.

"Some customers do bring their cardboard ... to the site because they have a daily [limit] at their business. For them to keep it on [their] site is not convenient."

Coun. Danny Luprypa said the site also gives residents the option of disposing their recyclables quickly.

"Some people going back to Winnipeg may miss their recycling day..." he said. "And rather than leaving their recycling on the street for three or four days, they have the option now of transporting it on their own."

The site does not accept mattresses or other household furnishings. Those must be dropped off at the Arnes Landfill site. There is no charge to access Arnes.

Other council briefs:

To correct a land title procedural error, council waived capital lot and drainage levies at the request of a property owner looking to subdivide a piece of land into four lots.

"There was a situation that required they subdivide it," said King, referring to land situated between Highway 8 and PR 222 and Glen Bay and Camp Neustadt roads. "There was a procedural error. We can't figure out where it went wrong. Lots were on multiple rolls and on one title."

King said individual members of one family own the lots, but they're together on a single title.

Luprypa suggested the error could have arisen during the completion of the legal paperwork by lawyers.

Coun. Thora Palson said, "It's not uncommon for a title to have more than one roll."

King said the error was affecting the family's land succession planning.

"Because there were four roll numbers, it was mis-



EXPRESS PHOTO BY PATRICIA BARRETT

The RM of Gimli's recycling and storage depot accepts household recyclables and hazardous waste products, such as paint, flammable liquids, pesticides and fluorescent light tubes and bulbs. The site also doubles as a drop-off centre for old computers, non-cellular telephones, photocopiers and other electronic devices.

leading to the family when they were making decisions about how they were going to handle things in the future," said King. "So we're just suggesting that, in this case, there really were four parcels that were being taxed and the municipality could consider ... reduc[ing] the capital lot levies for the subdivision file."

Luprypa confirmed that the lots already existed. "It's really a matter of straightening out titles and roll numbers."

The family that owns the property currently wants to reduce the minimum site area from 80 acres to 71.38 acres for Lot 1 and 39.37 acres for Lot 2.

"There was a proposal for some creation of other lots," said King. "Those were not allowed by Community Planning."

King said the family had attempted to get driveway access onto the highway [from the province], but she's not sure what the current situation is.

Luprypa said, "Because of these strange circumstances, I move that we waive the capital levies."

Palson agreed.

"I think it's also justifiable for the fact that the two roll numbers haven't received any separate tax bills, so they've been paying into the levies ...," she said. "They have been contributing to that extent for however many years."

Council then held a public hearing to consider the family's application to reduce the 80 acres into two lots, which it approved.

One of the family members who attended the hearing expressed his gratitude to council.

"I want to thank you for everything you've done," said the man. "Joann and Danny, they helped us immensely."

In his Public Works report, Luprypa reported that ditching and culvert replacement of existing drains to Lake Winnipeg on Second, Fourth, Sixth, Ninth and Tenth avenues in Sandy Hook were completed.

Sandy Hook resident Alex Dratowany, the only member of the public who attends council meetings on a regular basis, thanked councillors for their efforts.

"Council and Thora Palson need to be commended for the fine job on drainage in Sandy Hook from No. 9 highway east to the lake," said Dratowany. "It looks like it has been done really well and it's a good first start. You've just got to continue on."

Council authorized the following payments and other financial matters: \$53,812.50, including GST, to Tri-Core Projects for the installation of a barrel at the Goldfield Lift Station. Grant money under the Disaster Financial Assistance Program is being used to install the barrel (a big culvert), which is necessary to prevent a cave-in.

\$55,992.11 for payroll and remittances for the period ending Oct. 22.

\$10,912.89 for monthly indemnities and expenses for period ending Oct. 31.

\$243,867.00 for operating expenses.

\$35,064.80 in outstanding property taxes be added to respective accounts.

\$83,857.74 to be added to property taxes for outstanding utility accounts.

\$61,020 (progress payment No. 6) to Western Recreation for construction of the outdoor pool.

\$160,182 to the Minister of Finance for 2016 assessment services.

"That's what the province charges us for people that come around and assess your properties for taxation purposes," said King.

She said the charge depends on the total assessment of the municipality.

Palson added that assessors also provide support services for people with questions about their assessments.

When asked whether \$160,000 is "expensive," King said, "Yes."

Battling phosphorus in wastewater, challenging for municipalities (Part 2)

By Patricia Barrett

Compliance with a provincial government regulation limiting the level of phosphorus in wastewater, which is discharged into Manitoba streams and lakes, is posing a challenge to some municipalities.

In Part 1 of Battling phosphorus (see the Nov. 10 edition of the *Express*), the RM Bifrost-Riverton had expressed concern about the cost of alum, which it had to purchase recently in order to lower the level of phosphorus in its lagoon.

The RM said it was an unexpected purchase after it discovered phosphorus in a new cell (pond) slightly exceeding the new limit of 1 mg/L.

The cost of alum is also top of mind for the RM Hanover, which relies on the chemical to lower phosphorus.

"It's been a large financial burden, actually," said Rob Driedger, manager of engineering and utilities. "This year...for example, a community like New Bothwell, with a population somewhere near...750, we could be looking of upwards of \$30,000."

Hanover, located east of Steinbach, consists of five communities, each with its own lagoon. Treated wastewater is discharged into a channel that empties into the Red River, which makes its way into Lake Winnipeg.

