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Home is where the heart is



EXPRESS PHOTO BY PATRICIA BARRETT

New homeowner Stacey Fitzgerald with the key to her new Habitat home on Fifth Avenue in Gimli. Fitzgerald and her children received the key to their new three-bedroom home last Saturday.

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

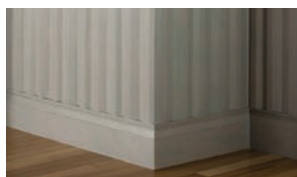
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The power of community amazes during Habitat for Humanity home dedication

By Patricia Barrett

In an awe-inspiring show of community support, members of Gimli's Habitat for Humanity, service club members, tradespeople, businesses and individuals came together last Saturday to welcome a family to their new home in the South Beach neighbourhood.

Single mom Stacey Fitzgerald, along with her children Brad and Hailey, received the keys to her three-bedroom home, which Habitat for Humanity volunteers started building in July after two years of fundraising.

"I cannot forget the many volunteers from Day 1 who helped in countless ways ... offering their time and encouragement and guidance," said Fitzgerald, who works for a local insurance company. "We could not have done it without you. Today I call this home, not the Habitat house. Thank you for being there and sharing this part of my journey with me."

About 50 people toured the home on Fifth Avenue and observed the dedication ceremony.

Nic Munday from Noventis Credit Union recited a number of prayers and spoke about the community's involvement and the family's unwavering commitment.

"You are a light, Stacey," said Munday. "Through this whole thing, you have never, ever ... not been positive. ... Now that you have this place, my prayer for you and your family is that you will continue to be a light to others in the community and pay this forward in many ... ways."

Habitat for Humanity is composed of volunteers who build homes for families. According to the organization's website, more than 1.5 million Canadian families are in need of affordable housing.

Habitat fundraises to offer prospective homeowners interest-free mortgages with no down payment. Families are required to contribute significant time and labour to help build their home.

The Fitzgerald family and their friends put in about 500 hours of community service, helping deliver 7,000 MTS directories in the region.

"Stacey basically spent her entire life working hard, being disciplined, being positive and never ... catching a break," said Marty Friesen, chair of the family selection committee, before handing over the keys to Fitzgerald. "And because ... of all the effort you put in ... the decision was so easy for our committee."

Criteria for a Habitat home include having a family, a good record of employment with earnings between \$27,000 and \$45,000, and no history of previous homeownership, said Dan



New homeowner Stacey Fitzgerald and Noventis Credit Union's Nic Munday.



Stacey gets a hug from Dan McElvey, Gimli Habitat co-ordinator. EXPRESS PHOTOS BY PATRICIA BARRETT



The Fitzgerald family's Habitat for Humanity home in Gimli's South Beach neighbourhood.



Devan, left, Hailey, middle, and Keara in Hailey's new bedroom.

McElvey, co-ordinator of the Gimli HFH group. An independent selection committee (non-Habitat members) determined Fitzgerald's eligibility.

The home has been assessed at \$206,000, said McElvey, and Fitzgerald will pay about \$800 a month towards her mortgage. If the mortgage is not paid off after 15 years, she may have to re-finance with a lending institution.

McElvey said the municipality donated the land (a former park) on which the home was built. It was subdivided into two lots with a small area reserved for the park.

Gimli Mayor Randy Woroniuk said council was happy to do what it could to help residents obtain affordable housing.

"We gave them enough land to build two homes," said Woroniuk, who had a scheduling conflict and regrets not being able to attend the dedication.

"There is a need for affordable housing, and if there is more availability of Habitat homes, it would take the pressure off."

The mayor said he was shocked when he heard from Evergreen Basic Needs recently about the numbers of people struggling to get by — older and younger people.

"It's tough for these young people to get into a house that's \$250,000 to

\$300,000."

The services clubs — Kiwanis, Rotary, Kinettes and Kinsmen — played a role in the formation of the Gimli HFH group, as well as in pre-build fundraising activities and construction.

Gord Anderson, Kiwanis president, said the club helped the family with directory deliveries and gave them \$2,500 towards the cost of their home.

Kiwanis member Norm Black was the safety co-ordinator for the construction, supervising all the volunteer builders.

"I had to make sure they had hard hats," said Black. "If there was somebody new coming on, I had to make sure they had the [required] skills ... and make sure all the equipment was working properly."

That didn't include nail guns, much to the dismay of Gimli MLA Jeff Wharton, who spoke at the dedication ceremony.

"Stacey and I shared a hammer one Saturday morning," said Wharton, who thanked all the volunteers. "And we were banging walls in the back here."

Former Gimli High School teacher Anders Kuusselka and his students took part in the fundraising efforts.

"Band Together — this was the project Anders was involved with," said Habitat chair John Bucklaschuk.

"They had a concert at the Pavilion about two years ago and they raised close to \$2,000."

Kuusselka, who mentors young musicians, also had Gen Connection put on a concert, raising an additional \$500 for the family.

Gimli High School student Cameron Lozinski, who makes and sells toques, donated \$2 from the proceeds of every toque he sold.

Fitzgerald was given a number of house-warming gifts, including a quilt. Local couple Ray and Doris Costello were singled out for donating a new shower stall, vanity and toilet for the downstairs bathroom.

A number of donors were thanked for monetary contributions, and tradespeople were thanked for offering materials and services at a discount or in kind. Dmitri from Pro Roof Builders shingled the house for free.

Gimli Habitat plans to build its second home on the lot next to the Fitzgeralds'.

The group welcomes donations. It will be holding a fundraising raffle that has a number of prizes, including \$1,000 from optometrist Dr. Ross Moore and \$500 from Super A foods. Tickets can be purchased at Sobey's and the liquor store. For more information about Habitat, the raffle or donations, contact Gimli HFH chair John Bucklaschuk 204-642-7269.

Fisher Branch and Arborg to become a shopper's delight

By Patricia Barrett

It's that time of the year again when merchandise sale madness overtakes Interlake towns in preparation for the Christmas holiday.

Businesses in Fisher Branch and Arborg are holding sales this Friday (Nov. 25), along with parades and other family-oriented activities to celebrate the coming season.

Members of the Fisher Branch & District Chamber of Commerce are helping organize a whopper of a sale day and an evening of family fun to mark the town's Moonlight Madness event.

Lori Smith from Smith's AutoTech (automotive repair) is heavily involved in the preparations.

"There are in-store specials everywhere," said Smith, who is secretary of the Chamber of Commerce. "And we have a shopping spree contest available."

There are five \$100 prizes to be had. Shoppers will find codes at participating businesses and can enter the contest by dropping off the code information at the One Stop Food and Gas, by sending a picture of themselves and the coupon code to fisherchamber@gmail.com or to the Fisher Branch Community Events Facebook page.

Businesses taking part include Stacey's Blossom & Boutique, S & L Clothing, Fisher Repair, Smith's AutoTech, Minh's Restaurant, The Interlake Café, One Stop, Noventis Credit Union, Mr. Greenbucks and the Ukrainian Farm-



EXPRESS FILE PHOTO

Holiday parades will get underway in both Arborg and Fisher Branch on Friday, Nov. 25 at 7 p.m.

ers Co-op. The Fisher Branch Health Centre is also participating.

"All of these locations will have the coupon code to enter to win that cash," said Smith.

In addition to its in-store specials, Co-op is offering door prizes such as a laptop computer and a mountain bike, and Stacey's is offering 10 per cent off all clothing.

There will also be a baking and craft sale.

"At the Fisher Tax Building in town, there's the Women's Institute bake sale and some other vendors selling items, [such as] crafts, purses and

Continued on page 4

Countryside Home building centre

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Alf Cuthbert students recognized for writing excellence

By Jeff Ward

Fourteen Alf Cuthbert Grade 7/8 students have their creative writing published in an anthology book featuring short stories and poetry of students all over the country.

The anthology is published in partnership with the Canadian Poetry Institute. The students' teacher Lanyth Tober said that she submitted the works back in March and found out which students had won just last week.

The writing is part of the students' English class. Tober said that the competition brings out the best in her students, who all want to win.

This year, the Alf Cuthbert School also received an award of excellence for their continued submissions of award-winning authors. Fourteen students — Jenelle Gardner, Casey Keeley, Kaitlin Kopp, Andrea Meisner, Halle Meisner, Faith Nickel, Nikolaas Olson, Kaylee Pelletier, Demetri Pereira, Randy Sumner, Laura Sveistrup, Tansy Tober, Alyssa Tritthart and Damon Tritthart — all had their works published in the anthology titled *Summer Mornings*.

Of those 14, Alyssa Tritthart, Tansy Tober, Andrea Meisner and Dimitri Pereira won back-to-back years.

These students took the old adage of "write what you know" to heart and penned stories about animals, adventure and even more personal tales.

Laura Sveistrup wrote about the day her father's business, the Moosehorn Hotel, burned down.

"I just wrote about what I was feeling at the time and what it was like to see it happening," said Sveistrup.

Tober explained that the students are given a creative licence to write just about anything they can think of. And while there is a multi-stage editing process, she doesn't want to take away from the vision of her students and compromise their artistic quality. The stories need to be edited to a point where they can be submitted so they can be judged on their creativity and writing skill.

Casey Keeley and Halle Meisner also received notice that their works would be further judged by members of the Young Writers of Canada and would be in the running for the cash prizes that will be awarded at a later date.

"It's a good feeling to know that I can do it if I work hard enough. The hardest part is to stick with an idea because what if it's not good enough?"

"THE HARDEST PART IS TO STICK WITH AN IDEA BECAUSE WHAT IF IT'S NOT GOOD ENOUGH?"



EXPRESS PHOTO BY JEFF WARD

Grade 7/8 teacher Lanyth Tober is extremely proud of the 14 students who had their creative writing published in a nationwide anthology book this year. Pictured back row: Lanyth Tober, Kaitlin Kopp, Jenelle Gardner, Laura Sveistrup; front row: Faith Nickel and Casey Keeley.

said Faith Nickel.

During the process, students realized that creative writing is a very subjective form of expression. Students spent hours on these pieces, and even after all of that work, there will probably be someone who doesn't like it. But for Tober, the exercise is far less about winning and more about flexing those creative muscles and seeing a project through to the end.

"The students know that it is a competition and there is the chance that they won't win. But the point is to just

write and have fun with it. We become better readers and writers by reading and writing," said the proud teacher.

Many of the students said that they have dozens of ideas floating around in their head, and now that they've gone through this process, they can see themselves writing on their own, outside of school.

Tober hopes that they continue to do so and explore other forms of creative writing. She looks forward to next year's class submitting more pieces for consideration.

> SHOPPER'S DELIGHT, FROM PG. 3

little knickknacks for Christmas," said Smith.

The Chaika Ukrainian Dance Club will be offering chili and bannock at an outdoor hut.

Countryside Home Building Centre, a half-mile south of town on Highway 17, will also be marking down its merchandise.

"There will be specials on power tools and kitchenware," said hardware manager Maynard Plett.

And there will be some "surprise" discounts, too, which he's not willing

to reveal.

The town's Holiday Parade gets underway at 7 p.m., and a fireworks display will be held at 9 p.m. across from the Fisher Branch Recreation Centre.

Arborg Black Friday

Arborg's Black Friday event that same day will see stores teeming with great bargains too.

Customers can bring their Nov. 17 edition of the *Express Weekly News* (which has a Lucky Number on the cover) to participating businesses to vie for a prize.

Smitty's Furniture & Appliances, Interlake Co-op grocery and gas station, Home Hardware, the Arborg Hotel, the Travelling Inn, Shachtay's Sales, T.D.M. Sports, Arborg Pharmacy, Arborg Nic Nacs and Chicken Chef are part of the Lucky Draw.

It goes without saying that Smitty's will be madly slashing prices (up to 80 per cent) and will also be withholding

the PST and GST on all regular-priced furniture.