Like Bifrost-Riverton, Hanover can only discharge wastewater between certain months of the year and must meet the new limit in order to do so.

Driedger said the municipality had to meet the 1 mg/L regulation a few years ago when it upgraded some of its lagoons.

"Blumenort is a bigger community with 1,500 [people] and an industry," he said. "We just treated one cell, and we went through 275 bags of chemical.... Just to treat one cell cost about \$7,000."

In addition to expenditures on alum, Hanover has had to purchase a boat to help disperse the alum in its lagoons.

"We had to buy a pontoon boat, and we had to get it rigged up to have

special mixers on board, big tanks," he said. "Then what we do is mix the alum in particle form...with liquid, then we disperse it in amongst the lagoon cells."

Driedger said the "man hours" to treat the lagoons increases overall costs.

A future investment in a boat to disperse alum would set the RM Bifrost-Riverton back even further.

"This whole alum treatment, it's a pretty big resource on our part," said Jason Comeau, manager of public works. "If we had to get an aluminum boat, and put a drum in the boat and a pump, and we had to go spray the lagoon...and come back to shore to fill the drum back up and keep going - it's a lot of resources for small municipalities that aren't used to it."

The new phosphorus limit is now mandatory for the Town of Winnipeg Beach, which recently made improvements to its wastewater system and received a new operating license in June.

"We spent \$2,200 on alum this year," said CAO Kerry Lawless. "Due to the problems with the filtration system, the plant was only run for testing, so not a lot of alum was used."

The fabric in the filter system was not thick enough, and particulate counts were above the required threshold for release. That necessitated the purchase of alum.

Despite the upgrade, Lawless said alum will be "consumed on a regular basis" once the plant is fully operational.

"We will see how much we will use in a year and the cost."

Phosphorus from agricultural runoff and municipal wastewater contributes to harmful algae blooms on Lake Winnipeg. The province is attempting to mitigate their severity through legislation limiting phosphorus levels in household products and in wastewater.

The new 1 mg/L phosphorus limit is not really "new."



MANITOBA CONSERVATION WASTEWATER TREATMENT LAGOONS
Interlake municipalities are spending considerable amounts of money on alum to treat phosphorous levels in their lagoons.

"There's actually communities across the province that have had phosphorus limits through their environment act licenses for many years," said Nicole Armstrong from the department of Sustainable Development. "The RM of Gimli is [a] good example. The City of Winnipeg's west wastewater treatment plant has had a phosphorus limit.... So while this is a new requirement for some communities as of January 1, 2016, it's actually been in place for several communities...."

The RM Gimli has to purchase alum for its wastewater treatment plant, spending \$15,000 to \$18,000 annually, according to Darcy Hjelmeland, manager of public works and utility operations.

Gimli CAO Joann King said that comes at a cost to utility users.

"As we treat more sewage, the cost will increase," she said. "But the cost will be spread over more users."

"More users" are a common occurrence in the summer for municipalities along Lake Winnipeg when seasonal residents return and tourists

flock to the beach.

Armand Bélanger, manager of the East Interlake Conservation District, said "everybody's flushing their toilets" in the summer in tourist towns, and that sometimes leads to emergency dumps into Lake Winnipeg.

"You have [a] lagoon filling up quicker and quicker in the summer. In many tourist communities - I don't want to point fingers or anything - sometimes they've had to do emergency discharges because there's lots of tourists who've filled up the lagoons quickly. And maybe they got lots of rain events and their lagoon was filled to the max and they did an emergency discharge - which they get permission from the province to do - ...and...it wouldn't meet some standards."

Fixing one environmental problem with alum may create another environmental problem down the road: dealing with alum-infused sludge that isn't recyclable.

See Part 3 of Battling Phosphorus in an upcoming edition of the *Express*.

> DRUG ADDICTIONS, FROM PG. 13

about fentanyl.

When it comes to naloxone—a medication that can reverse the effects of an opioid overdose—three-in-four Canadians (75 per cent) support making it available to community workers, and three-in-five (62 per cent) would allow it to be provided without a prescription.

A majority of Canadians would also push for stronger penalties against people who import and traffic drugs (86 per cent) and restrict access to de-

vices involved with drug production, such as pill presses and tableting machines (74 per cent).

Seven-in-ten Canadians (72 per cent) would also like to see a reduction in the number of prescriptions of opioids.

"I believe there should be stiffer sentences for drug dealers, but we also need more counsellors and there should be mandatory rehab for youth," said Veronica Staddon, Gwyn-ever's mother. "We also need to clean

up all the sites to ensure drug dealers are not able to access their customers."

"Our collective mindset around pharmaceuticals also has to change," continues Staddon. "There is an overall belief that we need drugs for everything. In my view, opiates should only be used in hospital situations or for terminally ill people."

"I miss my daughter terribly, and my heart breaks every time I see a story about another person losing their life

to addiction—and I wonder how I can help rescue these people."

The polls results are based on an online study conducted from Sept. 6 to Sept. 8, 2016, among a representative sample of 1,013 Canadian adults. The data has been statistically weighted according to Canadian census figures for age, gender and region. The margin of error—which measures sample variability—is +/- 3.1 percentage points.

sports&recreation

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Swan stellar in Lightning upset win over Yellowhead

By Brian Bowman

There is a lot of parity in the Manitoba AAA Midget Hockey League this season.