The Arborg Hotel and the Traveling Inn is offering over \$500 worth of prizes. Arborg Pharmacy has sales on a number of Christmas items such as jewelry, toys, ornaments and boxed cards. And T.D.M. Sports is offering select hockey sticks at 50 per cent off.

Don't forget bargains for the stomach. Chicken Chef and Interlake Co-op are offering discounts, and the Arborg Pharmacy, which is a MLCC liquor vendor, will be holding a three-day liquor sale (Nov. 25-27).

At 5 p.m., a craft sale in the former Palsen Building (down the street from Co-op) will get underway.

The Arborg Home Hardware has a plethora of discounts it will be offering on Friday and Saturday.

Hardware Manager Sheri Yarema said whoever matches the store's Lucky Number can choose from three prizes ranging from \$129 to \$149.

The store will also be selling multi-prong wall plugs for \$1, Christmas items at 25 per cent off, and all jackets,

bib overalls and insulated coveralls at 50 per cent off.

Check HH's Black Friday flyer for additional deals that run from Nov. 23 to Dec. 3.

When the shopping frenzy winds down, the town will hold its annual Parade of Lights at 7 p.m.

Town of Arborg Coun. Susan Bauernhuber, who's rounding up participants for the parade, said there should be about a dozen floats sponsored by local businesses.

The parade route includes Main Street and River Road, as well as a drive past the seniors' lodge and the assisted living building so that residents can enjoy the brightly lit floats.

"There are going to be carollers on the stage [outdoor stage in front of the library], and the legion is going to supply some hot chocolate," said Bauernhuber.

Students from Arborg Collegiate are scheduled to sing at 7:30 p.m.

Stores in both Fisher Branch and Arborg may have extended hours on Nov. 25. Call ahead to check.

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Winnipeg Beach to find parking compromise with school board

By Patricia Barrett

The Town of Winnipeg Beach council will be deciding the future of a town-owned lane that Winnipeg Beach School has been using as teacher, staff and visitor parking for 18 years.

A property owner with two dwellings beside the school has found access to his properties blocked by parked vehicles along the lane and has indicated he may want driveway access either from that lane or from the front street (Robinson Avenue).

At a regular meeting of council Nov. 16, Mayor Tony Pimentel said the main issue is that property owners of the three dwellings beside the school need to have access to their lots.

A small driveway from the lane on the northeast side of the school is the only current access. Residents have to drive through the school's parking lot to get to it and have found it blocked at times by parked cars.

"One of things he [the property owner] had indicated," said the mayor, "was [having] a front entranceway so he could access two of the properties from the front. But it would require a larger culvert and gravel on there."

A few weeks ago, council passed a resolution (239/2016) to install no parking signs along its lane and sent the Evergreen School Division a letter advising it of the upcoming change.

Coun. Pat Green said the resolution may have come out of the blue as far as the school division was concerned.

"I didn't realize that when we passed that [resolution] ... that ... we hadn't talked to them about it," she said. "... So that was unfortunate from my perspective."

The division contacted the town, expressing concern over the loss of parking.

"We were disappointed that we were not invited to speak to this situation prior to the passing of the resolution, as the good neighbors that we feel is the spirit of the communities where our schools reside [sic]," wrote Gary Thompson, manager of operations, in a letter dated Nov. 7.

The division indicated it took over the lane for parking in 1998 and has been plowing and maintaining it at its own cost.

Coun. Daryl Carry said the division owns a long section of land to the west of its own parking lot.

"What's the ... problem about not having cars parked on that [east] side?" he asked. "They have a whole section: the north[west] section is all open grassy area. They have tons of parking spaces. ... They're not utilizing a lot of their land for parking. So why can't that be used for parking?"

In its letter, the division said the cost of turning that grassy area into parking spaces could be about \$34,000. It asked the town whether it would be willing to share that cost.

The division also suggested that the town deny the property owner access to his lots from the lane. It recommended he get access from the front (Robinson) only.

"To appease one rate payer, Resolution 239/2016 will upset many others that will experience restricted parking," wrote Thompson.

If the town restricts parking along its lane, people who can't find a spot in the school's existing lot may have



EXPRESS PHOTO BY PATRICIA BARRETT

The east side of the Winnipeg Beach School parking lot is actually a lane owned by the town. A property owner with two dwellings next to the school indicated he may want future access from that lane.

to park downtown and walk to the school.

Green suggested the town may want to think about constructing a front access to the homes so that the school can keep its green space.

"I know we're saying it is our lane — and it is our lane — and I agree with that," she said. "But it's a school and we park there all the time, and the kids run around there. That's the other part: kids come running out of that school and go wherever ... if we can come up with a compromise for everybody."

At the same time, she said if the residential properties were ever sold, the town could find itself in the same situation over access.

Carry said it would actually be safer for kids if the laneway parking spaces were removed.

Coun. Ryan Reykdal said the town could install a sign near the current sole access to the homes rather than banning parking along the entire lane. "You'll basically lose one [parking] spot."

Council said it will advise the school division once it speaks with the property owner again.

"We're not going to be posting up the no parking signs tomorrow," said the mayor. "We're still working out some details with the homeowner to allow him to have access."

Men lucky to be alive after 'a remarkable rescue'

By Lindsey Enns

Volunteer firefighters say two men are lucky to be alive after they became trapped in a trench that collapsed while they were digging a septic field in the RM of St. Andrews last week.

St. Andrews Fire Department Chief Ken Peacock said it took volunteer firefighters from both St. Andrews and West St. Paul nearly 90 minutes to help dig both of the men out of the trench along Poplar Road last Tuesday afternoon.

Firefighters helped dig the men out by hand and with shovels while a man operating an excavator held a wall of dirt back to prevent it from falling into the nearly 12 foot deep hole.

"Everything was there at the right time ... there was an excavator only two doors down," Peacock said. "How often does that happen for them to get

over there and start digging?"

Local RCMP and STARS Air Ambulance were also called to assist with the rescue.

"When we arrived, we witnessed tremendous efforts on behalf of two of the volunteer fire departments," STARS flight paramedic Grant Therrien said. "Hats off to them. They were the real heroes in this case."

Therrien when on to say "it was quite a remarkable rescue."

"The limbs of the one individual were completely incased in this wet mud and so it was quite an operation," he said. "They just didn't know if he was going to survive."

Peacock said both men were later transported to a Winnipeg hospital by land ambulance with minor injuries.

Therrien said he believed both men were from the St. Andrews area but

no emergency personnel were able to confirm their identity.

Throughout the entire process, Therrien said both of the men were in good spirits and that some of their family members and friends had showed up on scene.

"They were just anxious to get out

Continued on page 8

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getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL Local angler shows pity for fisherman friend

Welcome to my fishing pals.

It seems our first cool snap and snow has spurred many of us on to getting our winter fishing gear ready. It's only human nature to be apprehensive about the coming winter, so let me and a new young fishing friend of ours, Dallas Morrisseau of Lac du Bonnet, get you into that wonderful cozy mood of ice shack angling.

Here's what happened to him in his shack last winter. With bright sunlight streaming through the windows of his wooden shack, there was the comforting smell and warmth from wood crackling in its small stove. Subdued music from the radio filled the shack. Dallas, a soft-faced youth with long brown hair that fell over his forehead, sat on a bench on one end of the hut holding a short rod whose line disappeared into the water of his ice hole.

On a similar wall bench across from him sat his buddy Jaden Maki, who also fishing. Their heavy snowmobile boots clunked on the wood floor as they shifted about. Setting his rod on the floor, Dallas stood up and went to the window, looking out across the sun-bathed flat ice pack that reached out to the distant dark shoreline. Other shacks dotted the icescape. Pickup trucks lazily bounced from one place to the other.

Then he heard a slight scraping sound. He turned and looked down to see his rod slowly migrating across the floor toward the ice hole. Dallas sprang forward, grabbing his rod, instantly sensing there was a small fish on his hook. He reeled in and, sure enough, a little pickerel popped free of the water. Jaden teased Dallas about his inability to catch a "real" fish.



EXPRESS PHOTO SUBMITTED

Steve Froese of Altona with a trophy walleye he caught by Sugar Island on the Red.

That stopped sharply as a loud splashing pierced the shack and a huge thrashing jackfish flew up half out of the ice hole water, completely swallowing the tiny pickerel. With lightening reaction, Dallas grasped his line and dragged the jack up onto the shack floor. After he caught his breath, he turned to Jaden and simply smiled sarcastically while pointing to his prize saying, "Come on. Try and beat that."

See, winter's great.

Now, let's get back to open water fishing. Down along the Red riverbank last week I met Shawna Osueke and her fiancé, Steve Froese from Altona. They were sitting in lawn chairs, all bundled up, casting questioned glances

at the ends of their rods, which had not given a signal all day that the fish here were hungry.

Incidentally, Steve is no relation to the Froeses who gave us the story a month ago about having his or her rod stolen. Anyway, Steve had a story for us that went like this.

He was boat fishing on the Red by Sugar Island and, like this afternoon, wasn't catching a darn thing. What hurt more was he could see the guys around him catching all kinds of fish. Finally, a neighbouring angler took pity on him and trolled over to him, telling him to try putting the tail part

Continued on page 8

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Friend of break-in victim speaks out against Ashern crime

By Jeff Ward

A close personal friend of Arnold Hillyer, who passed away suddenly following an attempted break in at his Ashern home earlier this month, is telling her story and the circumstances that she believes contributed directly to his death.

Hillyer's friend, who wishes to remain anonymous, said that in the early morning hours on Nov. 6, she received a phone call from a frantic Hillyer.

Hillyer, 73, who lived on his own in town said that someone was breaking into his home and he wanted her to call the police. The friend immediately called Ashern RCMP, who were on the scene in minutes. The suspect fled the scene when police arrived. Hillyer told his friend that he and the suspect stared at each other through the broken window and that the suspect still tried to gain entry.

"He told me they looked right at each other and he still kept trying to get in," said Hillyer's friend, who added that the man was visibly shaken by the event.

Following the incident, the source said that Hillyer didn't look good and she convinced him to go to the hospital around 1:30 p.m. the same day.

"As soon as the doctor saw him, they knew something was wrong and they got to work on him quickly. I heard the doctor talking to STARS, and it wasn't long before they started compressions. I heard them say 'clear' and the jolt of the paddles. I could hear the monitor going beep beep. I thought that he was OK when I heard that noise. I didn't realize that the beeps were because of the compressions," said Hillyer's friend.

It wasn't long after Hillyer arrived at the hospital that he was pronounced dead from an apparent heart attack. Hillyer's friend has no doubt in her mind that the cause of the fatal heart attack was the break-in attempt.

The source said she believes she knows the identity of the assailant and that this isn't the first time Hillyer had been victimized. On two previous occasions, this suspect was caught in the act by Hillyer before absconding

with some cash.

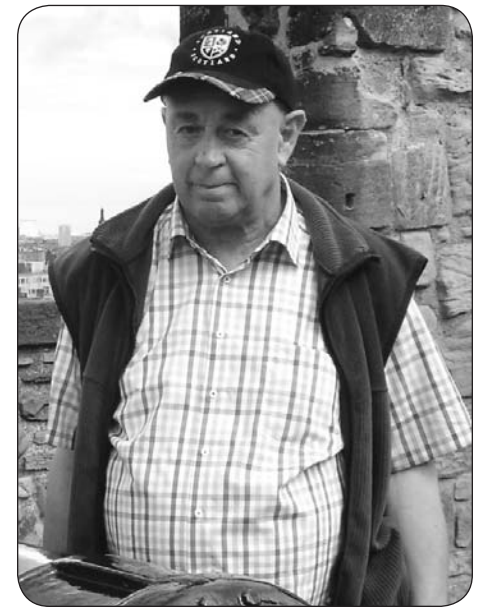
"Both times, the RCMP caught him, but the system just had him back out on the street so fast. There's no punishment for people like this, and I don't know how much hope I have for this situation to be any different," said the frustrated friend.

According to RCMP spokesperson Tara Seel, the RCMP are still investigating the incident and aren't able to comment on much of the specifics of the case. The RCMP don't see a direct link between the attempted break and enter and the death of Hillyer at this time. Seel also confirmed that there had been documented incidents of break-ins at the same residence before but couldn't comment any further.

When asked in the event of the incidents being linked if murder charges would be laid, Seel said, "We don't deal in hypotheticals. I can tell you that in all investigations, we investigate fully and thoroughly and lay all appropriate charges."

The source said that she doesn't blame the RCMP in any way for the failure of the system to do what's right. In fact, she believes that the RCMP's quick response is what kept the assailant out of Hillyer's home.

"Arnold was a kind, sweet and generous man and was trying to enjoy his



EXPRESS PHOTO SUBMITTED

Arnold Hillyer suffered a heart attack following an attempted break and enter at his home a few weeks ago. Hillyer's friend believes the event was the direct cause of Hillyer's death.

retirement years after a long hard life of work as a successful farmer. And now he's dead because he had money? When is our town going to get justice on [the assailant]? And I want to know when is there going to be justice for Arnold," said the close friend through tears.

Annual Christmas Bazaar 'Crafting for a Cause'

Narrows West Lodge 2nd Annual Christmas Bazaar set for Dec. 10

By Rhonna Rodriguez

Narrows West Lodge will be "Crafting for a Cause" this year with their second annual Christmas Bazaar on Saturday, Dec. 10 from 10 a.m. to 2 p.m.

Each year, entry is free for both vendors and shoppers, but attendees are asked to donate non-perishable food items or gently used winter clothing to support the local Christmas Cheer Board. Proceeds from this year's Christmas Bazaar will be donated to the Lake Manitoba First Nations School winter breakfast program.

The school is accepting monetary donations as well as items such as milk, bread, crackers, granola bars, yogurt, fruit and fruit juices. They are also in need of serving items such as bowls, spoons and cups.

Anyone donating to the cause can attend the craft sale free. A representative from the school will be on hand

during the bazaar to collect donations. It is a great cause, and Narrows West Lodge wishes them luck in their endeavour.

Local vendors attending include Tiber River, Avon, Tupperware, Sunset Gourmet, Lakewood Studio and Gallery, Stocking Stuffers and Scentsy, as well as local experts in the kitchen with Christmas baking and specialties.

Join us for some holiday fun and shopping or sip a specialty coffee and enjoy our homemade treats while overlooking the frozen lake. If you have any questions or would like to be a vendor, contact Revy at 204-768-2749 or email at revy@narrowswest.com.

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Alzheimer telehealth session Transitioning to Long Term Care

By Jeff Ward

The second telehealth session presented by the Alzheimer Society of Manitoba will help families navigate the complicated and sometimes stressful process of placing their loved ones in a personal care home.

The Transitioning to Long Term Care session will take place Tuesday, Nov. 29 from 6:30 to 8 p.m. in several Interlake communities including Ashern Lakeshore General Hospital, Arborg & District Hospital, Gimli Community Health Centre and the Peguis Health Centre, Selkirk & District General Hospital, Stonewall & District General Hospital, Winnipegosis & District Health Centre.

Telehealth connects presenters through live video conferencing in 45

locations across the province followed with a Q&A period.

Interlake-Eastern Regional Health Authority occupational therapist and community health worker Kate Geiger will be presenting three steps in the process of moving a loved one to a personal care home (PCH).

Geiger said step one of her talk deals with the preparation in choosing a PCH, how to apply and understanding the environment of the care home. The second step involves tips for the move into the home itself and how to make the transition as stress-free as possible.

"The third part is all about the ongoing support once your loved one is settled in," said Geiger.

"There are still quite a few expecta-

tions on family members at this point in the process. With Alzheimer's, the family is the only real connection for the staff at the [PCH] to understand who this person was in their life. You as the family member are the source of continuity with them. You need to play your role."

Geiger explained that "playing your role" means letting staff know more about the person who's moving in — what were they like, what music did they enjoy, what was their favourite food, things like that. Staff at PCHs want to make their residents as comfortable as possible, and Geiger believes families can play a significant role in helping that along.

Geiger knows that visits can be difficult for some families and the pain

of not being recognized by their loved one is depressing. But the point of the session is to embolden families to be as involved as they can be because it does help the resident enjoy their time more.

"I think what you're aiming for is to make this transition as smooth as possible and for there to be as little confusion as possible. Families have to remember that they have the capacity for new learning but someone with Alzheimer's doesn't. So to be dropped into a new situation like this can be very stressful, and we don't want that," said Geiger.

Anyone interested in registering for the session is encouraged to go to alzheimer.mb.ca for more information. Walk-ins are welcome.

Help make Christmas bright for all families in Lundar

By Jeff Ward

The annual Coldwell Community Christmas Hampers collection is now underway, and organizers are asking the Lundar community for help.

Organizer Cindy Thorkelson says that money and non-perishable food

items are what is needed most right now. Hamper boxes are set up at Lundar School, Lundar Lutheran Church, Stevenson's Foods and the Lundar General Store.

Thorkelson said that money is one of the best things to give because it

allows the hamper organizers to be more flexible with what goes into each box. The organizers use monetary donations to make a big order of fresh groceries to pack each hamper with all of the holiday fixings a family would need.

All donations \$10 and over will receive a tax receipt.

"For many people who donate, they take great pride in knowing that their money and food items are going directly into the homes of people in their own community," said Thorkelson.

"We really like things like vegetables, cereal, turkey, eggs, bacon, juice and milk to be included but we're not limited to those items. We do include hygiene products and gifts too if they get donated. But what we really try and focus on is the food."

The deadline to register to receive a hamper is Dec. 9 and they will be available for pickup on Dec. 19.

Last year, there were 28 hampers

sent out to Coldwell residents. With all those hampers needing to be packed, Thorkelson said that she could also use some volunteer muscle to help.

Personally for Thorkelson and many of the volunteers, the hampers are a way to give back to fellow neighbours. She said that it makes her feel good to know that she's making a potentially stressful time a little bit easier and a lot more enjoyable.

"This is a way for us to look after the people in our community. No one knows what the other person has in their cupboard. This is an expensive time of the year and we all know that. This is about helping out your fellow man. Giving them something to eat is such an important thing," said Thorkelson.

Those interested in helping out can contact Thorkelson at 204-762-5378. And anyone looking to register for a hamper for their family can call the RM office to do so at 204-762-5421.

> GET FISHING, FROM PG. 6

of a white rubber twister onto a bright jig for bait. He did and in no time caught the beautiful 34-inch walleye you see in our picture for the week.

Our next story isn't really a fishing story but it's funny.

I was slowly idling around the Winnipeg Beach harbour complex in Old Red last Friday. In the still overcast morning, coming up to a park area, I noticed a pickup truck with one of those Northwest Territories white licence plates in the shape of a bear on the front bumper. Rolling past, I saw a tall fellow walking his big old yellow lab beside the water. I drove over and introduced myself, asking if the truck

with the NWT plate was his. "Yeah," remarked a soft-spoken chap with a warm smile who said he was Ernie Brown from nearby Sandy Hook.

"You're not going to try to steal it, are you?" he joked.

"No, but it's unusual," I said.

"For sure," Ernie laughed. "It's an inside joke up north that if you have a plate like that, you have to go to a guy who knows how to weld up a steel frame and bolt it to your bumper or the minute you get down south to Alberta or B.C., someone will try to tear it off your vehicle for a souvenir."

Wow. Bye for now.

> REMARKABLE RESCUE, FROM PG. 5

and to get back to their family and friends," he said. "There was a lot of concerned eyes watching this whole thing."

Therrien, who has been a paramedic for 20 years, said he's never encountered anything like this in Manitoba before.

"Obviously they didn't anticipate that the dirt walls were going to come crumbling in," he said, adding this incident is a good reminder to anyone who works at a job site about the hazards involved. "It's important to be careful and use any safety equipment you can."

Peacock said some residents still

don't realize that they are not a full time fire department and that their crew of 24 members volunteer their time and have full time jobs.

"A lot of people think we're here 24/7 but we're not," he said, adding while they were trying to dig out the two men, another call came in regarding a possible structure fire so they had to split the crew. "A lot of them stayed to continue on with that we were doing."

Peacock said they have attended 293 calls so far this year.

"This year has been a bad year," Peacock said. "We've been to everything from ice water rescues to structure fires."

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Remembering those we lost at 'Love Lives On' ceremony

By Marlene Ness

"Love Lives On" is the theme of this year's Celebration of Life ceremony to be held in Gimli on Sunday, Nov. 27.

The annual event hosted by the Interlake-Eastern RHA palliative care volunteers offers an opportunity for people who have lost a loved one to celebrate their memory with music, a candle-lighting ceremony and holiday joy.

The large Christmas tree in the Gimli Community Health Centre lobby is the focal point of the Celebration of Life, with guests asked to either bring an ornament in memory of their loved one or to hang a provided paper ornament with their loved one's name and message. The tree will be swathed with colourful decorations, each with a unique sentiment of love.

"Christmas can be a trying time for those who have experienced loss," said Mary Nicholson of Matlock, who has worked as a palliative care volunteer in the community for several years.

"The Celebration of Life event is not only a rich

tradition but an important part of the healing process for those going through grieving. Some attendees may have experienced a recent loss this year, while others lost their loved ones many years in the past. It's a touching way for everyone to remember."

The Celebration of Life ceremony will be led by Pastor Gordon Payne and will feature a guest speaker who conveys her own personal reflections on the palliative care process. Local musicians Krystal Isfeld and Janice Arnason will be providing the music.

For 15 years, the Celebration of Life event has been a Gimli tradition. Historically, the event was run by a paid volunteer co-ordinator, but in recent years, it has been taken over by a committee of community volunteers who are dedicated to the spirit of this life-affirming ceremony.

Following the Celebration of Life, a light lunch and dainties will be served, with a silver collection taken to help offset the costs for the following year. The ceremony runs from 1 to 3 p.m. on Nov. 27.



EXPRESS PHOTO BY MARLENE NESS
Palliative Care volunteers Myrna Chapko and Lil Page trim the Christmas tree at the Gimli Community Health Centre in preparation for the Celebration of Life.

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Premiere of new Métis TV series this weekend in St. Laurent

By Jeff Ward

A special sneak-peek of the new TV series *Au Pays des Michifs* will take place this weekend at the St. Laurent Recreation Centre, and the creators hope to see residents come out and experience the series they were so integral in helping create.

The series is eight 30-minute episodes that will air on Canal D, which is available through Bell Media, in the spring of 2017. It captures an entire year of hunting, trapping and fishing adventures by the Métis people of St. Laurent.

Series producer Patrick Clement said that the series is a rare and in-depth glimpse into the heart of one of the most vibrant Métis communities in North America and he is extremely excited and proud to be able to show off their finished product. Clement said that two of the eight episodes will be screened for attendees during the premiere on Saturday, Nov. 26 at 6 p.m.

"It's truly an authentic look into the lives of these people and how they live," said Clement. "The people were so warm and inviting and were very receptive to having us film everything that they do. A lot of reality television tends to invent a reality or dramatize things that aren't dramatic. But for us everything was so raw — this is exactly what life is like."

Clement said that during production, the film crew had Mother Nature on their side and were able to shoot incredible scenes of hunting deer, elk and even a bear. Fishing trips took in great hauls of pickerel and northern pike, and the spring time excursions produced many suckers. Last year, when the *Express* spoke with Andre Clement, the other producer on the project, he said that one of the concerns was how the weather would cooperate. The team could potentially spend days getting footage of nothing, but thankfully the case was the opposite.

Patrick Clement explained that one of the things he hoped to accomplish with this series was to give a deep, informative look at Métis culture and life — a way for younger generations across Canada to look at the beauty of the culture and learn from those who still have deep ties to their elders. Alongside that goal was the attempt to help immortalize



EXPRESS PHOTO SUBMITTED

Edgar Bruce, Cyrus Smith, Jules Desjarlais, Norbert Langelier and Gerry Bruce share a meal and discuss Métis culture and heritage during filming of the eight-episode television series set to air on Canal D, which is available through Bell Media next year.