The Interlake Lightning proved that on Sunday.

Interlake snapped a five-game losing streak with an impressive 3-2 shootout victory over the second-place Yellowhead Chiefs.

Jack Einarson and Corbin Mariash scored for the Interlake in the shootout. Mackenzie Belinski scored Yellowhead's lone shootout goal in five opportunities.

In regulation time, the Chiefs took an early 1-0 lead as Josh Belcher scored 47 seconds into the game. But Codey Behun quickly tied the score just over three minutes later.

After a scoreless second period, Interlake took its first lead of the game as Keenan McPherson tallied 11 seconds into the third.

That lead did not last long, though, as Yellowhead's Benoit Mowbray tied the score at 2:43 of the period.

Adam Swan was a very busy man

in goal, stopping 59 of the 61 shots he faced for the well-deserved win.

Interlake began the weekend with a hard-fought 2-1 home loss Friday to the surging Eastman Selects.

Devon Welmer gave the Selects a 1-0 lead at 11:56 of the opening period and the score stayed that way until 9:04 of the third when Liam Grossman made it 2-0.

Interlake cut that deficit in half just over two minutes later, though, as James Maxwell scored his third goal of the season. Evan Palmer and Foster Bytheway assisted on the goal.

Interlake was 0-for-4 with the man advantage while Eastman was 0-for-6. The Selects outshot the Lightning 44-22 as Swan made 42 saves in the loss.

The Lightning battled the Winnipeg Thrashers last night at Gateway Arena but no score was available at press time.

Interlake will now play the first two of four straight home games this weekend. Brandon will visit Teulon on Saturday (7:30 p.m.) and then Parkland will be here Sunday (2 p.m.).



EXPRESS PHOTO BY MOLLIE MEIER

Lightning goaltender Adam Swan was named the Manitoba 'AAA' Midget Hockey League CCM Player of the Week. In two weekend games, Swan lead the Lightning to a 1-1 record.

Interlake Bantam action



EXPRESS PHOTO BY LANA MEIER

Fairford goaltender Kaden Sigfusson was very good in his team's 3-2 win over Stonewall Saturday evening. The Fairford Bantam team sits in first place with a 4-1 record and has outscored its opponents with 34-11.

Manitoba Hockey Standings

MANITOBA JUNIOR							Eastman							16	9	7	0	18	57	40														
HOCKEY LEAGUE							GP	W	L	OTL	PTS	GF	GA	Pembina Valley							16	9	7	0	18	58	47							
Steinbach Pistons							20	17	2	1	35	84	33	Southwest							15	8	7	0	16	54	59							
OCN Blizzard							21	15	3	3	33	71	48	Parkland							17	6	11	0	12	52	82							
Winkler Flyers							22	15	7	0	30	81	54	Kenora							16	4	9	0	11	42	75							
Portage Terriers							19	14	5	0	28	87	65	Interlake							14	3	9	0	8	35	68							
Virden Oil Capitals							22	12	6	4	28	62	60	Norman							18	3	14	0	7	46	110							
Selkirk Steelers							21	13	7	1	27	75	62	AAA CITY MIDGET																				
Winnipeg Blues							22	9	11	2	20	76	74	HOCKEY LEAGUE							GP	W	L	OTL	PTS	GF	GA							
Swan Valley Stampeters							18	6	10	2	14	52	69	Winnipeg Monarchs - CM							12	12	0	0	24	66	26							
Neepawa Natives							20	6	14	0	12	47	79	Winnipeg Hawks - CM							12	6	3	2	15	49	36							
Dauphin Kings							20	3	15	2	8	43	82	Winnipeg Sharks - CM							9	6	3	0	12	42	32							
Waywayseecappo														Winnipeg Warriors - CM							11	5	4	1	12	48	38							
Wolverines							21	3	17	1	7	55	107	Eastman Selects - CM							10	1	7	1	4	25	50							
														Interlake Lightning - CM							12	1	11	0	2	27	75							
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							11	7	4	0	14	73	62	Winnipeg Monarchs - B1							11	11	0	0	22	80	12							
Arborg Ice Dawgs							9	5	4	0	10	45	34	Winnipeg Warriors - B1							12	7	4	0	15	52	39							
Fisher River Hawks							8	2	6	0	4	45	62	Winnipeg Hawks - B1							11	6	3	1	14	78	31							
South Division							GP	W	L	OTL	PTS	GF	GA	Eastman Selects - B1							9	6	3	0	12	42	31							
Selkirk Fishermen							11	8	3	0	16	63	19	Winnipeg Sharks - B1							12	3	7	1	8	26	47							
St. Malo Warriors							10	7	2	1	15	62	47	Interlake Lightning - B1							10	0	9	1	1	26	81							
North Winnipeg Satellites							11	4	6	1	9	45	50	MANITOBA FEMALE MIDGET AAA																				
Lundar Falcons							10	4	6	0	8	43	46	HOCKEY LEAGUE							GP	W	L	T	OTW	OTL	Pts							
North Division							GP	W	L	OTL	PTS	GF	GA	Winnipeg Avros							11	7	2	-	2	-	18							
OCN Storm							9	7	2	0	14	82	53	Westman Wildcats							9	7	1	-	-	1	15							
Cross Lake Islanders							10	4	5	1	9	52	47	PV Hawks							9	6	2	-	1	-	14							
Norway House North Stars							7	0	7	0	0	11	101	Yellowhead Chiefs							10	6	4	-	-	-	12							
AAA MIDGET														Eastman Selects														9	4	3	-	-	2	10
HOCKEY LEAGUE							GP	W	L	OTL	PTS	GF	GA	Central Plains							8	2	4	-	-	2	6							
Wild							17	14	1	0	30	81	28	Norman Wild							12	1	10	-	1	-	4							
Yellowhead							17	11	3	1	25	72	50	Interlake Lightning							8	-	7	-	1	-	2							
Central Plains							17	11	5	1	23	73	54	STATS AS OF TUESDAY, NOVEMBER 15																				
Brandon							15	9	4	1	20	62	45																					
Thrashers							16	9	5	1	20	66	40																					