Métis culture so that it would never be lost or forgotten.

"We wanted to make sure that we punctuate each episode with historical facts that relate to the Red River Resistance. The series is narrated in Michif by Jules Desjarlais, who is a Métis of St. Laurent, who also helped facilitate access to the families we follow in the series," said Clement.

This will be the only opportunity to view this series before it premieres on television, and Clement hopes to see many residents of St. Laurent come by and celebrate the project as a community.

"A LOT OF REALITY TELEVISION TENDS TO INVENT A REALITY OR DRAMATIZE THINGS THAT AREN'T DRAMATIC. BUT FOR US, EVERYTHING WAS SO RAW — THIS IS EXACTLY WHAT LIFE IS LIKE."

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EXPRESS PHOTO SUBMITTED

Danny Chartrand, Roy Chartrand, Julien Chartrand, Earl Chartrand are all smiles after a big catch of fish as they film an episode of *Au Pays des Michifs*.

RM of Bifrost-Riverton seeks public input on possible name change

By Patricia Barrett

The RM of Bifrost-Riverton is currently gathering public input on whether the municipality should change its name.

A survey posted on the municipality's website asks whether the name Bifrost-Riverton should be kept or whether the RM should adopt something entirely new.

A provincially mandated amalgamation between the former RM of Bifrost and the former Village of Riverton took effect in January 2015.

Reeve Harold Foster said council is undertaking a public consultation because it's not sure whether everybody is satisfied with the current name, which is a bit long.

Foster said when credit unions in Arborg, Eriksdale, Riverton and Gimli, etc., had amalgamated, they came up with a new name — Noventis.

"That was done by people suggesting names... and they had to come up with a name that didn't specify one town," he said.

A name change — if it comes to pass — is expected to make administrative paperwork simpler.

"We have to change our logo because right now we're using two logos on our letterhead," said the reeve. "We've got to get back down to one logo."

In addition to making changes to its letterhead, the municipality may have to install new RM signs along highways. That would come at a cost.

"Those signs are not cheap," said Foster. "Probably over a few thousand



Bifrost sign on Boundary Road and PR 222.

to change all the highway signs."

Foster said the RM has received a few name suggestions to date and will be accepting responses until the beginning of January.

"At the end of it, we may decide to change the name or we may not," said Foster. "But whatever happens, then the signs may have to be changed."

Completed surveys can be deposited in a drop box situated in the lobby of the municipal building at 329 River Rd. in Arborg or in the municipality's satellite office at 56 Laura Ave. in Riverton.

The survey form is available on the RM's website at www.rmbifrost.com.

MUNICIPALITY OF
BIFROST-RIVERTON

bifrost@myrns.net
www.rmbifrost.com
Municipality of Bifrost-Riverton

Main Office
329 River Rd., Box 70
Arborg, MB R0C0A0
Ph: 204-376-2391
Fax: 204-376-2742

Satellite Office
56 Laura Ave., Box 250
Riverton, MB R0C2R0
Ph: 204-378-2281
Fax: 204-378-5616

In 2015 the R.M. of Bifrost and the Village of Riverton became the Municipality of Bifrost-Riverton.

Before the process of fully changing over to the new name begins, Council wants to gauge public opinion on the matter. To represent our community moving forward, should we keep the current merged name or come up with something new?

☐ I think it should stay "Municipality of Bifrost-Riverton."

☐ I think a new name should be developed.
My suggestion is: Municipality of _____

Additional Comments: _____

Thank you!

*Completed surveys can be returned to drop boxes located in the lobby of the Satellite Office, or the front desk of the Main Office.

EXPRESS PHOTO BY PATRICIA BARRETT

RM of Bifrost-Riverton is looking for public input on a possible name change.

ARBORG
November 25

BLACK FRIDAY

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Gimli Toastmasters is just the 'thing'

By Patricia Barrett

If you fear public speaking, stumble over your words or have trouble organising your thoughts, the Gimli Toastmasters in the Arts club has the cure.

Its members will polish your grammar, ease you out of verbal and physi-

cal tics and help turn your nascent ideas into stories that would hold the attention of a teenager.

Doreen Pendgracs, author and chocolate aficionado, launched the Gimli club four years ago and makes speaking look as effortless as breathing.

"I'm sort of the mentor," said Pend-

gracs as she distributed brownies made by Big Island Candies of Hilo, Hawaii, to the club's 12 or so regulars and four guests during a club meeting Nov. 16. "I help them understand how it works."

How it works is somewhat of a cross between a military drill and a Freemason's meeting. TM members adhere to a rigid and timed agenda and pack plenty of knuckle-pumping, supportive words and constructive critique into each meeting.

Anna Marie Roberecki was chief Toastmaster for the hour-long session, reviewing members' assignments and explaining the rules that govern meetings, right down to traffic flow as though the lectern were a one-way street.

"Toastmasters is a great thing to take part in," said Roberecki, who is also a member of Riverton's Toastmasters club. "And I use the word 'thing' because it is a meeting [and] it is friendships that develop. We learn communication skills. We learn leadership skills. We participate at every meeting."

Holding each person's eye in turn and using natural hand gestures, Roberecki said, "We love guests. We love everybody here. We clap...lots. We clap in support because this is a very supportive environment."

Roberecki said the skills TM members practise can be applied to other environments such as the workplace, home life or volunteering activities.

Although one acquires verbal finesse through attendance at TM meetings, there's a bit of homework involved. Members have to prepare a speech or a story and present it to the group.

Sharon Brandow provided the meeting's invocation or inspiration for the day.

Having witnessed the Super Moon rise above a dusky Matlock beach, Brandow researched and wrote a story incorporating theories of the moon's formation, its influence on people down the ages and references to it in songs, movies and poetry.

"Tell me the story about how the sun loved the moon so much he died every night to let her breathe," said Brandow quoting from a poem.

John Sigurdson, director of TM Division C, was awarded the club's Golden Larynx for a heartfelt historical story titled Scars of War featuring his Uncle Gestur.

Sigurdson crafted a well-rounded, five-or-so-minute story of Gestur's life on a farm in Fagradel (meaning beautiful valley), three and half miles southwest of Riverton, his wartime



Anna Marie Roberecki



Sherry Benson Podolchuk brought her dad Harvey to the meeting to let him try out his public speaking skills.



John Sigurdson won the Golden Larynx award for a touching and well-rounded story about his Uncle Gestur.

experiences in Europe and his periodic visits to his birthplace after he returned from war and found work in Winnipeg.

"A bullet had passed through his head right beside his eye and came out behind his ear, taking off part of his ear as it passed on through," said Sigurdson, describing his uncle's near-death experience on a

Continued on page 13

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.

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> TOASTMASTERS, FROM PG. 12



EXPRESS PHOTOS BY PATRICIA BARRETT

Gimli Toastmasters will improve your grammar, story-telling skills and body language.

battlefield.

His graphic depiction of Gestur's wounds had some TM members gasp. But an account of his brief visits to Fagradel made them laugh.

"He would come out three or four times every year, and I recall that it didn't matter if we were baling hay or were out harvesting – when his car drove up, everything stopped for the next 20 minutes," said Sigurdson. "Gestur would open up his trunk and call us all around. He would hand out glasses and pour out a shot of whiskey in each one...and he'd be on his way."

Given the meeting's disciplined structure, no TM member was allowed to hog the floor. And that rule proves beneficial not only to those having to listen, but also to the speaker. One must learn to impart one's story succinctly and economically.

That's not to say you can't have a few laughs.

Larry Burdeny, Toastmasters' acting Sergeant at Arms, recited a humorous story about "Uggy," a shy, non-athletic high school boy who discovered he had a natural talent with a javelin.

Using a range of vocal inflections, asides and colourful descriptors, Burdeny brought the gangly athlete to life. As with any good story, Burdeny had his protagonist face a challenge then overcome the odds; a bad shoulder cut Uggy's javelin career short, but he went on to become a television star.

TM members assume a different role each week: timer, storyteller, evaluator, grammarian and quizmaster.

Darcy Truthwaite from Fisher Branch took the role of grammarian,

emphasising each speaker's strengths and how they brightened up their stories with a carefully placed adjective, a lovely turn of phrase and the avoidance of naughty filler words such as um, uh, you know, eh?

Truthwaite also introduced the "word of the day" (resilience) to match the meeting's theme of "grace under pressure." Each participant (and guest) was required to deliver a 30-second impromptu story around that word or theme in order to test their ability to think on their feet.

Stories ranged from a TM club in Iraq celebrating its one-year anniversary in the midst of war (Anna Marie Roberecki) and Rosa Parks' refusal in 1955 to give up her seat on an Alabama bus to a white person (Jim Bell) to maintaining a positive attitude in the face of abuse (Sherry Benson Podolchuk) and the persistent antics of a backyard raccoon taking down a bird feeder (Doreen Pendgracs).

The word resilience prompted some members to share stories of personal struggles, which brought words of comfort and support from others when they took the floor.

Near the end of session, Burdeny as quizmaster led participants through a who-said-what exercise designed to sharpen memory and listening skills.

Harvey Benson, a 92-year-old Second World War veteran and former fisher and teacher, gave his stamp of approval to the meeting.

"I wished to heck when I was a high school principal, I would have thought of starting up some kind of club like this," said Benson, who attended as a guest. "Because very often people are afraid to speak."

Fisher Branch Moonlight Madness

Friday, November 25th



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Lundar Lutheran Church sending community holiday wishes

By Jeff Ward

The Lundar Lutheran Church will be using their annual community Christmas card fundraiser to help support next year's Canada 150 celebration in Lundar.

For more than 40 years, the church has been sponsoring the creation of a community Christmas card that circulates throughout Lundar, Oakpoint and Deerhorn.

Project organizer and church council member Kirsten Lindal said that the card is a nice, practical way to send a warm holiday greeting to friends and family in town. Last year, more than 100 names were included in the card, which also featured a small holiday graphic

and message. The cost to add your name to the card is \$4 for a single person and \$6 for a family of four. The card is also sponsored by local businesses that help fund the cost of postage and their names are included in each card alongside the community members.

The money raised by the church for the card is donated back to the community each year. Sign-up sheets are now available at Lundar General Store, Stevenson's Foods, Lundar Pharmacy and the Loonie Bin. The money that the church brings in from those donating to have their name on the card is donated back into the community.

"In past years, community organizations would submit letters to us asking

to be considered the benefactor for the funds, but this year no one came forward," said Lindal, who often has her family help out in folding the 620 cards that get printed.

"So during one of our meetings, someone proposed that we should give the money to the Canada 150 celebration and I thought it was a great idea. The card is a less expensive way to send out a holiday greeting because the cost of postage can be quite high when sending dozens of cards."

Lindal said that she gets great feedback each year about the card, and in some years, the church has raised as much as \$1,000. She added that it's nice to get a card in the mail and it's just an-

other way to spread some holiday cheer and wish your neighbours a happy and healthy holiday.

Lindal said that she leaves the sign-up sheets in the four locations as long as possible to give everyone the chance to sign up. The mailing of the card is done just a few days before Christmas, and for those picking up their mail, they are likely to see the card included sometime around Dec. 25.

"I think it's just a nice way to be a part of the community and I know that many people really appreciate them. And at the same time, we're able to raise funds for a good cause, and the Canada 150 celebration next year should be a great use of that money," said Lindal.

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Buying a new car can be a lot of fun if you can easily afford the payments, which in most cases means \$500 - \$1,000 in monthly payments. It is a proud moment to own that new vehicle with the new car smell and the shiny new paint. Of course soon, your new vehicle becomes just transportation, and you have one more issue which may or may not be a problem for you, **NEGATIVE EQUITY**. Negative equity is owing more on an item than its actual cash value if sold.