sports & recreation

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Dola runner up for MJHL Player of the Week award



EXPRESS PHOTO BY BRETT MITCHELL
Hayden Dola backstopped the Steelers to a pair of wins last week and was one of two runners-up for the MJHL player of the week award.

Staff

Selkirk Steelers' goaltender Hayden Dola was one of two runners up for this week's Recycle Everywhere MJHL Player of the Week award.

Dola, a Winnipeg Beach product, backstopped the Steelers to a pair of key victories last week while allowing just two goals.

For the season, Dola is 7-6 with a 2.62 goals-against average and .921 save percentage. He has also posted two shutouts.

Virden forward Tyler Kirkup was named the MJHL player of the week after recording five points (two goals, three assists) in three games for the Oil Capitals. Kirkup currently leads his club in points with 24.

The other runner up for the player of the week award was Swan Valley forward Cody Ellington.

Manitoba places seventh at U18 women's hockey nationals

Staff

Team Manitoba placed seventh at the 2016 National Women's Under-18 Hockey Championship in Regina last weekend.

Manitoba, whose roster featured Interlake players Olivia Cvar, Kerigan Dowhy and Brooke Anderson, finished the tournament with a 6-1 win over Team Atlantic last Saturday. On Friday afternoon, Manitoba edged Quebec 3-2 in a shootout.

Anderson had an assist in Manitoba's opening-game 3-2 loss to B.C. while Cvar did not register a point during the tournament.

Manitoba started the nationals with an 0-2 record after Alberta nipped them 2-1.

Dowhy, meanwhile, allowed four goals on 41 shots in two games played. She posted a solid 1.94 goals-against average and .902 save percentage.

Manitoba will not play in another major event this season, meaning players will now complete their seasons with their respective teams.

Ontario Red won the gold medal at this year's nationals, defeating Quebec 4-1. The bronze-medal game saw B.C. beat Ontario Blue 5-3.



EXPRESS PHOTO SUBMITTED

Team Manitoba's Kerigan Dowhy, left, and Olivia Cvar played in the 2016 National Women's Under-18 Hockey Championship in Regina last weekend.

Juniors lose pair of weekend games

By Brian Bowman

Peguis' home game against Selkirk on Sunday was a battle between the two Keystone Junior Hockey League finalists from a year ago.

While Peguis was crowned league champions last season, Selkirk won the latest battle between the two elite clubs with a 4-0 victory.

Harley Hoydalo and Coel Forsyth scored first-period goals for Selkirk and then Milan Horanski netted a pair just nine seconds apart late in the second. Horanski leads Selkirk in points (16) along with Auzzie Loewen.

Riley Bannerman was perfect in goal for Selkirk, stopping 33 shots.

On Saturday, Peguis was outgunned

9-5 by the St. Malo Warriors in a game that featured 109 shots.

Devon Garson led Peguis with a hat trick while Theoren Spence had a goal and two assists. Tyler Woodhouse chipped in with a goal and an assist.

The Juniors (7-4) had this past week off and won't play again until Sunday when they host the Arborg Ice Dawgs. Game time is 4 p.m.

Meanwhile, the Fisher River Hawks were doubled 6-3 by Arborg on Sunday. Arnold Mason, Brennan Cochrane and Nicolas Murdock scored for the Hawks.

Jarrod Smith made 50 saves for Fisher River.

Last Friday, Fisher River was de-

feated 5-1 at home by the Cross Lake Islanders.

The Hawks' Dylan Bird-Wilson scored a power-play goal in the first period but it was all Cross Lake after that.

Tyler Monias and Tie Braun scored in the second period and then Trey-mon Trout (on the power play), Vince Scott, and Monias tallied in the third.

Nolan Favel made 42 saves for Fisher River.

Fisher River (2-6) will have a pair of road games this weekend. The Hawks will be in Cross Lake on Saturday (7:30 p.m.) and Norway House Sunday (1:30 p.m.).

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Ice Dawgs riding three-game win streak

By Brian Bowman

The Arborg Ice Dawgs extended their Keystone Junior Hockey League winning streak to three games on Sunday.

Arborg doubled the Fisher River Hawks 6-3 as Colton Davies led the Ice Dawgs with two goals and two assists.

Derric Gulay, Corbin Pasternak, Spencer Kilbrei and Clint Torfason also scored for Arborg.

Arnold Mason, Brennan Cochrane, and Nicolas Murdock replied for Fisher River. Darryl Thaddeus had three assists while Jordan Liske made 30 saves for the win.

On Nov. 8, the Ice Dawgs nipped North Winnipeg 4-3 in overtime.

Gulay scored the game winner in OT.