When you buy a new car it is immediately worth less now that you've driven it off the lot. If you spent \$25,000 and after driving away it away it is now worth \$20,000, you have negative equity of \$5,000. This isn't a problem if you can make your payments and provide proper maintenance to keep that investment a safe, reliable and economical mode of transportation. If you maintain your vehicle until it is fully paid for you will be ahead of the game and then you can work on keeping it in good running condition for many years to come.

The trouble comes when you still owe \$10,000 but your vehicle is only worth \$2,000. Now you have \$8,000 in negative equity. A trade in will mean you are going to be refinancing another \$25,000 plus the negative equity left after the trade in. After driving that new one off the lot, another \$5,000 immediate depreciation added to the negative equity, will be a total **NEGATIVE EQUITY OF \$13,000**. The cost for the new vehicle will be approximately \$33,000 which probably means higher payments for longer terms. Remember negative equity means that this money is being paid for something you do not have. For some people who have never thought about this it can snowball to a huge amount if you do this repeatedly. Your best investment is to have your vehicle paid off and kept running in tip top condition with regular maintenance. Keeping the vehicle longer will save you money in the long run. You can use the money that you would have made in payments for family vacations and investments which make you money for your retirement years.

A lot of people in the Interlake do own older well maintained vehicles. They enjoy the fact that they're paid off, or soon will be. They would gladly like to keep their vehicles for 300,000 - 400,000 kilometers or more - as long as it remains economical to do so - ask your Local Interlake Service provider for their advice on how to keep your vehicle in **Like New Condition**.

A common denominator is that people who maintain their vehicles **never skip an oil change**. That may sound a bit unsophisticated, but it's really not. First off, oil is the life blood of your engine and it needs to be clean to properly lubricate. Skipping oil changes leads to **clogged oil filters** and sludge that **can damage your engine**. Enough said.

There's another reason why the scheduled oil change is so important. It's simple - your local auto service professional is going to be looking at your vehicle. Fluid condition and levels will be inspected and any immediate concerns can be addressed and advisements for future items required will be brought to your attention so you can budget for upcoming maintenance and repairs.

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> MEAL IDEAS

Bistro Chicken Pasta Salad



1/3 cup (75 mL) balsamic vinegar
1 tbsp (15 mL) Dijon mustard
2 tsp (10 mL) canola oil
1 garlic clove, minced
2 cups (500 mL) whole wheat penne pasta, cooked
3 boneless, skinless chicken breasts, grilled or cooked, cut into cubes

1/4 cup (50 mL) grated or shaved Parmesan cheese
12 cherry tomatoes, sliced in half
1/2 small red onion, sliced in rings
1/4 tsp (1 mL) ground oregano
1/4 tsp (1 mL) freshly ground black pepper
1/2 cup (125 mL) freshly chopped basil

In small bowl, whisk together balsamic vinegar, Dijon mustard, canola oil and garlic. Set aside.

In large bowl, combine pasta, chicken, Parmesan, tomatoes, onion, oregano and pepper, tossing gently. Stir in balsamic mixture and basil, tossing gently again. Serve immediately or cover and refrigerate up to two days.

Black-Eyed Pea and Roasted Garlic Salad



1 large head of garlic
1 can (540 mL/19 oz) black eyed peas,

drained and rinsed
1 large tomato, chopped
2 green onions, thinly sliced
30 mL (2 tbsp) chopped fresh dill or 10 mL (2 tsp) dried dill
1 L (4 cups) mixed spring greens
20 mL (4 tsp) canola oil
30 mL (2 tbsp) lemon juice
Freshly ground black pepper (optional)
Cut top stem end off heads of garlic to expose cloves. Wrap in foil and roast in 200°C (400°F) oven for about 40 minutes or until very soft. Let cool slightly.

In bowl, combine peas, tomato, onions and dill. Squeeze garlic cloves out into pea mixture and discard skins. Stir together to combine. Divide greens onto 4 plates and top with pea mixture.

In small bowl, whisk together oil and lemon juice and spoon some over each salad. Sprinkle with pepper, if using.

Tip: For a stronger garlic flavour, roast another head of garlic and add it to the salad.

Anger Creates Emotional Damage



"ANGER IS JUST A COWARDLY EXTENSION OF SADNESS. IT'S A LOT EASIER TO BE ANGRY AT SOMEONE THAN IT IS TO TELL THEM YOU'RE HURT."

TOM GATES

Very often when people get angry they blame someone else for making them angry. They may not have liked another person's behavior, or they feel that someone "pushed their buttons."

The truth is that we make ourselves angry, and we should be completely in control of our "buttons." Anger is a reaction, often of the "knee jerk" variety. It is not a conscious, thought out response.

When we feel anger rising within, it should be like a warning light that tells us something is not sitting well with us. The problem may lie outside of ourselves; a situation or behavior of another, but it may also be strictly about our own inner process.

Once we are aware that we are feeling anger we need to stop and assess what is really going on, rather than simply venting the emotion that has arisen.

Perhaps we are angry because someone forgot our birthday, or did

not follow through on something they said they would do. It is perfectly legitimate to let another know how we feel and why we are upset. It is also legitimate to tell them what we need.

If we think of venting anger as though we are hitting the person with a big stick, we quickly see that this is not legitimate. When we vent anger we are actually "hitting" a person with our words and emotions. All that accomplishes is to make the person withdraw from us, feeling hurt and resentful, or it causes them to "hit" back.

Escalating anger is like escalating physical violence, only with anger it is not the body that gets beaten up, but rather, the spirit. Physical bruises heal in about a week. Emotional bruises take much longer, and some may never truly heal. Children may be scarred for life if very hurtful things are said. For adults, anger may eventually destroy relationships.

Sometimes venting anger is like dropping a bomb, because it is not only the intended victim that experiences it and is affected by it. Bystanders can be hurt too.

We can certainly call another's behavior inappropriate, disappointing, unacceptable, hurtful, unfair or whatever else we might feel about it. We can be assertive and set boundaries. We just need to learn to do it without contaminating the environment with emotional pollution.

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

Orange Sesame Chicken Salad

Makes 4 servings

20 square wonton wrappers
23/4 cups vegetable oil, divided
1 head romaine lettuce, cut into bite-sized pieces (about 8 cups)
1/4 cup soy sauce
1/4 cup freshly squeezed lemon juice
2 tablespoons sugar
1 tablespoon distilled white vinegar
1 teaspoon salt
1/2 teaspoon ground black pepper
1 tablespoon toasted sesame oil
3 to 4 cups coarsely shredded cooked, rotisserie chicken
1/2 cup chopped green onions
2 navel, Cara Cara or Valencia oranges, peeled and segmented
1/2 cup sliced almonds, toasted

2 tablespoons sesame seeds, toasted

Cut wonton wrappers into 1/2-inch-wide strips and separate on paper towels. Heat 1/2 cups vegetable oil in a large, wide saucepan over medium heat. Fry the wonton strips, 5 or 6 at a time, gently turning over once with a slotted spoon, until golden, 10 to 15 seconds per batch. Transfer to paper towels to drain.

Put romaine in a large salad bowl. In a separate mixing bowl, whisk together soy sauce, lemon juice, sugar, vinegar, salt and pepper. Add sesame oil and remaining 1/4 cup vegetable oil in a slow stream, whisking until the sugar is dissolved and the dressing is well blended.

In a third bowl, combine chicken, green onions, orange segments, almonds and sesame seeds. Add 1/3 cup of dressing and toss to coat. Toss romaine with enough dressing to lightly coat. Add the chicken mixture and toss lightly. Top with fried wonton strips and serve.

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Bricks for the Winnipeg Beach Boardwalk put to the test

By Patricia Barrett

The Town of Winnipeg Beach will be testing how different varieties of stone withstand winter weather before donor names from the old boardwalk are inscribed on them and installed on the town's new concrete boardwalk.

The donor plaques were removed and stored while the province constructed the new seawall and boardwalk, which opened this year.

"[CAO Kerry Lawless] was in contact with Rapid City Memorials, and we're waiting for prices on a couple of samples ...," said assistant CAO Kathy Magnusson at council's regular meeting Nov. 16. "[We've] got six or eight samples and they've put those down on the boardwalk to see how they'll weather. They've got a granite one that's not as thick ... and we're waiting for pricing on that."

Magnusson said some of the samples come from China, and the town would have to consider the cost of freight if they decided to go with those.

"There may be cost-saving with the bricks," she said, "but the freight may be a little expensive."

Mayor Tony Pimentel said he may call a special meeting to focus exclusively on the costs of the stone so that the town is ready to install them next spring.

The town also accepted a bid for a pile of old wooden planks that once formed the former boardwalk.

The town had advertised the sale of the planks several weeks ago and received one bid for \$526 from Blackridge Excavation in Arborg.

"We're always hoping for more," said Coun. Daryl Carry. "But a lot of that [wood] is old. ... And there's a lot of work to take it apart."

The boards are screwed together.

"It's a lot of work for somebody to load that up and take it away," agreed Coun. Ryan Reykdal. "... So the average Joe can't do that with a half-ton truck."

The mayor said when he was looking at the pile, he probably would have bid close to the amount offered.

Council accepted the offer and added that the planks have to be removed within 30 days. Payment would have to clear prior to the removal of the lumber.

The town will keep 60 sections of planks for an upcoming project and for odd jobs.

"We're keeping enough to do our front street," said Coun. Darlene Shkawritko.



Deputy Mayor and Coun. Ryan Reykdal.

Other council briefs:

The mayor reported that ratepayer costs associated with upgrades to the water treatment plant and the water meters project are about to be finalized, and that there is a deadline for ratepayers who want to pay the total amount owing up front.

"When they issue the statements for payment, people only have 30 to 45 days to pre-pay," said Pimentel. "So if they don't pre-pay within that [period], they're stuck paying it for the next number of years. You can't pre-pay it at a later date."

Council does not know, at this point, what the exact payments will be because it has a credit coming from a company for water meters that weren't required.

Magnusson said payment notices will probably be issued during the first week of December.

Carry asked that the notices be marked urgent.

The town will give ratepayers a deadline date to pay up front.

Council passed first reading of Bylaw No. 15/2016 to regulate the town's water meters. The bylaw sets out the term and conditions by which the town and property owners will abide, plus fines for non-compliance.

The town will need to have access to private property in order to read the meters.

The mayor said the bylaw will include clauses pertaining to meters damaged through town negligence.

"Let's say the turn-offs didn't work and the pipes got frozen," said Pimentel, "or the water was still in the water meter itself and didn't drain properly, then if it's our fault, we'd be responsible for that."

The reconstruction of Maple and



EXPRESS PHOTOS BY PATRICIA BARRETT

The former boardwalk had plaques with donor names embedded along the wooden rails. The town will be testing a number of stone products over the winter to see how they withstand the weather before re-installing the plaques.

Strollway is nearing completion. Both streets have been packed and gravelled, but the town has yet to grade, lay down a layer of limestone and clean ditches.

Coun. Pat Green reported that new lighting over the Community Centre rink will be installed as soon as temperatures plummet and the ground beside the building firms up.

Maintenance access to the skating rink is through the Zamboni room, which is near the Public Works yard. Bringing in a lift while the ground is soft could potentially track mud and stones onto the ice and compromise its quality.

Green also reported that reflector tape was placed on the Community Centre's steps to help people see in the dark, and new lights were installed above the door. Mosaics will be hung inside the building in a few weeks.

"That was a project the Age Friendly group had done in the spring with children of the school," said Green. "We had 6-x-6-inch boards, and the children from the school ... painted a beach scene on the boards. And what we're going to do is put them on the wall."

The RM of Gimli council requested a meeting with town council to discuss areas in which they can potentially collaborate on costs and services. Both already share services and costs for things such as the delivery of drinking water samples to the city, emergency measures, planning and bulk buying.

"It's good to meet with the neighbours in case they have an idea where we could help each other," said Carry.

Council will get back to the RM with

meeting dates.

Council approved changes to committee chair appointments. Shkawritko succeeds Green as chair of the Recreation, Culture and Heritage Committee, and the mayor succeeds Shkawritko as chair of the Protective, Environmental and Public Health Committee.