Davies gave Arborg a 2-0 lead with a pair of goals before the Satelites' Derek Ramage and Torfason traded markers before the second period ended.

Trailing 3-1 in the third, North Winnipeg's Howard Grieves potted a power-play goal and then the Satelites' Braden Zamrykut tallied a



The Ice Dawgs' Spencer Kilbrei (19) and the Hawks' Johnny Beaulieu face off.



Colton Davies led Arborg with two goals and two assists during the Ice Dawgs' 6-3 win Sunday afternoon.

EXPRESS PHOTOS BY MOLLIE MEIER

shorthanded marker with 9:46 left in the third.

Arborg was 0-for-7 on the power play while North Winnipeg was 2-for-

6. Liske made 39 saves for the win.

Arborg, now 5-4, will hit the road for a pair of games this weekend. The Ice Dawgs will visit the OCN Storm on

Saturday (7:30 p.m.) and the Peguis Juniors Sunday (4 p.m.).

Manitoba opens with 2-1 record at mixed curling nationals

Staff

Manitoba posted a 2-1 record after four draws at the 2017 Canadian Mixed Curling Championship in Yarmouth, N.S.

Manitoba, which includes Braden Calvert, Gimli's Kerri and Kyle Einarson, and Jennifer Clark-Rouire, had a great start Tuesday morning, thrashing Nunavut 13-2.

The winners scored early and often in this one, scoring three times in the first end and then added two more in each of the third, fourth, and sixth ends. Manitoba also scored four in the fifth.

After getting a bye in the first draw, Manitoba opened the nationals with a convincing 10-3 win over the Northwest Territories on Monday afternoon. Later that day, Manitoba was defeated 5-2 by Quebec.

Manitoba played B.C. later Tuesday afternoon but no score was available at press time.

The gold-medal and bronze-medal games will be played this Saturday.



Braden Calvert



Kerri Einarson



Kyle Einarson



Jennifer Clark-Rouire

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Arborg awesome in volleyball

By Brian Bowman

The Arborg Collegiate Athletics have been playing some great volleyball at the right time.

Arborg recently won three of four Zone 5 volleyball banners, culminating with the junior varsity boys turning the trick with an impressive 2-0 sweep over the Warren Collegiate Wildcats in Gimli on Nov. 9.

Arborg won the match by scores of 25-17 and 25-22 and now advance to the provincials, which will take place Nov. 24-26 in Hamiota.

"The (junior varsity) boys went into the final determined to play the best they could," said Athletics' coach Barb Ashby, who also coaches Arborg's varsity girls' volleyball team.

"Through the season, we have battled nerves in important games and knew we had to harness the adrenaline and use it to help us win the game."

To reach the final, Arborg slipped past Gimli 2-1 in comeback fashion by scores of 14-25, 25-8 and 15-8.

"Our goal going into the playoff day was to be in the finals," Ashby said. "Losing the first game in the semifinal was a setback (but) the boys know that every game starts with a score of 0-0, and every game is a new start."

"They put the first game behind them, collected themselves, and pulled off the next two games. It was a very exciting semifinal."

The Zone 5 championship win was a total team effort, said Ashby.

"Our team is big on teamwork," she stressed. "They really started to come together in this zone championship, focusing on one point at a time. They recognize that without making your serve, there is no point, without the pass, there is no set, without the set, there is no hit."

"It takes the whole team to win games."

In pool play, Arborg was a perfect 6-0 in sets. That was ahead of Riverton (4-2), Lundar (2-4) and Charles Sinclair (0-6).

In the other pool, Warren was first overall with a 6-0 mark, followed by Gimli (5-1), Ashern (4-4), Teulon (3-5) and Fisher Branch (0-8).

Ashby has seen her team improve immensely over the course of the season.

"They have dedicated a lot of time," she said. "From the beginning of the volleyball season, most of the boys (and girls), have been in the gym every morning at eight and every lunch hour, working on their volleyball skills."

"This is on top of their practices, games and tournaments throughout the season."

Ashby said the play by all teams at the zone championship was very good.

"I was impressed with all the teams during the playoff day," she said. "(It was) nice to see some good junior varsity boys' volleyball in our zone. Good job to all the teams and their coaches."

Meanwhile, in Zone 5 junior varsity girls' action, Warren won the banner with a 2-0 (25-13, 25-4) win over Gimli. Gimli reached the final after beating Arborg 2-1 (25-23, 22-25, 15-8) in a semifinal matchup.

In round-robin play, Gimli and Warren led their respective pools with 7-1 records.

Meanwhile, in Zone 5 "A" varsity girls' play back on Nov. 3, Arborg defeated Riverton 2-1 (10-25, 25-15, 25-12) in the championship game on their home floor.

The varsity boys' final saw Arborg defeat Fisher Branch 2-0 by scores of 25-21 and 25-16.

Both Arborg varsity teams have advanced to regional playoffs this Saturday.

Falcons' win streak snapped

By Brian Bowman

The bad thing about winning streaks is that they don't last forever.

The Lundar Falcons found that out the hard way as their three-game winning streak was snapped after a 7-4 home loss to the Cross Lake Islanders on Saturday evening.

Cross Lake trailed 4-3 early in the third period but scored four unanswered goals (two going into an empty net) in the comeback win. Brandon Worthing, Dennon Sichewski, Taylor Radley and Trent Laycock scored for Lundar. Landen Gray finished the game with three assists.