The town will be holding its annual Christmas on the Bandstand on Friday, Dec. 2. It will include carollers, hot chocolate, a bonfire with marshmallows, horse-drawn wagon rides and a visit from Santa. It will coincide with Midnight Madness sales at local businesses.

"We're going to be holding a crafts market in the Community Centre on that night," said Green, "... and it's going to be with the Interlake Cancer Relay folks. We're going to share it with them."

Council approved the following payments:

- \$100 to the Gimli Age Friendly group to help defray costs associated with the publication of the Lake Winnipeg Directory.

- \$4,825.39 plus GST for the purchase of four new grader tires from West End Tire (Winnipeg). The cost includes a \$60 tire tax and a \$500 trade-in discount for the old tires. The town is using its equipment reserve fund for the purchase.

- \$5,512.24 to Adesa Winnipeg for repairs to the town's 2007 Chevrolet truck.

"It needed a lot of repairs and this should get us several years out of the truck," said Carry. "It was a good enough truck that it was worth fixing."

Alf Cuthbert students helping families in need this winter

By Jeff Ward

Students from Alf Cuthbert School in Moosehorn met and surpassed their goal of collecting 200 winter wear items for the Lakeshore Women's Resource Centre last week.

The final tally after a month of campaigning the community and spreading the word was 297 items that will help local families. The donation drive was part of the Grade 7/8 class local action with hopes of earning tickets for next year's We Day.

In a classroom presentation, the students handed over the items to resource centre executive director Carol Hull, who was not only very happy but extremely impressed. Their teacher Lanyth Tober gave the students guidance but they did the majority of the work. Getting the word out, encouraging donations and reminding the rest of the school that the collection was still happening were all part of making this a success.

"We did this to help local families and it was the right thing to do," said student Chase Riddle.

Collectively, the students felt that getting the word out was the biggest challenge. With so many people to inform, and with their lives being so busy, it was difficult to make sure that everyone knew that they could and should donate their gently used items.

Students who wanted to make sure that quality items were being donated closely monitored the criteria for what could be donated. They checked to make sure that given how hard some winters can be that the items would stand up to the beating they would inevitably take.

Gloves, mittens, toques, snow suits, shirts, sweaters, socks and jackets and just about everything in between. It's safe to say that many of these students' homes are now completely cleaned out of any old clothing they once had.



EXPRESS PHOTO BY JEFF WARD

The Grade 7/8 class at Alf Cuthbert School collected nearly 300 items to be donated to the Lakeshore Women's Resource Centre in Ashern.

Hull was impressed by the haul because she knows just how much work it takes to get the sheer volume of items produced by these 20 students.

"We set the goal at a number we thought would be challenging but one that we could still reach, but I don't think we thought we would have this much," said Tober.

Grade 8 student Faith Nickel said that things started out slow, but once the word got out, donations started to flood in.

"The last few weeks is when stuff really started to come in. We were a bit nervous in those first few weeks though," said Nickel.

Perhaps the most inspiring thing about the collection is that while students are using this as a way to gain tickets to next year's We Day. The students are very proud of themselves, and helping their community is the most important part of this whole operation.

Santa scheduled to visit Arborg on Saturday

By Patricia Barrett

Town of Arborg Coun. Susan Bauernhuber reported that she has received word from Santa Claus about his impending visit to town on Saturday, Nov. 26.

The town will be holding Breakfast with Santa starting at 8:30 a.m. in the Arborg Community Hall.

Bauernhuber said Santa will arrive at 9 a.m., and kids can visit and have their photos taken with the jolly man starting at 9:30 until about noon.

There will activities and entertainment for both adults and children at the hall.

"We have a kids' choir from the elementary school for entertainment," said Bauernhuber. "We have Partners in Time Dance entertaining, and we have the Zumba from Riverton entertaining, also."

The event will feature a silent auction, a crafts table for kids and a store just for kids, from which parents will be banned.

"Everything in the store is \$5," said Bauernhuber. "... Mom and dad can't go in the store ... but there are adults that supervise it and help the kids. We wrap the gift, and they have bought their parents or grandparents a gift for Christmas without their knowing."

Bauernhuber said families are welcome to bring their pets to see Santa from about noon until 1 p.m.

Pets can tell Santa what's on their Christmas wish list and have their photo taken.

Bigger pets such as pigs, horses or cows won't, for obvious reasons, be able to take part in the photo session.



EXPRESS FILE PHOTO

Santa will be in Arborg for breakfast and photos on Saturday, Nov. 26.

Youth premiere collection of short films for public

By Jeff Ward

Young filmmakers from Ashern and Eriksdale premiered their collection of short films for the public in a movie night last weekend hosted by the Inland Oceans Arts Alliance (IOAA).

The premiere was the culmination of a yearlong filmmaking project organized by the IOAA with support from the Winnipeg Film Group (WFG). Nine filmmakers, aged 4-15 years, displayed their creative works to an audience of approximately 20 on Nov. 18 at the Old Elks Hall in Ashern. Each participant in the program created a series of shorts that were later combined into a compilation that totalled 43-minutes for attendees to view. Jody Forsyth-Oversby was the organizer of the project and said the idea came to her after she took in a showcase presented by the Manitoba Arts Network. Forsyth-Oversby met a filmmaker named Ben Williams who debuted his own films that he had shot using just his iPhone.

"I just thought it was so interesting and I knew that there would be some kids here that would love to do something like this," said Forsyth-Oversby.

"Kids are on their gadgets all the

time, so why not turn that into something so they can express themselves creatively. So they used iPhones or iPads to make these little movies and then we used the program iMovie to edit it all together."

Forsyth-Oversby explained that the films could be no longer than three and a half minutes each and that they were all black and white and silent. Music was used as a background, but no dialogue or sound effects were used in the editing process. This way it gave the students a direction, but also wasn't too limiting on their own creativity.

The WFG held training sessions that taught the students how to shoot and edit their films and thanks to a grant from Manitoba Children and Youth Opportunities the enrolment fee was only \$3 each.

As with many creative endeavours Forsyth-Oversby said there were some challenges. Keeping the students motivated to complete the project while at the same time making sure they were all absorbing the lessons did bring with it some frustrations. But through all those minor issues, she said that when the films



EXPRESS PHOTO SUBMITTED.

Youth from Ashern and Eriksdale premiered their compilation of short films last weekend after a year of work. Pictured from left to right, Emily Schwartz, Zoe Oversby, Beth Schwartz, Serj Geisler, Emma Geisler, Sovana Kernstead, Samuel Jones, Allison McQuiggie and David McQuiggie.

started to play last weekend, all of that just melted away.

"I had this sense of joy when the movie started playing. Being able to see all of the different angles of shots and their creativity come to life on screen was so worth it," said a proud Forsyth-Oversby.

A completed film can be a perfect

metaphor for life in the sense that the compilation of so many little moments creates a cohesive story. And Forsyth-Oversby hopes that the students use this moment as a launch pad for other stories they want to tell.

"There's definitely some talent here and who knows, maybe we have the next Spielberg," said Forsyth-Oversby.

'Obstacles can't stop you,' Syrian refugee tells students

By Dave Baxter

A Syrian refugee who came to Canada with next to nothing and has worked hard to create a good life for himself and others got the chance to share his story with 16,000 youth last week in Winnipeg.

Hani Al Moulia, 21, is a Syrian refugee who now lives in Regina, Sask.

He spoke during the We Day event at MTS Centre last Friday and spoke about both his struggles and successes.

Al Moulia said he grew up in Syria succeeding at school and even teaching himself subjects such as English and music, but much of that success was halted when Syria was thrust into a deadly civil war.

"The Syrian Civil War came and everything changed," Al Moulia said while speaking to youth last Friday. "Suddenly it was too dangerous to even go outside after 7 p.m."

The war affected Al Moulia because of his own fear, but also because he had to witness the fear of his loved ones.

"My little brother would shake when we would hear the sound of bombs falling all around us," he said. "We became prisoners in our own home."

Al Moulia showed images of the neighbourhood in Syria where he

grew up and how it was affected by and in many cases destroyed by war. Those images drew gasps from some in the crowd.

Al Moulia said his education was so important to him that he would often pass through "dangerous military checkpoints" to get to school and he graduated high school with a 100 per cent average in physics.

When he smuggled food into his own home to feed his family he said he was thrown in jail and in 2012 he fled to Lebanon "with only my high school diploma in my hand."

While in a refugee camp he said his entire family lived in a small tent and because there was not a lot to do while in the camp he started using his time to help others.

"I spent a lot of time teaching English and drama to children in the camp."

He said while in the camp he often told youth not to fear obstacles.

"I would say 'obstacles can't stop you because if you want to you can go around them,'" he said to a massive applause.

Al Moulia has now settled in Regina, and he said although the weather is cold, he has found the people to be "very warm."

"For me it is the warmest place



EXPRESS PHOTO BY DAVE BAXTER

Syrian refugee Hani Al Moulia, who fled Syria in 2012, pictured above left, shares his story of both struggle and success to thousands of youth, pictured above right, during the We Day event at MTS Centre in Winnipeg last Friday.

ever because people here are always willing to help," he said. "For me it is home."

Al Moulia has now been in Canada for more than 15 months and he told the crowd at We Day he has been accepted into a university engineering program on a full scholarship.

He is now also a member of Prime Minister Justin Trudeau's Youth Council.

"There I can talk about my experiences and share my knowledge, which I hope can improve life for everyone in my adopted country," he said. "I am so, so proud to be Canadian."

He finished his presentation by telling youth to chase their dreams.

"Don't wait until tomorrow," he said. "In order to make a difference in your life and other's lives start today."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Einarsons win silver at Canadian Mixed Curling Championship

By Brian Bowman

Team Manitoba returned home from the 2017 Canadian Mixed Curling Championship in Yarmouth, N.S., Sunday evening with silver medals after losing 5-2 to Northern Ontario's Trevor Bonot on Saturday.

Manitoba's rink featured skip Braden Calvert, Gimli's vice-skip Kerri Einarson and second Kyle Einarson and lead Jennifer Clark-Rouire.

Kerri grew up in Petersfield.

"We're definitely proud to win a medal, of course, but having the gold right around our fingers was a bit of a heartbreaker," said Kerri Monday afternoon. "We controlled that whole game and we were outcurling them."

Northern Ontario scored one in the second end but Manitoba answered with a single in the fourth. Northern Ontario then snapped the 1-1 tie by scoring four in the fifth end by making a double takeout.

"Unfortunately, in the fifth end, my rock picked and Braden's draw picked," Kerri lamented. "That's how we gave up four."

Manitoba then scored one again in the seventh end but the two teams soon shake hands after that. Manitoba

had an opportunity to pull to within a pair in that end but rolled out on an open hit.

Manitoba reached the gold-medal game after beating previously undefeated Wayne Tuck Jr. from Ontario 4-2 in Saturday morning's semifinal.

"I wouldn't say it was an upset," stressed Kerri, who will be competing in the Canada Cup of Curling in Brandon next week. "Braden and I, and our team, outcurled the other team and their skip, so it really wasn't too much of an upset."

"But I felt bad for Ontario because they went 10-0 and lost and then they were done."

Manitoba last won the Canadian Mixed Curling Championship in 2009.

In the bronze-medal game, Team Ontario scored twice in an extra end to defeat Saskatchewan 6-4. Fourteen teams took part in the seven-day bonspiel, the biggest curling event ever held in Yarmouth.

Northern Ontario, meanwhile, will now become Team Canada for the 2017 World Mixed Curling Championship, Oct. 6-14 in Champéry, Switzerland.

Canada will be looking for its first



EXPRESS PHOTO SUBMITTED

Team Manitoba from the Gimli Curling Club, left to right, skip Braden Calvert, third Kerri Einarson, second Kyle Einarson, and lead Jennifer Clark-Rouire returned home with silver medals from Yarmouth, N.S., after competing in the 2017 Canadian Mixed Curling Championship.

medal after falling short in the first two World Mixed Curling Championships.

On an individual note, two members of the silver-medal winning Manitoba squad — Kerri Einarson and Calvert — were named to the all-star team at the awards banquet Saturday.

The all stars were selected based on cumulative shooting percentages during the round-robin draw - Calvert (83 per cent), Einarson (82), Ontario second Jake Higgs (80) and Nova Scotia lead Teri Udle (82).

Sportsmanship award winners were Bonot and Veronica Smith (P.E.I.).

Hawks fly past North Stars twice during weekend action



EXPRESS PHOTO BY MOLLIE MEIER

The Hawks' Darryl Thaddeus scored four times in Fisher River's 14-3 win over Norway House on Saturday.

By Brian Bowman

The Fisher River Hawks had a chance to pad their offensive stats against the last-place Norway House North Stars last weekend.

Fisher River took advantage of a struggling hockey club by knocking off Norway House 10-3 on Saturday and then 14-3 the following day.

In Sunday's win, Darryl Thaddeus and Joshua Beaulieu each scored four times while Samuel Spence (two), Joel Wilson, Evan Thickfoot, Nicolas Murdoch and Johnny Beaulieu also tallied.

On Saturday, Spence led Fisher River with a hat trick. Thaddeus (two), Wilson, Gavin Mason, Thickfoot, Johnny Beaulieu and Joshua Beaulieu also scored for the Hawks.

Nolan Favel earned both victories in goal for Fisher River.

Meanwhile, the Juniors pounded the Arborg Ice Dawgs 8-2 in Peguis on Sunday.

Peguis, which held period leads of

3-0 and 5-2, received a three-goal and an assist effort from Tyler Woodhouse. Romano Paul, Quinton Flett, Tyrome Spence-Bair, Coulson Nepinak and Dylan Stevenson added singles.

Nico Morrow-Litke and Colton Davies, on the power play, scored second-period goals for the Ice Dawgs.

Luke Penner made 37 saves for the win.

Arborg also played Saturday, outscoring the OCN Storm 9-7.

Braydon Chwartacki (two), Jordan Kristjanson, Cal Finnson, Corbin Pasternak, Spencer Kilbrei, Clint Torfason, Morrow-Litke and Brett Goertzen scored for the Ice Dawgs.

Pasternak also had four assists for a five-point game.

Arborg (6-5) will host Fisher River (4-6) on Friday (8:15 p.m.) and then Selkirk (9-5) Saturday (7:30 p.m.). Peguis (8-4) will also have a home game Saturday (7:30 p.m.) when Cross Lake (5-5-0-1) visits.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Johnson, Kilbrei part of Manitoba's High Performance Team of the Year

Submitted by Patti Hacault

The Interlake's Jamie Johnson and Laura Kilbrei were members of the Team Manitoba 16U girls' baseball team that was named the 2016 High Performance Team of the Year – Minor at an awards evening last weekend.

Manitoba's U16 provincial team is the result of seven years of growth and development spearheaded from the Sport Development (formerly Grass-roots) committee.

The culmination of that hard work resulted in a silver medal at the national 16U girls' championships this past summer in Vaughn, Ont.

On their way to the silver medal, Manitoba knocked out two-time defending champion Quebec and defeated B.C., putting them in the final against Ontario.

The conduct with which this team carries itself has been a marvel to behold. Every year at nationals, this team endears itself to the fans and opponents, displaying sportsmanship, fair play and respect for the opposition and officials.

As a team, the players took part in several tournaments this summer, including at Clearwater on July 1 where they took first place on the "A" side. Manitoba also placed second at a Ste. Rose tournament.

In addition, Manitoba played numerous exhibition games against boys' "AA" and "AAA" teams to prepare for the nationals. Many of the girls also played the regular season as members of their home community baseball teams.



EXPRESS PHOTO SUBMITTED

Team Manitoba's 16U girls' baseball was named 2016 High Performance Team of the Year. Pictured back row, left to right: Marc Bissonnette (assistant coach), Olivia Sheldon (Ste. Rose), Brittany Langlais (Garson), Kristi Morris (Minnedosa), Mikayla Nordman (Winnipeg), Amber Baker (Strathclair), Caitlin Culleton (Vassar), and Jeremy Culleton (head coach); front row: Laura Kilbrei (Arborg), Emma Anton (Winnipeg), Jamie Johnson (Arborg), Lauren Bray (Eddystone) and Katie Heppner (Winkler). Missing from the photo is Patti Hacault (assistant coach/manager) and Joanne Johnson (chef de mission).

Midget Provincial Lightning heating up

By Brian Bowman

The weather may be getting colder outside, but the Interlake Lightning Midget Provincial team is starting to really heat up.

Interlake won a pair of games last weekend — shutting out Brandon 3-0 on Saturday and then pounding Parkland 6-2 Sunday afternoon — in Manitoba AAA Midget Hockey League action.

The Lightning had a great start against Parkland, scoring four first-period goals and then added two more in the second.

Interlake's Jack Einarson had a hat trick and an assist by the 9:42 mark of the middle frame. Erik Asse- lin, Corey Soosma and James Maxwell also scored for the Lightning.

Kurtis Luke, with two goals, was the only Ranger to beat Interlake goalie Riley Buhay. Buhay made 25 saves for the win.

The Lightning started their weekend with a great shutout victory over the Brandon Wheat Kings in Teulon.

Adam Swan continued his recent exceptional play by making 43 saves for the shutout.

Maxwell also had a strong game for the Interlake, scoring once and adding two assists. Maxwell

scored midway in the first period and then Corbin Mariash made it 2-0 with a power-play goal at 9:34 of the second period.

Soosma then closed out the scoring with an empty-net goal in the game's final minute.

Mariash and Rhys Bremner each finished the game with two points.

On Nov. 16, the Lightning were defeated 5-1 by the Thrashers in Winnipeg.

Andrew Hopko gave the Thrashers a 1-0 lead midway in the first period and the score stayed that way until Winnipeg's Dawson McKenzie made it 2-0 early in the third.

Interlake's Evan Klyne-Geisler cut that lead in half, though, just 1:28 later, assisted by Einarson and Bryce Krauter.

Winnipeg would then seal the win with unanswered goals from Jacy Kennedy, Duncan Pierce and Lewis Negrich.

Swan made a whopping 57 saves for the Lightning.

Interlake, now winners of three of its past four games, will host the Thrashers Friday (7:30 p.m.) and Norman on Sunday (2:30 p.m.) to complete a four-game homestand.



EXPRESS PHOTO BY LANA MEIER

Lightning captain Jack Einarson had a hat trick and an assist in Interlake's 6-2 win over Parkland Sunday afternoon.

Ice win bronze at U.S. tournament

Staff

The Interlake Ice Bantam "AAA" girls' hockey team won a bronze medal at the 12-team All American Girls Hockey tournament in Blaine, Minn., last weekend.

Interlake defeated Thunder Bay 1-0 in the bronze-medal game. Megan Humeniuk scored the only goal of the game while Dana Beck recorded the shutout.

The Ice began action Friday with a pair of victories to finish atop their pool. Interlake defeated Anoka/Rog-

ers 5-1 as Sarah Farmer, Brenna Baryliski, Jorja Wheddon (two) and Sarah Dowsett scored for the winners.

Jaylynn Miller posted the win in goal.

In their second game, Baryliski scored four times while Beck was perfect in goal for a 4-0 shutout win over Lakeville North.

With the two wins, Interlake advanced to a semifinal game, losing 7-2 to Proctor/Hermantown. Zoe Zaretsky and Dowsett scored for the Ice.



EXPRESS PHOTO BY BOB BECK

The Interlake Ice Bantam 'AAA' girls' hockey team won bronze at the All American Girls' Hockey tournament last weekend. Pictured left to right: Coaches Stu Bremner, Paul Miller, Blaine Shewchuk; back row, Jaylynn Miller, Maddy Fines, Jacey Ledochowski, Brenna Baryliski, Anna Shewchuk, Megan Humeniuk, Dana Beck, Sydney Byle, Jorja Wheddon; front row: Sarah Farmer, Emma Pool, Ellen Marshall, Kenzie Bremner, Zoe Zaretsky and Sarah Dowsett.

Falcons sink Fishermen

By Brian Bowman

The Lundar Falcons have always known that they have the potential to defeat the top teams in the Keystone Junior Hockey League.

And they proved that last Friday.

Lundar edged Selkirk 4-3 at home in a key South Division matchup.

"We've felt that we've been competitive with all of the teams," said Falcons' head coach Brad Drews last Saturday. "We have a young team this year and had a fairly good team last year."

"This year, we've been competitive in every game."

The Falcons took a 1-0 first-period lead against Selkirk on a power-play goal by Shayne Desjarlais and then went up three goals after 40 minutes as Landen Gray and Baily Proctor tallied in the middle frame.

Selkirk's Kale Ilchena and Gray traded goals in the third before Milan Horanski sniped a pair of goals late in the game.

Gray led the KJHL in goals scored (16) and was second in points (with 27) heading into last Saturday's action.

Drews has been very impressed with Gray's play this season.

"He was in the mix with the best guys last year and he's now basically taken over the room," said the Falcons' head coach. "He's been a very good leader and has just an excellent attitude. He's really matured over last year."

That maturity has carried over to many of the Falcons this season. The

chemistry in the dressing room has been very good this season, said Drews.

"With Landen being the leader, he gets everybody excited about playing hockey," Drews noted. "And that's what we needed."

On Nov. 16, Lundar lost 6-1 at home to the St. Malo Warriors.

Jonathan Kostek and former Selkirk Steelers' defenceman Elmar Tabler, on the power play, scored first-period goals for St. Malo.

Lundar's Craig Weiss cut that lead in half with a shorthanded goal, assisted by Gray, but St. Malo closed out the second period with goals from Nolan McElroy and Kyle Fortin.

Fortin's goal came with the man advantage at 16:11 of the period.

The third period saw Jared Magne and Jared Hunter score for the Warriors. St. Malo was 2-for-9 on the power play while Lundar was 0-for-2.

The Warriors outshot the Falcons 50-31 as Lundar's Braydon Weatherburn made 44 saves.

Lundar (5-7) will visit the Warriors in St. Malo this Friday. Puck drop is 8 p.m. The Falcons' next home game isn't until Dec. 2 when Arborg visits Lundar Arena.

"We had a big homestand where we played the best teams right off the bat," Drews said. "I think that made our younger guys understand what it takes to win games."

"I'm really looking forward to the next few games."

Interlake Minor Hockey to host development clinics

Submitted

Interlake Minor Hockey will be holding development clinics for Atom and Pee wee players (male and female) run by Shoot to Score hockey.

There will be four sessions in total. Gimli will host clinics on Dec. 17 and Jan. 22 while two others will be held in Arborg on Dec. 18 and Jan. 21.

Registration for multiple sessions is currently open at a discounted price of \$40 for two sessions (Arborg or Gimli). Registration for an individual session will open up on Dec. 1 (depending on availability).

Interlake Lightning Development jerseys are also available for \$35 (if players sign up for multiple sessions or \$40 (if signed up to an individual session). To register, individuals can

select the Interlake Minor Hockey Registrations at the top right of the Interlake Minor Hockey homepage.

Meanwhile, registration is also now open for the 2016-17 CCM Rising Stars Program at a cost of \$100. There will be an additional registration fee charged by Hockey Manitoba to cover tournament costs (last year, the fee was \$85).

Players must participate in the Rising Stars Program in order to be eligible for the Rising Stars PLUS+ program.

To register, go to the Interlake minor hockey website and click the registration link at the top left of the page. Please email interlakeminorhockey@hotmail.com if you have any questions.