Clinton Armstrong (two), Vince Scott

(two), Tie Braun, Quinton Scatch and Treymian Trout replied for Cross Lake.

Last Friday, Lundar had a great effort in a solid 3-0 shutout win over the North Winnipeg Satelites. Gray scored twice for Lundar while Braydon Weatherburn made 40 saves for the well-earned shutout.

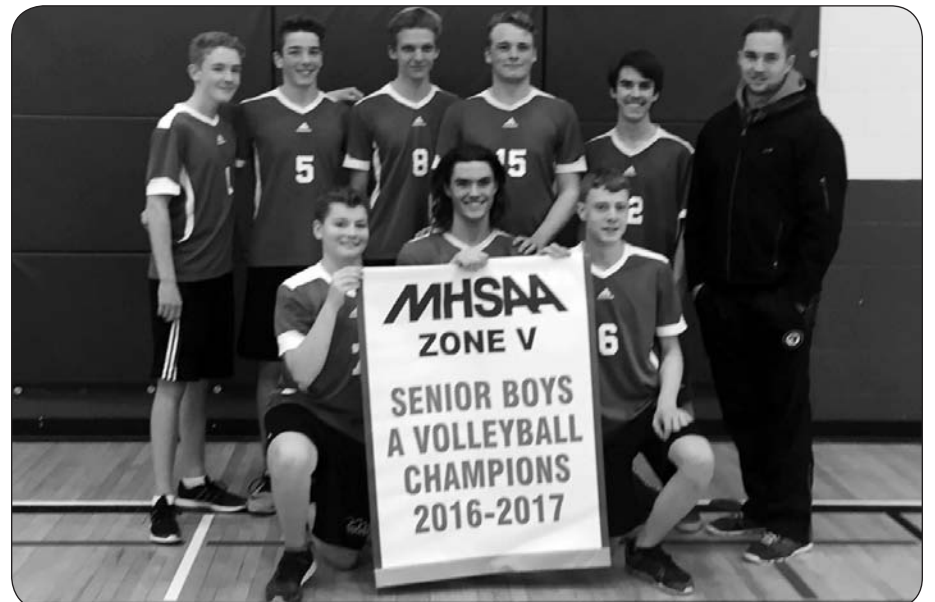
Craig Weiss added a first-period goal for Lundar. The Falcons outshot the Satelites 43-29.

Lundar (4-6) hosted St. Malo (7-2-0-1) last night but no score was available. The Falcons will then host the South Division-leading Selkirk Fishermen (8-3) this Friday. Puck drop is 8 p.m.



EXPRESS PHOTOS SUBMITTED BY JOANNE JOHNSON

Arborg won the MHSA Zone 5 junior boys volleyball banner. Pictured back row, left to right: Coach Barb Ashby, Josh Hiebert, Jared Sweetland; middle row: Noah Johnson, Tim Johnson, Hayden Gudmundson, Brandon Prus-Olson, Chris Stogrin; front row: Nolan Paulson, Jasper Leochko, Connor Yarema and Liwel Delos Trinos.



Arborg defeated Fisher Branch 2-0 to win the senior boys 'A' volleyball banner. Pictured back row, left to right: Nolan Paulson, Connor Yarema, Eric Doerksen, Nathan Harding, Kristjan Gudmundson, Coach Scott Stadnek; front row: Braeden Floyd, Logan Sigvaldason and Ethan Chwaliboga.



Arborg won the senior girls 'A' volleyball banner after defeating Riverton 2-1. Pictured, Jessica Monkman, Eva Jensen, Madison Sumka, Dayna Pull, Kaitlin Nichol, Ashley Ditchfield, Shelby Johnson, Morgan Melnychuk, Hailey Palsson, Sarah Jensen and Coach Barb Ashby. Missing from the photo is Jamie Johnson.

get inspired

> MEAL IDEAS

Roast Chicken 4 Ways



2 whole chickens, about 3 lb/1.5 kg each

2 small onions, halved
1 small lemon, halved
10 sprigs of fresh thyme
2 tsp (10 mL) canola oil
1/2 tsp (2 mL) fresh ground pepper

Directions
Preheat oven to 400° F (200° C).
Place onion and lemon half in each of the chicken cavities along with 4 of the thyme sprigs. Place on rack in roasting pan. Drizzle with oil and sprinkle with pepper and remaining 2 sprigs of thyme.

Roast in oven for 1 hour. Cover lightly with foil and continue roasting for about 20 minutes or until thermometer inserted in thigh reaches 170° F (80° C). Set aside to

rest.

Enjoy the chicken alongside your favourite side dishes. Then remove skin and bones from remaining meat and refrigerate. Use leftover meat (about 4 cups or 1 L from one chicken) in these packable lunches:

Chicken and vegetable soup: Add 2 cups (500 mL) chopped cooked chicken and 2 cups (500 mL) frozen diced vegetables to 4 cups (1 L) no salt added chicken broth and heat through before packing in a thermos.

Chicken wrap: Stir together 3/4 cup (175 mL) chopped cooked chicken with 2 tbsp (25 mL) hummus and spread over large whole wheat tortilla. Top with lettuce and roll up.

Chicken quesadillas: Divide 2 cups (500 mL) of chopped cooked chicken among 4 small whole wheat tortillas. Chop 1 red pepper and 2 green onions and divide over top of chicken. Sprinkle each with 2 tbsp (25 mL) crumbled goat cheese or grated light cheddar cheese. Fold in half and brown both sides in nonstick skillet or grill pan.

Pecan-Crusted Chicken Tenders



1/2 cup pecans
1/3 cup whole-wheat flour
2 teaspoons paprika
2 teaspoons dry mustard
2 teaspoons garlic powder
1 teaspoon onion powder
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper
1 tablespoon expeller-pressed canola oil

1/2 cup panko bread crumbs
1 large egg
1 pound chicken tenders, larger pieces cut in half lengthwise

Preheat the oven to 475 F and line a sheet pan with parchment paper. Whir pecans, flour, paprika, dry mustard, garlic and onion powder, salt, and pepper in a food processor until pecans are ground to a powder, about 30 seconds. Drizzle in the oil with the motor running, blending completely. Transfer mixture to a shallow dish and stir in the panko bread crumbs.

Beat the egg in a second shallow dish and add the chicken tenders, coating them completely. Transfer each tender to the breading, turning to coat evenly. Arrange the chicken on the prepared pan. Bake until golden brown and nearly firm, about 8 minutes.

Note: Chicken tenders come from the undersides of chicken breasts and are naturally portioned into strips, saving you time in cutting them. If you don't have chicken tenders, substitute chicken breasts cut into 4- x 1-inch strips.

Caring for Aging Parents Brings Up Many Complex Issues



"ELDER CARE IS A LOT EASIER IF YOU TALK TO YOUR PARENTS EARLY ON, PLAN WAY AHEAD, AND GET HELP FROM A BIG AND GROWING NETWORK OF RESOURCES."
~BRIAN O'REILLY

The question of care for aging parents brings up many complex issues. Some families are very close, loving and financially secure, which certainly makes things easier. The children want to take care of their parents and have the resources to do it. No one should feel guilty if they do not fall into that category, nor should they be judged. Many adult children were not loved and supported by their parents, and do not feel close to them. When, at forty or fifty years old they are faced with the prospect of possibly years of caring for a parent, they become overwhelmed. They should be able to make some guilt free choices.

Sometimes one sibling either chooses or is left with the full responsibility. Naturally that individual needs support. It seems fair enough to expect that the siblings could sit down and discuss the issue, and determine what resources exist among them. Those who cannot or prefer not to spend time, may be able to make a financial contribution to free up the caregiver. Each one should be allowed to freely

state what he/she is willing and able to contribute.

If an adult child does not feel physically or emotionally up to providing direct care for a parent, this should be honored. Seniors' homes and nursing homes are not always what the parent might want, but it might in some cases be best all around. There is a lot to be said for the elderly maintaining contact with their peer group. As much independence as possible for as long as possible is ideal for both the parent and the adult child.

Often it is the daughter who ends up taking responsibility for the parents. The need for care comes when her own children may be challenging, and she may be going through menopause. This is an incredibly heavy load. It is a time for everyone to put their heads together and decide what would be healthiest for all.

While caring for a parent can be a beautiful and healing experience, it should not be forced upon anyone. As parents, we should really give thought to these issues, and discuss them with our children long before we become unable to care for ourselves. We need to plan for our own care. It is not fair to expect or assume that our children will take care of us. That is a heavy burden to lay on them.

Most people now give thought to retirement planning from a financial perspective. That planning needs to be expanded to include future care, and yes, the many details connected with our inevitable death. Hard as it might be to face these issues, the end result is greater peace of mind for all.

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

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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.

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NOTICE TO CREDITORS

In the matter of the Estate of Johanna Waldina Walld (Josie) late of Camp Morton/ Winnipeg, deceased. All claims against the above estate, supported by Statutory Declaration, must be sent to the attention of Wilfred Pitz, Executor, 5812 Ranrock Avenue, Winnipeg, Manitoba, R3R 2A4 on or before the 21st day of December, 2016. Dated at Winnipeg, Manitoba the 10th day of November, 2016.

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RURAL MUNICIPALITY OF GIMLI PUBLIC NOTICE



TAKE NOTICE that the Regular Meeting of the Council of the Rural Municipality of Gimli scheduled for Wednesday, November 23 has been re-scheduled to Thursday November 24, 2016, commencing at 6:30 p.m. in the Council Chambers located at 62-2nd Avenue, Gimli;

AND THAT the Regular Meeting scheduled for Wednesday, December 28, 2016 has been cancelled.

Dated at Gimli Manitoba, this 8th day of November, 2016

Joann King, CMMA
Chief Administrative Officer
Rural Municipality of Gimli

RURAL MUNICIPALITY OF GIMLI PUBLIC NOTICE



PLEASE TAKE NOTICE that Council of the Rural Municipality of Gimli is considering relocating the T-33 Jet that was previously located on 1st Avenue until it was damaged and removed this past summer.

After reviewing several site options, the preferred location is in the Vesturland Park, just north of Solvin Road and west of the rail bed / PTH 9. Relocating the Jet is a logical solution, given that the area on 1st Avenue has become very congested, making it difficult to access and fully enjoy the historical landmark. The Municipality also wants to protect the monument from further damage by various types of traffic / large equipment that use the route.