Manitoba Hockey Standings

MANITOBA JUNIOR HOCKEY LEAGUE							GP	W	L	OTL	PTS	GF	GA	Pembina Valley	18	10	8	0	20	65	53		
Steinbach Pistons	23	19	3	1	39	95	45	Eastman	19	9	10	0	18	68	57								
OCN Blizzard	25	17	5	3	37	82	58	Kenora	19	6	10	0	15	54	85								
Winkler Flyers	25	18	7	0	36	95	55	Parkland	19	7	12	0	14	59	91								
Portage Terriers	22	16	6	0	32	94	72	Interlake	17	5	10	0	12	45	75								
Virde Oil Capitals	25	13	7	5	31	66	68	Norman	20	3	16	0	7	47	130								
Selkirk Steelers	23	14	8	1	29	79	70	AAA CITY MIDGET HOCKEY LEAGUE															
Winnipeg Blues	26	11	12	3	25	87	83	GP	W	L	OTL	PTS	GF	GA	Winnipeg Monarchs	14	14	0	0	28	80	35	
Swan Valley Stampers	21	7	11	3	17	59	79	Winnipeg Hawks	15	7	5	1	17	58	47								
Neepawa Natives	23	7	16	0	14	59	92	Winnipeg Warriors	14	7	5	1	16	65	53								
Dauphin Kings	22	4	15	3	11	49	87	Winnipeg Sharks	11	7	4	0	14	50	41								
Waywayseccapo Wolverines	23	3	18	2	8	58	114	Eastman Selects	11	1	8	1	4	27	53								
KEYSTONE HOCKEY LEAGUE							Interlake Lightning	13	1	12	0	2	29	80									
Central Division	GP	W	L	OTL	PTS	GF	GA	AAA BANTAM HOCKEY LEAGUE							GP	W	L	OTL	PTS	GF	GA		
Peguis Juniors	12	8	4	0	16	81	64	Winnipeg Monarchs	13	12	1	0	24	85	17								
Arborg Ice Dawgs	11	6	5	0	12	56	49	Winnipeg Warriors	13	8	4	0	17	60	41								
Fisher River Hawks	10	4	6	0	8	69	68	Eastman Selects	10	7	3	0	14	46	33								
South Division	GP	W	L	OTL	PTS	GF	GA	Winnipeg Hawks	11	6	3	1	14	78	31								
St. Malo Warriors	13	9	3	1	19	79	55	Winnipeg Sharks	14	5	7	1	12	38	49								
Selkirk Fishermen	14	9	5	0	18	74	27	Interlake Lightning	11	0	10	1	1	26	86								
North Winnipeg Satellites	13	5	7	1	11	51	64	MANITOBA FEMALE MIDGET AAA HOCKEY LEAGUE															
Lundar Falcons	12	5	7	0	10	48	55	GP	Reg W	Reg L	T	OTW	OTL	Pts	Winnipeg Avros	12	7	2	-	3	-	20	
North Division	GP	W	L	OTL	PTS	GF	GA	PV Hawks	11	8	2	-	1	-	18	Westman Wildcats	9	7	1	-	-	1	15
OCN Storm	10	7	3	0	14	89	62	Yellowhead Chiefs	12	6	5	-	1	-	14	Eastman Selects	11	5	3	-	-	3	13
Cross Lake Islanders	11	5	5	1	11	61	48	Central Plains	10	3	5	-	-	2	8	Norman Wild	14	2	11	-	1	-	6
Norway House North Stars	10	0	10	0	0	18	134	Interlake Lightning	11	-	9	-	1	1	3								
AAA MIDGET HOCKEY LEAGUE							GP	W	L	OTL	PTS	GF	GA	STATS AS OF TUESDAY, NOVEMBER 22									
Wild	20	15	3	0	32	96	41																
Yellowhead	20	12	4	1	28	81	59																
Thrashers	19	12	5	1	26	91	42																
Central Plains	20	12	7	1	25	81	68																

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Week of November 16 • No. of Cattle: 2069

Total Slaughter Cattle 190 Total Feeder Cattle 1879

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D3 & D4 Cows	68-76	Heiferettes	100-135
Bulls	99-114	Older & Shelly Cows .	50 + up
STEER PRICES			
300-400	198-212	HEIFER PRICES	
400-500	185-204	400-500	154-176
500-600	180-194	500-600	149-165
600-700	155-189.25	600-700	140-156.50
700-800	156-174	700-800	148-158.50
800-900	150-162.25	800-900	130-154.25
		900-1000	130-149

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EXPRESS
WEEKLY NEWS

ARBORG BIFROST PARKS AND RECREATION COMMISSION

Invites applications/resumes for employment

The Arborg Bifrost Parks and Recreation Commission operates and maintains recreational facilities for the Town of Arborg and RM of Bifrost/Riverton. We are seeking a motivated, outgoing, and reliable individual to join our team.

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- *Flexible Hours

Please contact the Recreation Office at 204-376-5576 or tom.abprc@mymts.net for more information or to receive a detailed job description. We wish to thank all applicants for their interest, however, only those candidates selected for an interview will be contacted.

If you would like to apply for this position, please forward your resume to:

Arborg Bifrost Parks and Recreation Commission
Box 555 Arborg, MB R0C 0A0
Fax: 204-376-5379
Email: tom.abprc@mymts.net

ROOM FOR RENT

Room for rent in furnished home in Komarno. 15 minutes north of Teulon, 45 minutes from the city. Must like cats. For rent ASAP. \$500/mo. Close to lakes. Ph 204-886-3380 (home) or text 204-886-8661.

APARTMENT FOR RENT

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EXPRESS
WEEKLY NEWS

204-467-5836

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FARMERS & RANCHERS

Plan to attend the sale of Cows and Heifers on

Saturday, December 10, 2016 at 1:00 p.m.

At the Ashern Auction Mart

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Approx. 30 Hereford X Heifers

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20 Red Angus Heifers

For Raymond Bittner

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License 1128

RURAL MUNICIPALITY OF GIMLI UNDER THE AUTHORITY OF THE PLANNING ACT NOTICE OF PUBLIC HEARING

On the date and at the time and location shown below, a PUBLIC HEARING will be held to receive representations from any person(s) who wish to make them in respect to the following matter(s):

THE RURAL MUNICIPALITY OF GIMLI BY-LAW NO. 16-0015

Being an amendment to the Gimli Zoning By-law No. 11-0013, as amended.

HEARING LOCATION: RM of Gimli Council Chambers
62 - 2nd Avenue, Gimli, MB

DATE & TIME: December 14, 2016
7:00 pm

AFFECTED AREA: Pt of SW 18-19-4 EPM, Being Pcl A - Plan 30465, Pt. of Pcl. B - Plan 23108, and Pt. of Pcl. B - Plan 31970.

GENERAL INTENT: To rezone an area in the Gimli Business Park, from "AL" Agricultural Limited Zone to partly "MG" Industrial General Zone and partly "AD" Aviation Development Zone.

FOR INFORMATION CONTACT: Nancy Thom, CAO/Development Officer
Eastern Interlake Planning District
62 - 2nd Avenue, Box 1758 Gimli, MB R0C 1B0
Ph: 204-642-5478 Fax: 204-642-4061
Email: eipd@mymts.net web: www.interlakeplanning.com



A copy of the proposal and supporting material may be inspected at the location noted above during normal office hours, Monday to Friday. Copies may be made and extracts taken there from upon request.

Please Note: E.I.P.D. recommends that property owner's notify lessee/renter if applicable.

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Canada Benefit Group - Do you or someone you know suffer from a disability? Get up to \$40,000 from the Canadian Government. Toll-free 1-888-511-2250 or www.canadabenefit.ca/free-assessment

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.

McSherry Auction

#12 Patterson Dr.
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Saturday, Dec. 3 10:00 AM

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CARD OF THANKS

Our hearts are full of gratitude when we say many thanks to family members, friends and neighbors for all the acts of kindness and sympathy, food, flowers, donations to a charity of your choice, cards, visits and the kind words spoken to our family in regards to the recent passing of our Father, Afi and Langafi Leonard Danielson. We would like to express a special appreciation to the ICU Family at the Grace Hospital and John Gray of Arnasons Funeral Home for their professional and very caring service. Also Pastor Thoronson, the Lundar Legion Ladies for the lunch, and for all the friends who dropped in regularly at the shop to have coffee and a visit with dad ..

-Barry, Grant, Ron, Brian and families

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Rural Municipality of Gimli

REQUEST FOR QUOTATION Pool Mechanical Building

CLOSE DATE: DECEMBER 12, 2016 AT NOON

The Municipality of Gimli is seeking quotations for the construction of a Pool Mechanical Building for the Gimli Outdoor Aquatic Centre. The building will store the pool pumps, chemicals and other mechanical systems.

Detailed Tender packages are available to interested bidders on the RM of Gimli website www.gimli.ca or at the Municipal Office between the hours of 9:00 a.m. to 5:00 p.m., Monday to Friday.

Kristin Strachan, CMMA
Assistant CAO
Rural Municipality of Gimli
62 - 2nd Avenue, PO Box 1246
Gimli, MB R0C 1B0

take a break

> GAMES

SUDOKU

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

Level: Intermediate

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!

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

Sudoku Answer

I	N	V	H	I	O	X	L	O	S	N			
B	O	W	E	D	H	V	O	S	I	T	E		
V	B	V	B	S	V	O	V	D	O	V	I	S	
H	A	X	W	B	O	V	D	O	O	D	I	B	
S	E	T	T	W	A	B	O	O	I				
O	S	H	V	V	S	I	N	V	S				
W	T	I	S	S	I	N	E	W	I	O	S		
S	X	V	O	S	N	V	N	S	E	W	V	O	
S	E	N	I	T	O	I	S	D	E	O	I	D	
S	I	N	V	H	I	O	B	E	F				
V	H	W	V	O	S	E	B	O	S				
H	O	V	O	O	E	L	I	A	E	N	E	B	
S	E	I	T	O	V	T	V	S	O	I	V	B	
V	B	V	B	A	V	O	O	V	E	T	I		
D	T	V	D	I	O	O			S	O	H	V	B

Crossword Answer

CLUES ACROSS

1. Poets
6. Insecticide
9. Insect feeler
13. Intestinal
14. "Drum Boogie" singer
15. Region
16. Chinese automotive co.
17. Served before entree
18. Dwells
19. Boosted
21. Tells players what to do
22. Infections
23. Hoover is one
24. Expresses surprise
25. Basketball position (abbr.)
27. Fresh Prince of ___ Air
28. Hindu queens
30. Easter marshmallow treat
32. Where coaches stand
35. Women
37. Thai province
38. Drenches
40. Matters that settle
43. Not wide
44. Elaborate garments
45. Swiss river
47. South Dakota
48. Instinctive part of the mind
50. Some put this in their hair
51. French young women
53. Two legged support
55. Stimulates the heart
59. Waste matter
60. Nocturnal rodents
61. The Who anthem "___ O'Riley"
62. Old age personified
63. Remnant
64. Disband
65. Nanosecond
66. Referee declares
67. A citizen of Iran

- CLUES DOWN**
1. "ER" actress Leslie
 2. Wings
 3. Power to direct and control

CROSSWORD

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					

4. Small freshwater fishes of Eurasia
5. Scandium
6. Earnhardt and Hunter are two
7. Two-parted
8. Foul-mouthed bear from the movies
9. Tan horses
10. Song
11. Draw blood
12. High-ranking Turkish officer
17. Begets
20. Watch chain
21. Constellation representing a dog
23. Indian dish
25. Legumes
26. Romanian river
28. An auto you don't keep
29. Signs, ___, delivers
30. Police Department
31. Relating to teaching
33. Sportscaster Patrick
34. A way to glide
36. Fathered
39. Statute mile (abbr.)
41. One-thousandth of an inch
42. Discounts
46. Rockers from Georgia
48. Norwegian playwright
49. Herbs
51. S. China seaport
52. Stout sword
54. Pasty
55. Fill a suitcase
56. Japanese weapon
57. Dark brown or black
58. Grain crop
60. Time used in far western states
64. Drill instructor



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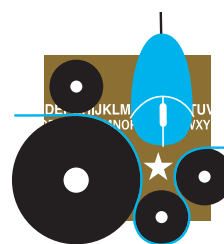
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