The plan to relocate the Jet to Vesturland Park includes development of walking trails, picnic and seating areas and an aeronautical themed playground. It also provides a great space that can be expanded to include more pieces featuring Gimli's rich aviation history. The location remains in the heart of Gimli and is visible from the area where the training jet famously crashed in 1969, into the North American Lumber store, which was located at the south-east corner of Centre Street and PTH 9.

If you have any comments on the proposal, please contact the Municipal Office in-person at 62-2nd Avenue, by phone (204) 642-6650, or by email gimli@rmgimli.com.

Dated at Gimli Manitoba, this 10th day of November, 2016

Randy Woroniuk
Mayor
Rural Municipality of Gimli

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500-600	170-200	500-600	140-160.5
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5				7			6	
		1	9	5		2		
	4							
		3			6		1	
		5	1		2		7	
7				5				
8	6			7	1			
				4			2	
	2							

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!

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

Sudoku Answer

B	V	T	B	T	E	O	V	T	A	T	D	I
M	E	R	O	N	I	M	V	N	V	E	T	
V	R	N	B	S	I	R	O	D	N	V	E	G
I	B	B	I	G	H	I	D	E	N	U		
P	T	S	T	F	E	V	T	T	L	T	E	
R	E	T	S	T	U	A	R	P	O	T	V	T
V	T	R	O	V	R	V	T	S	V	I	T	V
H	O	V	R	B	E	R	O	C	E	S	R	V
T	O	T	V	O	G	D	V	R	S	T	S	S
E	G	V	S	N	O	M	S	V	N	T	U	
O	I	P	A	S	E	R	V	T	E	R	I	T
B	B	E	K	E	M	R	O	R	H	O	U	
O	T	N	U	T	E	C	R	E	T	C	A	

Crossword Answer



CROSSWORD

CLUES ACROSS

1. Sensitivity
5. Greek island
10. Up to the time of
14. Wife
15. Composer Ned
16. Edging to street path (Brit.)
17. Lose energy
18. Biblical parable
19. Celery (Spanish)
20. Arm bones
22. Japanese family emblem
23. Customary practice
24. Acceptance
27. Very fast aircraft (abbr.)
30. Cool
31. Indian state
32. Young boy or girl
35. Astronomy unit
37. Confederate soldier
38. Famed German composer
39. Alternate name
40. Used to pave driveways
41. Artery
42. Type of powder
43. Inquire too closely
44. Northern Ireland
45. Connects two points at right angles
46. Hot drink
47. A newt
48. Engine additive
49. Wealthy Connecticut town
52. Not invited or requested
55. Embrace
56. Spiritual leader
60. Wild or sweet cherry
61. ___ Day, actress
63. Daughter of Ion
64. Recline
65. Type of acid
66. City in Utah
67. Lazily
68. Music term
69. Divulge a secret

CLUES DOWN

1. Very short skirt worn by

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21		22				23				
			24		25				26					
27	28	29		30				31			32	33	34	
35			36			37				38				
39					40				41					
42				43				44						
45				46				47			48			
			49				50				51			
52	53	54				55				56		57	58	59
60					61				62		63			
64					65						66			
67					68						69			

- ballerinas
2. Angle between leaf stalk and stem
3. Popular in Nebraska
4. Dessert
5. Cognitive retention therapy
6. Wandered
7. Mistake
8. Adolescent
9. Medical term
10. Russian tsar's edict
11. Type genus of the Nepidae
12. High school math class
13. Double-reed instrument
21. Painful places on the body
23. Fiddler crabs
25. Resinous substance
26. Person of wealth (Brit.)
27. Series
28. North American plant
29. Warble
32. Pastries
33. Group of eight
34. Twyla ___, dancer
36. Pouch
37. Singer Charles
38. Cattle genus
40. Eye infection
41. Where couples go to marry
43. Long bench with backs
44. Unrestricted free agent
46. ___ Talks
47. Causal agent
49. Nincompoop
50. Relating to the aura
51. Person of conspicuous wealth
52. Type of mottled fruit
53. Essential
54. Fertility god
57. Folk singer Ives
58. La ___ Tar Pits, Hollywood
59. Foot
61. Digital audiotape
62. Drunk



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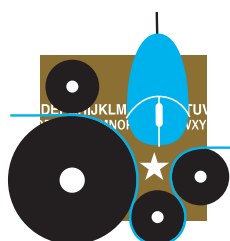
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BLACK FRIDAY SALE
MSRP \$32,589
\$27,995

**PLUS: WINTER TIRES
OR \$800 CASH ALT**

2016 Focus "SE"



BLACK FRIDAY SALE
MSRP \$22,899
\$18,995

**PLUS: WINTER TIRES
OR \$800 CASH ALT**

2017 Fusion SE



BLACK FRIDAY SALE
MSRP \$27,478
\$23,495

**PLUS: WINTER TIRES
OR \$800 CASH ALT**

2016 F150 Supercab XLT 4x4



BLACK FRIDAY SALE
MSRP \$45,899
\$34,453

**PLUS: WINTER TIRES
OR \$1250 CASH ALT**

2016 F150 Super Crew XLT 4x4



BLACK FRIDAY SALE
MSRP \$45,449
\$34,495

**PLUS: WINTER TIRES
OR \$1250 CASH ALT**



16 7th Ave, Gimli, MB R0G1B0 Sales - 855-963-1818

Prices are plus all applicable taxes. Cash ALT comes off after taxes OAC. See dealer for details.

Dealer #5358